



FREE Professional Development Opportunities (by Focus Area) - December 2023

Open to ALL CLEC AmeriCorps Members

Check out our [professional development webpage](#) for more resources
(Click the links below to learn more about and register for the listed events)

Academic Engagement

Thursday, December 7, 2023 | 11am – 12pm PST | Virtual

[Boosting Student and Staff Mental Health: What Schools Can Do](#)

Join this forum from [Education Week](#) to learn what research says about improving student and teacher wellbeing.

For a self-paced experience, visit the [Education Week Webinar Archive](#).

Multiple Dates | Virtual

[Upcoming Education Webinars with edWeb \(click link for additional webinars\)](#)

- [Bridging District Equity Gaps: Collaborating with BIPOC Solution Providers for Change](#)
Wednesday, December 6, 2-3pm PST
- [Help Students Organize Their Thoughts and Become Better Writers](#)
Monday, December 11, 1-2pm PST
- [Practical Ways to Help Kids Focus in the Early Childhood Classroom](#)
Wednesday, December 13, 11am-12pm PST

Those who register will receive recordings of the webinars if they can't make the live events.

Sign up and view the [edWed Webinar Archive](#) for free (self-paced)!

Healthy Futures

Self-Paced | Virtual

Free CPR and First Aid Classes

Take free virtual CPR and First Aid courses with <https://www.ecprcertification.com/> or <https://www.cprandfirstaid.net/>

All content for these comprehensive online courses is available for free and may be done on your own time and speed.

Certification costs \$23-35 but is optional (pricing [here](#) or [here](#)).



Tuesday, December 12, 2023 | 10 - 11am PST | Virtual

[Neuroendocrine Disruptors and Brain Development](#)

Join this webinar from the [Collaborative for Health & Environment \(CHE\)](#) to learn how neuroendocrine disruptors affect brain development.

For a self-paced experience, visit the [CHE Webinar Archive](#).

Multiple Dates | Virtual

Free Mental Health First Aid Classes

- [Adult Mental Health First Aid](#) (for those living or working in King County)
Friday, December 8 or Tuesday, December 12, 9am-4pm PST
- [Youth Mental Health First Aid](#) (for those living or working in King County)
Wednesday, December 13, 9am-3:30pm PST
- [Find your own course](#) (search for free courses, virtual or in-person)

Multiple Dates | Virtual

[Upcoming Behavioral Health Webinars with McLean Hospital](#)

- [How To Support Someone With Depression](#)
Wednesday, December 6, 9am PST
- [Managing Grief and Loss](#)
Thursday, December 14, 8am PST
- [Supporting Loved Ones Struggling With Addiction](#)
Tuesday, December 19, 9am PST

Those who register will receive recordings of the webinars if they can't make the live events.

For a self-paced experience, visit the [McLean Hospital Video Archive](#).

Thursdays, December 2023 | 9 - 10am PST | Virtual

[Behavioral Health Integration Webinar Series from the Indian Health Service \(IHS\)](#)

- [Reviewing Barriers and Strengths to Integrate Mental Health Services in Primary Care](#)
December 7
- [Brief Interventions for Integrated Care Settings: A Review of Best Practices](#)
December 14

For a self-paced experience, visit the [IHS Webinar Archive](#).

Environmental Stewardship

Self-Paced | Virtual (American Outdoor School)

[Free Wilderness First Aid Course](#)



Designed for anyone who works or spends time in remote environments, Wilderness First Aid addresses patient needs in situations or environments where EMS is not available or may be significantly delayed.

All content for this comprehensive online course is available for free and may be done on your own time and your own speed. Certification costs \$99 but is optional.

Thursday, December 7, 2023 | 11am - 12pm PST | Virtual (WWU)

[Pollution, Colonialism, and the Discursive Dimensions of Environmental Justice](#)

This webinar is part of the Toxicology and Societies speaker series with WWU and will discuss environmental justice and the First Nations people in Canada.

For more environmental webinars, view these WWU archived recordings (self-paced):

- [College of the Environment](#)
- [Environmental Speaker Series](#)
- [Toxicology and Societies](#)

Saturdays, December 2023 | 9am - 12pm PST | In-Person (Bellingham)

[City of Bellingham Work Parties](#)

- **December 2:** [Julianna Park](#)
- **December 9:** [Hundred Acre Woods](#)
- **December 16:** [Squalicum Creek Park](#)

Check out more volunteer restoration events with [the Green Seattle Partnership](#) (you can filter by city).