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Schedule

8:30a-9:00a: Check-in & Breakfast Time

9:00a-9:50a: Welcome, Speakers, & Intro Activities

10:00-11:00a: Session 1

11:10a-12:10p: Session 2

12:10p-1:10p: LUNCH

1:10-2:10p: Session 3

2:20-3:40p: Session 4

3:45p: Closing & Surveys

Session 1

Willow Room

Workplace Wellness:
Combat Stress & Burnout
Macie Litchfield, M.A.
LMFT #138969
Macie Litchfield Counseling

Valley Oak Ballroom

Leveraging Skills Gained in
Challenging Situations
Across Multiple Levels
Stephen Menebroker,
Recreation Coordinator
Cosumnes CSD

Poppy Room

It's For Your Own Safety
Alexandra Luong,
Recreation Coordinator
Sunrise RPD

Session 2

Willow Room

Compassion in Recreation:
ACEs and Trauma-
Informed Care
Whitney Kahn
Recreation Coordinator II
City of Folsom

Gymnasium

You Have the Kids,
Now What?
Melissa Snyder & Jake Garcia
Recreation Coordinators
Sunrise RPD

Poppy Room

From Part Time to Full Time:
Strategies for Advancing
Your Career
Penelope Crouse-Feehan
Recreation Coordinator II
City of Folsom

Session 3

Willow Room

Camp Connections: Sparking
Ideas for a Stellar Summer
Mary Stoakley
Recreation Supervisor
Fair Oaks RPD

Valley Oak Ballroom

Early Start Services with
Alta California Regional Center
Kristin Lunardi
Client Services Manager
Alta Regional

Poppy Room

Let's Talk Inclusivity
Wendy Westsmith, Ed.D.
Lead Faculty - Child Development
William Jessup University

Valley Oak Ballroom

Session 4

Large Group Round Tables
Breakout Groups Including:
Preschool | Youth & Camps
After School | Teens | & More!

All You Need Is
REC Cloud

TUESDAY JANUARY 28, 2025



Session Descriptions

<i>Speaker</i>	<i>Session Title</i>	<i>Session Description</i>
Macie Litchfield	Workplace Wellness: Combat Stress & Burnout	Education around what leads to workplace burnout and stress including tips that can lead to further awareness of when it is building up, as well as tools to use for when burnout and stress do happen. Our goal will be to give you the ability to stop continued cycles of burnout and stress to feel empowered and proactive in self-management!
Stephen Menebroker	Leveraging Skills Gained in Challenging Situations Across Multiple Levels	Explore how the experience of managing difficult situations—whether in customer service, team dynamics, or tight deadlines—can be a powerful asset when transitioning from part-time to full-time roles. We'll dive into key skills such as Problem-solving, Emotional intelligence, Adaptability, Communication, and Time Management
Alexandra Luong	It's For Your Own Safety	Let's talk prevention and first-aid processes for the ordinary and not-so-ordinary situations we encounter every day.
Whitney Kahn	Compassion in Recreation: ACEs and Trauma-Informed Care	Explore the basics of Adverse Childhood Experiences (ACEs) and Trauma-Informed Care in this introductory session designed for anyone involved in youth programming. Learn how operating with a trauma-informed lens creates benefits for everyone in your programs—not just participants who've experienced trauma. Perfect for those new to the concept, this session offers practical insights for making your programs more inclusive and impactful.
Melissa Snyder & Jake Garcia	You Have The Kids, Now What?	Engage in games and crafts that foster positive relationships, improve communication and enhance collaboration.
Penelope Crouse-Feehan	From Part-Time to Full-Time: Strategies for Advancing Your Career	Learn how to showcase your value, build meaningful connections, and develop the skills and mindset necessary to seize full-time opportunities. Whether you're seeking to grow within your current organization or explore new paths, this session will equip you with the tools to make your next career move with confidence.
Mary Stoakley	Camp Connections: Sparking Ideas for a Stellar Summer	Come together for an interactive and collaborative experience! We'll share innovative summer camp ideas, exchange valuable insights, and work together to create a memorable summer for all. Don't miss out on the chance to spark creativity and make lasting connections with others in local communities!
Kristin Lunardi	Early Start Services with Alta California Regional Center	Come and learn about the history of Alta Regional and what they can do for your community. Their services include identifying developmental challenges and disabilities, providing access to programs that include children with developmental challenges and following their journey into adulthood and beyond.
Wendy Westsmith	Let's Talk Inclusivity	Everyone wants to feel included, but that looks different to each person. Let's explore culture and diversity in the classroom from Early Childhood Education professionals and create a community that is welcoming in any program.