FEBRUARY 5, 2026
6:30-8:30PM CST
ONLINE (ZOOM)

Preventing Burnout

LEVEL 1 - 2 HOURS
ONLINE TRAINING

Managing stress and taking care of yourself is important not only for you and your family, but also for the quality and well-being of the children in your care. Join us in learning about how the brain is constructed and how stress affects your overall health; all while learning effective and acceptable stress management techniques.

CLICK HERE TO REGISTER

Questions? Contact
Child Care Aware® of ND
training@ndchildcare.org
1-800-997-8515
(option 2)

Child Care Aware® OF NORTH DAKOTA