



October 2026 Seated and Virtual Training Calendar

Date/Time	Training Title	Description of Training	Hours	Cost
Thursday 10/1/2026 4:00pm-Until	CPR/First Aid	CPR: Participants will learn lifesaving procedures to perform in sudden cardiac arrest emergencies. FIRST AID: Participants will learn basic medical care procedures to assist someone experiencing a sudden injury or illness. (Allen Jones)		\$75
Wednesday & Thursday 10/7 & 8/2026 6:30-9:00 pm	NC FELD	This five-hour course will provide participants with an introduction to Foundations, North Carolina's new Early Learning and Development expectations, how they are structured, and how to implement them in early childhood settings (Tamesha Lewis/PFCW)	5 Hrs.	\$25
Wednesday 10/14/2026 6:30-9 :00pm	Beyond Band-Aids VIRTUAL	Beyond Band-Aids A Guide for the Protection of Children and Early Educators in Child Care Settings. Providers will be trained and prepared to maintain the health and well-being of children by following guidelines to respond appropriately to children's accidents, injuries, and illnesses and follow specific procedures in handling and administering medications to children (Trinisia Carlton/PFCW)	2.5 Hrs.	\$7
Thursday 10/22/2026 6:30- 8:30pm	Calm Down Tool Kit	This training focuses on creating and using "Calm Down Toolkits" filled with hands-on sensory tools, visual supports, breathing techniques, movement activities, and calming routines that support social-emotional development in early childhood classrooms. Educators will learn how to intentionally teach self-regulation skills, model calming techniques, and create safe, supportive environments that encourage children to express feelings appropriately rather than react through challenging behaviors. (Cassandra Dunn/PFCW)	2 Hrs.	\$7
Thursday 10/29/2026 6:30-8:30pm	Zones of Regulation	Participants will gain knowledge on how to support students through their difficult emotions and how to guide them to strategies to support regulation. (Cassandra Dunn/PFCW)	2 Hrs.	\$7

Registration minimum: Classes will be cancelled if minimum enrollment is not met by noon on the previous business day.

Full policy: www.pfcw.org

Register: Crystal Heath at 919-735-3371 ext. 227 or cheath@pfcw.org | Front Desk ext. 0