1. Go to www.ndgrowingfutures.org and log in to your Growing Futures Registry account.

2. Click the **Training** tab at the top of the screen.

3. Click the **Shoe** for the e-Learning course you want to begin.

4. Click **Start** to begin the course.

5. Once you begin a course, you may stop at any time by clicking the **X** in the blue bar at the top of the screen.
6. When you want to continue with the course, click **Continue** and you can choose to resume where you left off or start over from the beginning.