

## WORKSHOP

# CATCH: Early Childhood



## Registration

Please register at

<https://communityoflearning.first5kids.org/>.

## Target Audience

FRCI funded staff: FRC/Volunteer Coordinators. Community Workers, Associate Community Workers and Volunteers.



## Dates and Times (attend one)

**August 20, 2018**

8:30 a.m. - 12:30 p.m.

OR

**August 20, 2018**

1:30 p.m. - 5:30 p.m.

**August 25, 2018**

1:30 p.m. - 5:30 p.m.

## Location

FIRST 5 Santa Clara County

4000 Moorpark Ave.

Community Room, Suite 100

San Jose, CA 95117

## Description

The CATCH Early Childhood (CEC) toolkit is designed to nurture a love of physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5 by providing the tools to successfully implement nutrition and physical activity programs. The workshop will provide an overview of how to use the toolkit with children and families. Participants will receive the toolkit and materials to implement activities (one per site attending).

