



# New Jersey Association of Kindergarten Educators

An Affiliate of the New Jersey Education Association



Presents ...

## Spring Conference 2023

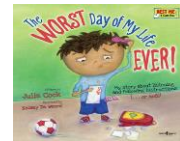
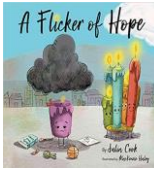
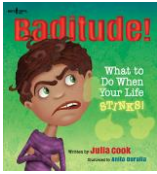
With

### Julia Cook

On

### Saturday, April 22, 2023

### Via ZOOM: 9:00 AM – 1:00 PM



Julia is nationally recognized as an award-winning children’s book author and parenting expert. She has presented in thousands of schools across the country and abroad, and regularly speaks at national education and counseling conferences. Julia has published nearly 100 children’s books with a wide range of characters and social development topics, with the goal of teaching students to become lifelong problem solvers.

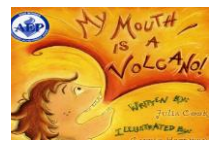
#### Topics include:

**Joy: It's an Inside Job:** Happiness is momentary, but Joy is a constant state of contentment that is not shifted by the chaos around us. Through stories and practical steps, Julia will teach us how to shift our thinking and actions so that we can move from looking for temporary happiness to finding long-term joy, develop a process for self-care that inhibits burnout and compassion fatigue, and inspire others to find their own inner joy.

**I Need a LARGE Re-Charge:** In this interactive, fun-filled talk, Julia will identify the key ingredients of mental wellness. She will also offer effective strategies for building and maintaining well-being.

**Re-boundaries and Resilience: Enhancing Skills that Foster Boundary Recognition, Determination and GRIT!**

**Read the Books:** Julia will read various books and explain how to use them in the classroom.



#### Workshop Registration

**Members Fee: \$25.00**

**Non-Members Fee: \$50.00  
(includes membership)**

**Retired/Students Fee: \$35.00  
(includes membership)**



Please email any questions to Christina Spring at: [cspring96@gmail.com](mailto:cspring96@gmail.com)

**Registration must be received no later than April 19, 2023. Registration is limited, on a first-come basis.**

If paying by check, please **FILL OUT & MAIL IN** this coupon **WITH YOUR PAYMENT**, made payable to **NJAKE**, to **Christina Spring, P.O. Box 7235, Colonia, NJ 07067** Or you can pay via **PayPal** at [www.NJAKE.net](http://www.NJAKE.net)

Full Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Home Address: \_\_\_\_\_ Email Address: \_\_\_\_\_

Current Member? Yes / No

Amount Enclosed: \$ \_\_\_\_\_

Julia Cook 04/22/2023