



# Ready When You Are! Spring 2024

## Pyramid Model Peer Learning Communities (PLCs)

These PLCs are offered 'as needed' to programs on the GSQ Pyramid Model pathway. There may be a small cohort of programs also interested, providing an opportunity to engage with colleagues from other programs, learning from each other. PLCs may be offered in person or virtually via Zoom

### Pyramid Model Foundational Modules: Infant/Toddler, Preschool, Birth-5

Programs choose the age range on which to focus this series of 4. 1.5 hour PLC sessions. Participants will view e-Modules 1 and 2 on ProSolutions and come together for facilitated discussions that will deepen their understanding of the content and support their ability to apply what they've learned to their classroom setting.

**12 hour e-Module and 6 hour PLC**

### Culturally Responsive Practices to Reduce Implicit Bias, Disproportionality, Suspension & Expulsion

This PLC supports participants' understanding of the ProSolutions e-Module, "Culturally Responsive Practices". Through facilitated discussion participants will explore implicit bias, culture and how 'hot buttons' impact our teaching practices.

**2 hour e-Module and 2 hour PLC**

### Trauma Informed Care & the Pyramid Model

This PLC supports participants' understanding of the ProSolutions e-Module, "Trauma Informed Care and the Pyramid Model". Through facilitated discussion participants will add a trauma-informed care lens that will support implementation of practices that promote children's social emotional development, healing and resilience.

**5 hour e-Module and 2 hour PLC**

### Wellness: Taking Care of Yourself

This PLC supports participants' understanding of the ProSolutions e-Module, "Wellness: Taking Care of Yourself". Through facilitated discussion participants will explore topics like adult wellness in the childcare profession, building an effective workforce, compassion fatigue, secondary trauma, mindfulness and stress reducing strategies.

**2 hour e-Module and 1.5 hour PLC**