

WELLNESS IN AN INTEGRATED WORKFORCE

About the Institute

MORNING WORKSHOPS

(Please select one on your registration form)

1. Wellbeing: A review of the literature

A review of the literature on well-being: systemic factors that impact healthy child development.

-being and the relational and

DANIEL POLISZCZUK, PhD Candidate, Developmental Psychology and Education, OISE/UT

2. City of Toronto: Shared Outcome Project

Defining child and family well-being in Toronto: This workshop will cover the shared outcomes project, which identifies 5 child outcomes and 5 family outcomes developed through a community engagement process. As the project moves through the data collection phase, learn more about how shared outcomes can help the child and family sector work collectively to improve well-being.

BRENDON GOODMURPHY, Policy Development Officer, Toronto Chc

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vccl

AFTERNOON WORKSHOPS

(Please select one on your registration form)

1. Benefits of a Mindfulness-Based Program

The use of mindfulness-based programs to address overall wellbeing is increasing rapidly. This research investigated the impact of a 6 week mindfulness-based program on self-regulation, prosocial behavior and hyperactivity in four full-day kindergarten classrooms.



TWELFTH ANNUAL

Summer Institute on Early Childhood Development

Wellness in an Integrated Workforce

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