



Michigan AfterSchool Association Spring Virtual Conference

Friday, April 29, 2022 – 9:00am – 4:30pm

BREAK-OUT SESSIONS

BREAKOUT SESSION 1

9:00am – 10:30am

Choice 1

Resiliency, Routines and Relationships

Join us as we take a journey on the road to resilience. Resilience is the ability to persevere in the face of setbacks and obstacles. In this interactive workshop, we will explore resilience both in our personal and professional lives, as youth development professionals.

Much of the anxiety that many may be experiencing right now is due to uncertainty. This workshop will show the connection between consistency and routine as a powerful resource of resiliency, as well as, the value of strong relationships in this “new normal”.

Presenter: Yolanda Scarborough, Camp Dinner Table

Choice 2

Restorative Practices to Build a Resilient Program

Prepare yourself for an engaging session as we share our best practices and divulge in thought-provoking discussions which will provide you with tips and tools to plan for restoration in your programs. You will learn how to apply successful methods that we used to engage half of our youth and families despite the pandemic in 2020 and went beyond our pre-pandemic participation in 2021!

Presenters: Kimberly Johnson and Tenecha Bland, Developing K.I.D.S

BREAKOUT SESSION 2

10:45am – 12:15pm

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Choice 2

Creating A Social-Emotional Learning Culture

How do we best model social-emotional learning strategies for youth? By the way we approach our own work within youth service organizations, how we relate to ourselves, and how we create a culture of resilience together. This hands-on presentation will give valuable strategies and tools to strengthen our own resilience skills and social-emotional awareness. In turn we'll be better able to lead our colleagues and youth on the path forward as we develop stronger, more resilient communities together.

Participants will need to come to the workshop prepared with the following:

- at least 5 sheets of blank paper
- pen/pencil or something to write and draw with (colored pencils or markers are optional but nice, if you have them!)
- Workshop packet printed and ready to use (attached to this email)

Presenter: Kirk Lewis, Portage Community Center

BREAKOUT SESSION 3

1:00pm – 2:30pm

Choice 1

Supporting Resilient Professionals in the Workplace Post-Pandemic

What do after school professionals really need in the post-pandemic workplace? This interactive table talk is designed to share strategies, ideas, and suggestions that support the emerging needs of after school professionals in the workplace.

Presenter: Mia Sanders, Neighborhood Connects

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BREAKOUT SESSION 4

2:45pm – 4:15pm

Choice 1

The Art of Repairing, Thriving and Moving Forward

COVID-19 added another layer of stress and uncertainty for adults and children. Learn strategies to development your own inner strengths and build capacity for helping children and families develop resiliency skills. This increases the need for adults to focus on their own wellbeing. Self-care helps us manage our own body budget so we learn what depletes our energy level and activities that increase our energy level. Discover time saving and cost-effective ways to manage our adult brain's ability to focus on gratitude and JOY!

Presenter: Gloria Sherman, Parenting and Teaching with GLO, LLC

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