

EMPOWER PLUS+

An Arizona Early Care and Education (ECE) Learning Collaborative

Who Is Eligible?

- ★ Centers in Maricopa and Pima Counties
 - + Child Care Centers
 - + Head Start & Early Head Start
 - + School District Preschools
 - + Faith-Based Programs and
 - + Tribal Programs

To apply visit
<https://www.surveymonkey.com/s/EmpowerPLUScohort2>
Applications are due by
July 30, 2014

Project Goals:

- ★ To support healthier environments for children, their families, and staff through:
 - + Increasing daily physical activity
 - + Reducing screen time
 - + Increasing fruit and vegetable consumption
 - + Providing nutrition and breastfeeding support
 - + Engaging families as partners
- ★ To strengthen your current work with the Empower Standards

Benefits of Participation:

- ★ \$500 participation stipend/program
- ★ FREE toolkits & training materials
- ★ FREE on-site technical assistance by health and nutrition experts
- ★ FREE training hours that meet or exceed ADHS Licensing and Empower Standards and/or other professional development requirements
- ★ Networking with other ECE professionals focused on children's health and well-being

Year 2
August 2014-May 2015

Program Involvement:

- ★ Five trainings per year for your leadership team of 1-3 staff
- ★ Staff professional development facilitated by leadership teams between trainings
- ★ Develop and implement action plan for program improvement
- ★ Celebration and recognition of accomplishments!
- ★ Continued Communication after project ends

For more information, contact **Bonnie Williams, Early Care and Education Prevention Manager**, at **602-542-2847** or bonnie.williams@azdhs.gov

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