



Whole Child Supports Professional Learning Opportunities 2025-2026 School Year

Whole Child Support Trainings/Workshops

Metro RESA offers a range of professional learning opportunities designed to equip school and district staff with evidence-based strategies that support the Whole Child. Our training sessions are available both in-person at Metro RESA and virtually. Be sure to check event details for specific locations and delivery methods.

To explore detailed course descriptions, visit our [Whole Child Supports Course Descriptions](#).

Metro RESA can also facilitate these sessions—or other courses from our catalog—at your school or district. For inquiries or to schedule a session, contact Michelle Sandrock, Director of Whole Child Supports, at michelle.sandrock@mresa.org.

How to Register for Courses Below:

To register for trainings, visit our [Metro RESA Course Catalog](#). From there you can easily find courses by:

- Searching by name of training in the top right search bar
- Filtering by date to locate trainings held during that month

Training	Date	Time	Location
Mastering Classroom Management: Empowering Educators with Essential Practices (For Teachers)	Thursday, July 24, 2025	8:30 am – 4:00 pm	Metro RESA
Mastering Classroom Management: Empowering Educators with Essential Practices (For Instructional Coaches)	Tuesday, August 26, 2025	8:30 am – 4:30 pm	Metro RESA
Check and Connect Overview	Thursday, August 28, 2025	9:00 am – 10:00 am	Virtual
Restorative Practices: Intro, Day 1*	Wednesday, October 1, 2025	8:30 am – 3:30 pm	Metro RESA
Restorative Practices: Circles, Day 2*	Thursday, October 2, 2025	8:30 am – 3:30 pm	
QPR: Question, Persuade, Refer	Tuesday, October 21, 2025	9:00 am – 11:00 am	Virtual
Youth Mental Health First Aid	Tuesday, October 28, 2025	9:00 am – 2:30pm	Virtual

10 Steps to Being a Trauma-Informed and Resilient School, Day 1*	Tuesday, November 11, 2025	8:30 am – 3:30 pm	Metro RESA
10 Steps to Being a Trauma-Informed and Resilient School, Day 2*	Wednesday, November 12, 2025	8:30 am – 3:30 pm	
Mastering Classroom Management: Empowering Educators with Essential Practices (For Teachers)	Thursday, January 22, 2026	8:30 am – 4:00 pm	Metro RESA
10 Steps to Being a Trauma-Informed and Resilient School, Day 1*	Tuesday, February 10, 2026	8:30 am – 3:30 pm	Metro RESA
10 Steps to Being a Trauma-Informed and Resilient School, Day 2*	Wednesday, February 11, 2026	8:30 am – 3:30 pm	
QPR: Question, Persuade, Refer	Thursday, February 12, 2026	9:00 am – 11:00 am	Virtual
Youth Mental Health First Aid	Tuesday, February 24, 2026	9:00 am – 2:30pm	Virtual
Restorative Practices: Intro, Day 1*	Wednesday, February 25, 2026	8:30 am – 3:30 pm	Metro RESA
Restorative Practices: Circles, Day 2*	Thursday, February 26, 2026	8:30 am – 3:30 pm	
Youth Mental Health First Aid	Tuesday, April 21, 2026	9:00 am – 2:30pm	Virtual

**Notates a two-day training series. Those who register must be present for both training days.*