



VAIMH Professional Development Series

FALL 2023

ADVOCACY: For Yourself, For Others, For Change

www.vaimh.org

Join VAIMH for one-hour lunchtime professional development events. These 12 hours of professional development training in 2023 can be used to meet IECMH Competencies for those seeking IECMH Endorsement or maintaining Endorsement in Infant/Early Childhood Mental Health. Please register and come connect with other professionals across the state who care about the mental health of infants, young children, and families in Virginia.

9/21/2023

Self Care at Work

Panel: Melissa Ackley, Chesterfield Mental Health Support Services Prevention Manager & Laura Tomaine, Senior HR Manager, ReadyKids

Competencies Targeted: Emotional Response | Maintaining Perspective | Life Skills

10/19/2023

Mindfulness for Self-Care: 5 Simple Tools for Stress Relief & Co-Regulation

Presenter: Lisa Danahy | lisa@createcalm.org

Competencies Targeted: Attachment, Separation, Trauma, Grief, and Loss | Self Awareness | Emotional Response

**Dress comfortably and set up your computer in an area where you have props to support you and so you can move around comfortably.*

11/16/2023

Let's Talk About Gender Diversity

Presenter: Shannon McKay | www.heshezewe.org

Competencies Targeted: Cultural Humility | Community Resources | Relationship-Focused Therapeutic Practices

12/14/2023

How to be an Advocate: Preparing for the 2024 Legislative Session & Beyond

Presenter: Allison Gilbreath, MSW | www.vakids.org

Competencies Targeted: Advocacy | Community Resources | Government, Law, & Regulation



Register



VAIMH Members: Free

Non-Members: \$20 for Fall Session

12-1 PM



Certificates of Attendance are provided.

Contact pvaimh@gmail.com with any questions or to volunteer to lead a future session.

Sponsored by: VAIMH Professional Development Task Force Planning Committee