



SPROUTS Professional Development

VIRTUAL series

Sprouts PD is a four-part series that explores how to co-regulate with and promote self-regulation in infants, toddlers, and preschoolers, including those who have experienced trauma and other early adversities. Sprouts PD is **6 hours of specialized training** in trauma-informed care for young children and is appropriate for participants of all educational backgrounds and functional areas.



March 2026

Four Wednesday afternoons

3/4, 3/11, 3/18, and 3/25

3:00 – 4:30 PM PT

Held on Zoom

Certificate of Completion and Professional Credit (CEs) available.

Please plan to attend all four sessions and actively participate throughout the series!



This interactive training will ask you to have your video camera on, join discussions in breakout rooms, and use the chat.



To register, complete this two-step process:

- 1) Log in or create a new [Wellbeing for LA account](#)
- 2) Once logged in, navigate to the [training series page](#) , select the dates listed above, and click ✓ Register with access code.

Enter in access code: Sprouts36

*When you have registered, you will receive an email confirmation, and the **Pre-Survey link** will appear on the training page under Materials (please complete it before the first session).*

For more information, please email SEEDS@mednet.ucla.edu

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6 Continuing Education Credits Available.

UCLA Division of Population Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA Division of Population Behavioral Health maintains responsibility for this program and its content.