



# FREE Professional Development Opportunities (by Focus Area) - January 2024

*Open to ALL CLEC AmeriCorps Members*

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

## Academic Engagement

### Multiple Dates | Virtual

[Upcoming Webinars about Bullying with Mindspring Mental Health Alliance \(click link for additional webinars\)](#)

- [Types of Bullying and the Impact on Children](#)  
**Monday, January 8, 10-11am PST**
- [Helping Kids Cope with Bullying & How to Support Them](#)  
**Monday, January 22, 10-11am PST**

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### Multiple Dates | Virtual

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

- [5 Essentials for Inspiring Young Learners with the Science of Reading](#)  
**Wednesday, January 10, 1-2pm PST**
- [Navigating Student Mental Health Needs in the Classroom](#)  
**Tuesday, January 16, 11am-12pm PST**
- [Adolescent Mental Wellness in Crisis: What Can High Schools Do?](#)  
**Thursday, January 18, 1-2pm 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)!

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### Thursday, January 11, 2024 | 11am – 1:30pm PST | Virtual

[How School Leaders Can Build Emotional Intelligence](#)

Join this [Education Week](#) forum to discover what emotional intelligence is, why it's valuable for school and district leaders, and how you can develop it.

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



## Self-Paced | Virtual

[Webinars from ASCD \(click link for additional webinars\)](#)

Featured webinars:

- [Coaching for Equity and Efficacy](#)
- [Teaching with Empathy: Transform Your Practice by Understanding and Validating Your Students' Needs and Your Own](#)
- [Help BIPOC Students End the Year with Positive Literacy Experiences](#)

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## Healthy Futures

### Multiple Dates | Virtual

[Upcoming Psychology Webinars with Mindspring Mental Health Alliance \(click link for additional webinars\)](#)

- [Self-Care and Wellbeing: A Hands-On Approach for Better Health](#)  
Tuesday, January 9, 10-11am PST
- [Understanding Intergenerational Trauma](#)  
Wednesday, January 10, 8-9am PST
- [Remote Work and Mental Health](#)  
Wednesday, January 17, 8-9am PST
- [Setting and Keeping Resolutions](#)  
Wednesday, January 31, 8-9am PST

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### Multiple Dates | Virtual

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

- [Effectively Addressing Teen Anxiety and ADHD](#)  
Thursday, January 11, 8am PST
- [The Link Between Social Media & Mental Health](#)  
Wednesday, January 17, 9am PST
- [Understanding Trauma and Trauma-Related Disorders](#)  
Tuesday, January 23, 9am PST
- [Shining a Light on OCD](#)  
Tuesday, January 30, 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](#).



## **Environmental Stewardship**

**Friday, January 12, 2024 | 10 – 10:45am PST | Virtual**

[Climate Change and Environmental Health with Penn State Sustainability](#)

Climate change was inescapable this past summer from floods to extreme heat to choking wildfire smoke. The health impacts of these extreme events are real and growing, especially as they intersect and exacerbate chronic health conditions and socioeconomic disparities. Learn more at this webinar.

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**Saturday, January 13, 2024 | 10am - 1pm PST | In-Person (Bellingham)**

[Tree-Potting Work Party with Whatcom Million Trees Project](#)

At this work party, you will be transplanting tree seedlings to larger pots to give them room to grow until they can be planted in their forever homes somewhere in Whatcom County. It's okay if you've never done this before, it's easy to learn, and onsite training will be provided!

For more volunteer restoration events, check out [Green Seattle Partnership](#) (you can filter by city).

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**Wednesday, January 17, 2024 | 9 – 10am PST | Virtual**

[Modern Carbon Accounting: New Topics and Methodologies with Watershed](#)

The methodologies behind emissions measurement are regularly updated to keep up with the latest scientific consensus, technological improvements, and regulatory demands. This webinar will cover some of the recent changes in carbon accounting best practices, key innovations, and their relevance for companies.

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**Thursday, January 18, 2024 | 11am - 12pm PST | Virtual (WWU)**

[Marine Mammal Rehab in the PNW](#)

This webinar is part of the Environmental Speaker Series at WWU and will discuss what you can learn about rehabilitated marine mammals.

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

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