



2026

CE-CERT Training

KNEW2

Do you feel completely drained at the end of a work day?

Are you just waiting for the moment work ends so you can finally recover from all the stress, exhaustion, and anxiety you feel?

Do you have a stack of self-care activities lined up for the evenings and weekends to help you de-stress?

Taking a bath, getting a manicure, or buying a venti pumpkin spice latte may be enjoyable and relaxing activities, but they will not help you recover from the stress of your job. Unlike self-care practices you do outside of work, CE-CERT will give you skills you can use in real-time to better cope with work challenges. CE-CERT will help you stay engaged, better deal with intense experiences, and better recover from stress.

The goal of CE-CERT is not just to help you survive your work, but to help you actually feel satisfied and fulfilled in it.



CE-CERT Training (10 hours)

September 16, 2026, 9 am to 4 pm CT

September 17, 2026, 9 am to 12 pm CT

Includes 10 virtual consultation calls

Lunch provided both days



Extended Learning Session:

Supervising Intensive* (3 hours)

September 17, 2026, 1 pm to 4 pm CT

**Optional but strongly recommended and included at no additional cost*



Training Location:
UNL-Extension or
UNL-Center on Children,
Families and the Law
offices in Lincoln, NE



Training Cost:
\$100

*Remainder is paid for by
the KNEW grant*



nebraskababies.com/events/ce-cert-knew2

Registration deadline: **September 1, 2026**

Questions? Contact Holly Wilhite at hwilHITE2@unl.edu

