

## NJ Child Care Resource and Referral: Promoting Informed Child Care Choices Sessions 7 & 8

Connecting with Families [https://challengingbehavior.cbcs.usf.edu/docs/Connecting-with-Families\\_tipsheet.pdf](https://challengingbehavior.cbcs.usf.edu/docs/Connecting-with-Families_tipsheet.pdf)

Cultural Competence <https://extension.psu.edu/what-is-cultural-competence-and-how-to-develop-it>

Employee Assistance Program Please reach out to your Human Resources Department for Services

Healthy Minds Program <https://hminnovations.org/meditation-app>

Insight Timer <https://insighttimer.com>

Johari Window <https://www.communicationtheory.org/the-johari-window-model>

Mental Health America Ten Tools <https://wwwmhanational.org/ten-tools>

Mindful Leader [www.mindfulleaders.org](http://www.mindfulleaders.org)

Mindful School [www.mindfulschools.org](http://www.mindfulschools.org)

MyLife Meditation <https://o-p-e-n.com/meditate>

NIH Emotional Wellness Toolkit <https://www.nih.gov/health-information/emotional-wellness-toolkit>

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**Organizational Chart Action Plan Template** <https://www.wordstemplates.com/action-plan-template.html>

**Parent Cafes** <https://www.beststrongfamilies.org/parent-cafes>

**Positive Psychology Mindfulness Meditation Podcasts of 2020** <https://positivepsychology.com/mindfulness-meditation-podcasts>

**Psychology Today Well-Being Toolkit** <https://www.psychologytoday.com/us/blog/the-well-being-toolkit>

**Resiliency Building Plan Worksheet**

[https://www.acponline.org/system/files/documents/about\\_acp/chapters/or/resilience\\_building\\_plan\\_worksheet.pdf](https://www.acponline.org/system/files/documents/about_acp/chapters/or/resilience_building_plan_worksheet.pdf)

**Respecting All Families** [https://www.learningforjustice.org/sites/default/files/documents/tt\\_abc\\_respect\\_for\\_families.pdf](https://www.learningforjustice.org/sites/default/files/documents/tt_abc_respect_for_families.pdf)

**Seven Essential Time Management Strategies** <https://www.liquidplanner.com/blog/7-essential-time-management-strategies>

**The Smiling Mind** <https://thesmilingmind.com>

**UCLA Mindful** <https://www.uclahealth.org/marc/ucla-mindful-app>

**Wisdom Labs Toolkit: Bringing Mindfulness to the Workplace** <https://www.wisdomlabs.com/mindfulness-kit>