



2023 Training Opportunities for WIC Staff



Dates/Time	Title and Sponsor	Virtual or In-person	Description	Cost per person	Registration Information
Trainings and Workshops					
August 29-30, 2023 Tuesday, August 29, from 10 am to 1:20 pm PST Wednesday, August 30 from 10 am to 12:30 pm PST	WIC Breastfeeding Support Campaign Webinar	Virtual	WIC Breastfeeding Support Campaign Webinar WIC Works Resource System (usda.gov) This series of presentations aims to share lessons learned from the implementation of the “Learn Together. Grow Together” Breastfeeding Support Campaign and to share social media best practices, as well as other activities to promote breastfeeding.	Free	Register here: Day 1 Register here: Day 2 NOTE: YOU MUST REGISTER SEPARATELY FOR EACH DAY OF THE WEBINAR.
August 31, 2023 12:00-1:15 PM PST	The Importance of Peer Counselor Outreach: The Story of A NWA	Virtual	All Webinars will be recorded. Please note the recording, CEU information, and any handouts will be emailed from membership@nwica.org to attendees who participated live within one week of the webinar.	Free	Register here.

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September 6, 2023 10:00-11:00 pm PST	National Immunization Awareness Month Webinar <i>Vaccinate Your Family, the National WIC Association, and the Centers for Disease Control and Prevention</i>	Virtual	National Immunization Awareness Month WIC Works Resource System (usda.gov)	Free	Register here.
September 5-9, 2023	2023 National Association of Farmers Market Nutrition Programs (NAFMNP) Conference N	Santa Fe, NM	2023 Conference 2023 Conference - NAFMNP	Full conference-\$695	Register here: Conference Registration - NAFMNP
September 8, 2023 6:00 AM-4:30 PM (PST)	Third Annual Nutrition Diversity Conference <i>Post-baccalaureate Opportunities for</i>	In-person Denver, CO/ Virtual	About - Event Page 3rd Annual Nutrition Diversity Conference (accevents.com)	\$15-\$75	Register here: About - Event Page 3rd Annual Nutrition Diversity Conference (accevents.com)

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	<i>Hispanic Americans (POHA)</i> N E				
September 10-13, 2023	Native American Nutrition Conference <i>University of Minnesota</i> N	In-person Prior Lake, Minnesota	2023 Conference Native American Nutrition (umn.edu)	\$225	Register here: Sixth Annual Conference on Native American Nutrition 2023 Tickets, Sun, Sep 10, 2023 at 9:00 AM Eventbrite
September 15, 2023	5th Annual Breastfeeding Conference- Releasing Barriers with Love and Support in the First Years <i>SW WA Healthy Families, Oregon Washington Lactation Association, Clark County Public Health</i>	In-person Vancouver, WA	SW WA Healthy Families is excited to be hosting its 5th Annual Conference in partnership with Clark County Public Health, and Oregon Washington Lactation. This year, our theme is: Releasing Barriers with Love and Support in the the First Years. Who should attend: This conference convenes a diverse set of clinical, community, advocacy, lactation consultants, nurses, midwives, community	\$125	Register here: Releasing Barriers with Love and Support in the First Years Tickets, Fri, Sep 15, 2023 at 8:45 AM Eventbrite

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			<p>health workers, and other healthcare providers who interact with pregnant and postpartum families.</p> <p>This conference is a catalyst for action, empowering our community to address the structural inequities of lactation care and support that prevent our families from meeting their infant feeding goals.</p>		
September 26-28, 2023	Community Wellness & Healing Strategies <i>Native Wellness Institute</i>	In-person Suquamish, WA	Community Wellness and Healing Strategies (nativewellness.com)	\$499	Register here: Community Wellness and Healing Strategies (constantcontact.com)
September 26-29	2023 NWA WIC Technology, Program Integrity, and Vendor Management Education Conference	In-person Portland, OR	National WIC Association (nwica.org)	\$499-\$599 Early bird rates ends 7/21	Register here: National WIC Association (nwica.org)

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	<i>National WIC Association</i> N E				
October 7-10, 2023	FNCE 2023 <i>Academy of Nutrition and Dietetics (AND)</i> N	In-person Denver, CO	Present at FNCE® 2023 (eatrightfnce.org)		Register here: Membership Information - 2023 Food & Nutrition Conference & Expo® (cvent.com)
October 10-12, 2023	2023 WSPHA Annual Conference for Health <i>Washington State Public Health Association</i> N	In-person Wenatchee, WA	Annual Conference 2023 (wspha.org)	\$585	Register here: Washington State Public Health Association (memberclicks.net)

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October 25-27, 2023 8:30 AM – 12:30 PM	Creating Healthy Relationships with Food 2023 Annual Training <i>Nutrition First WIC Association of Washington State</i> N E	Virtual	Nutrition First's 2023 Annual Training: Creating Healthy Relationships with Food Nutrition First (nutritionfirstwa.org)	\$275	Register here: Creating Trusting Relationships With Food: Nutrition First's 2023 Annual Tr (regfox.com)
November 12-15, 2023	Creating the Healthiest Nation: Overcoming Social and Ethical Challenges <i>APHA</i>	Virtual/In-person Atlanta, Georgia	Annual (apha.org)	Virtual- \$325	Register here: APHA Annual Meeting and Expo Registration

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November 30, 2023 12:00 pm- 1 PM PST 	By Us, For Us: Providing Culturally Specific WIC Services for the African American/African Immigrant and Native American Communities <i>National WIC Association</i>	Virtual	Racial policies limiting land access and food, along with disrupted families and limited opportunities, disproportionately affect African American/African Immigrant and Native American/Alaskan Native health. Given WIC's crucial role for these communities, it's vital to provide culturally inclusive services. This session highlights the need for culturally-specific approaches to fulfill WIC's mission for low-income women, infants, and children up to 5 years old. It offers strategies to empower staff, focusing on nutrition education, breastfeeding support, and leveraging partnerships effectively.	Free	Register here: Registration (gotowebinar.com)
Self-Paced 4-part series	Navigating Constipation, Reflux, FPIAP & FPIES <i>Nutrition Masterclass</i>	Virtual	This is our wildly popular 4-part webinar series on common, and not so common GI conditions that affect infants. Each session is 1.5 hours and recorded, meaning you can enjoy at your own pace, anytime, anywhere.	\$229	Register here: Infant GI Series 2023: Navigating Constipation, Reflux, FPIAP and (nutritionmc.com)

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			The series is approved for 6 CPEUs!		
Self-Paced	VENA Training Videos and Discussion Guides NB	Virtual	These videos serve as a starting point for familiarizing WIC staff with the VENA process. The accompanying discussion guides for each video can help to spark deeper discussions and encourage in-depth learning.	Free	Go here: VENA Training Videos WIC Works Resource System (usda.gov)
Self-Paced 4-part series	Picky Eating-Next Level Strategies for Challenging Cases <i>Nutrition Masterclass</i> N	Virtual	Topics include: <ul style="list-style-type: none"> • Children with Autism and Extreme Aversions • Identifying and Support Oral-Motor and Sensory Feeding Difficulties in Children • The Get Permission Approach R • What to Dow When EVERYTHING is Wrong 6 CPEUs	\$229.00	Register here: Picky Eating - Next Level Strategies for Challenging Cases Nutrition (nutritionmc.com)

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Self-Paced	Picky Eating Series – Looking for New Techniques? <i>Nutrition Masterclass</i> N	Virtual	Three powerhouse guest speakers that do this day in and day out. They’ll not only share their years of experience with you, but their best tips.	\$199	Register here: Picky Eating Series - Looking for New Techniques? Nutrition (nutritionmc.com)
Self-Paced 75 minutes	Classic Late Preterm Infant – Nutrition Pearls from NICU to Home <i>Nutrition Masterclass</i> N	Virtual	This webinar is for you if: <ul style="list-style-type: none"> You have limited prior exposure to preterm infant nutrition You feel like you're winging it and want to increase your confidence You lack training and/or access to experienced pediatric dietitians You want to increase your knowledge and add practical tips to your toolbox 1.25 CPEUs	Free	Register here: Classic Late Preterm Infant – Nutrition Pearls from NICU to Home Nut (nutritionmc.com)
Self-Paced Learning	When Reflux Becomes	Virtual	This webinar is for you if:	Free	Register here: When Reflux Becomes Complicated:

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	Complicated: Interventions for a Breastfed Infant <i>Nutrition Masterclass</i>		<ul style="list-style-type: none"> You have limited prior exposure to infant nutrition You feel conflicted as to the best approach for breastfed babies with reflux You lack training and/or access to experienced pediatric dietitians You want your recommendations to be successful in this vulnerable population 1.25 CPEUs		Interventions for a Breastfed Infant (nutritionmc.com)
Self-Paced Learning	Pediatric Iron Deficiency <i>Nutrition Masterclass</i>	Virtual	This webinar is for you if: <ul style="list-style-type: none"> You are interested in building your skills and confidence related to iron deficiency You feel unsure when to recommend bloodwork and who is at the greatest risk 	Free	Register here: Pediatric Iron Deficiency Nutrition Masterclass (nutritionmc.com)

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			<ul style="list-style-type: none"> You lack training and/or access to experienced pediatric dietitians You struggle with managing the anorexia that accompanies iron deficiency anemia <p>1 CPEUs</p>		
Self-Paced Learning	Growth Failure - A New Roadmap for a Common Problem <i>Nutrition Masterclass</i>	Virtual	<p>This webinar is for you if:</p> <ul style="list-style-type: none"> You have limited prior exposure to infant nutrition You feel unsure how to sensitively address growth concerns with parents You lack training and/or access to experienced pediatric dietitians You want to ensure you don't miss any key questions in your assessment <p>1.25 CPEUs</p>	Free	Register here: Growth Failure - A New Roadmap for a Common Problem Nutrition (nutritionmc.com)

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Self-Paced Learning	Understanding Population Health Concepts <i>Northwest Center for Public Health Practice</i> E	Virtual	Explore population health concepts such as health equity, health disparities, health inequities, and social determinants of health Online module	Free	Go here to access the training: Trainings and Webinars: Data and Health Equity SHARE-NW (nwccph.org)
Self-Paced Learning	Communicating Effectively E	Virtual	Understand principles of effective public health messaging and communication, such as crafting key messages and talking points, developing engaging stories, and the importance of knowing your audience. Online module	Free	Go here to access the training: Trainings and Webinars: Data and Health Equity SHARE-NW (nwccph.org)
Self-Paced Learning	Visualizing Data Stories E	Virtual	Demonstrate how effective and inclusive visual data techniques can support public health communications. Learn key purposes behind different types of visual data and practice choosing data visuals to support	Free	Go here to access the training: Trainings and Webinars: Data and Health Equity SHARE-NW (nwccph.org)

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			key messages and connect with the audience. Online module		
Self-Paced Learning	The National LGBTQIA+ Health Education Center <i>A Program of the Fenway Institute</i> A E	Virtual	Learning Resources -Webinars Access our extensive library of webinars publications, and materials to learn more about LGBTQIA+.	Free	Click here Webinar Archives » LGBTQIA+ Health Education Center
Self-paced Learning	Foundations in Lactation- On Demand Webinar B	Virtual	A 4-part series updated in 2021 to be more inclusive of the diverse population WIC serves! This training covers staff roles, how to use client centered communication skills when talking about breastfeeding and what factors can affect milk production and exclusive breastfeeding.	\$145	Foundations in Lactation Support - On Demand Webinar (regfox.com)
Learning Series	Diversity, Equity, Inclusion Learning Series	Virtual	This 3 – day workshop includes:	Full workshop:	Order here: DEI Learning Series - USLCA

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	<i>United States Lactation Consultant Association (USLCA)</i> E B		Session 1 Equity-Mindfulness: Identifying and Interrupting Implicit Bias Session 2 Equity-Mindfulness and Cultural Responsiveness in the Health and Lactation Space Panel Session 3 Allyship, Anti-Racism, and Cultural Responsiveness Workshop Recording	BIPOC member: free Non-BIPOC: \$55.00 Note: Session 1 is free for everyone	
Learning Series	The Impact of Racism in Healthcare and the Perinatal Period Webinar Series <i>Injoy Health Education</i> E	Virtual	Part I Examine the history of racism in the United States and discuss the timeline of reproductive justice. Learn how to put awareness into action. Part II Clarify the differences between health inequity and health disparity. Apply what you've learned and ensure you "do no harm" as you care for families during the maternal and perinatal period.	Free	

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			Recorded webinars		
Most Thursdays at 12:00 PM-1:30 PM PST (3:00 PM – 4:30 PM EST)	Webinar Series <i>National WIC Association</i> N B	Virtual	<ul style="list-style-type: none"> 1-hour long webinars <p>Note: Staff who haven't set up their member account must register for each webinar they plan to attend <u>ahead</u> of time. That is the only way staff can access the recorded webinar, if staff can't participate during live webinar time.</p>	No charge	Register at: https://www.nwica.org/snippet-webinars-intro
Every third Tuesday of the month 5:00 AM PST (8:00 AM EST)	Health and Equity Webinar Series <i>Michigan Breastfeeding Network (MIBFN)</i> E B	Virtual	<ul style="list-style-type: none"> MIBFN is committed to 4 core values: Access, evidence, equity, and relevance. These webinars are designed to support practice change among peer counselors, maternity care nurses, and home visitors. Past topics include: <ul style="list-style-type: none"> Lactation after loss 	No charge	Register at: https://www.mibreastfeeding.org/webinars/ Note: Actual launching time is 5am PST (8am EST). To easily watch new webinars "on demand," please make sure to register ahead of time for the upcoming webinar: Webinars – Michigan Breastfeeding Network (mibreastfeeding.org)

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			<ul style="list-style-type: none"> ○ Ethics, Online Messaging, and Pressure to Breastfeed ○ Indigenous Breastfeeding: Trauma and Resilience ○ ...and other important topics. <p>Various CEU credits available for up to 1 year after the initial air date.</p> <p>2022 Webinar Tentative Schedule</p>		Contact: info@mibreastfeeding.org
Bi-monthly (in odd numbered months) on the 4 th Tuesday of the month from 11:00 AM -12:30 PM PST	USBC Racial Equity Webinars <i>United States Breastfeeding Committee (USBC)</i> E B	Virtual	<ul style="list-style-type: none"> • Webinars are part of its efforts to "create and model a culture of inclusion, diversity & equity" (USBC Strategic Framework Goal 4). <p>This Webinar series focuses on building the capacity of the breastfeeding field to apply both an "equity lens" to inform and guide our strategies and activities, but also an "equity</p>	No charge	Register at: https://register.gotowebinar.com/register/8175514735082416130

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Washington WIC

August 2023



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			mirror" to examine our internal structures, culture, and policies. Webinar		
Ongoing	California Breastfeeding Coalition B	Virtual	California BF Coalition shares events presented by local, ethnic, regional, and state breastfeeding coalitions; community-based organizations; and health care and educational institutions. Recorded and live webinars	Ongoing	Register at: http://californiabreastfeeding.org/events-calendar/
Ongoing	Online Lactation Education <i>Evergreen Perinatal Education</i> B	Virtual	Foundations for Best Practice in Lactation Care - FULL PROGRAM includes 48 hours & designation as a Certified Lactation Educator. Other Trainings: <ul style="list-style-type: none"> • Excellence in Care with The Ten Steps includes – 15 hours • Provider Ten Step Education – 4 hours 	Varies depending on module	Register at: http://www.evergreenperinataleducation.com/online-education/

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Washington WIC

August 2023



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			<ul style="list-style-type: none"> • Additional Modules – 3 hours each • Communication Modules – 3 hours • Individual "Foundations for Best Practice" Modules – 2 hours each Online		
Ongoing	Lactation and Dietetic Education Resources <i>Lactation Education Resources</i> B	Virtual	<ul style="list-style-type: none"> • Lactation Management Training focuses on providing exclusively online lactation consultant training and continuing education for practicing lactation consultants. <ul style="list-style-type: none"> ○ Basics of Lactation Management ○ Lactation Training ○ IBLCE Exam Review • Offers a variety of other trainings: <ul style="list-style-type: none"> ○ Communications Course 	Varies by course	Register at: https://www.lactationtraining.com/our-courses/online-courses/available-courses

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			<ul style="list-style-type: none"> ○ RD courses Online		
Ongoing	National Nutrition Certification Program for Food \$ense <i>Extension, Utah State University</i>	Virtual	<ul style="list-style-type: none"> • This online training course is designed to prepare those who teach nutrition to the public. • This course is like a Nutrition 101 college class and includes 15 modules with pre- and post-assessments. • Originally designed for Utah’s SNAP-Ed program, it has been made available for CPAs. 	No charge (90 day time limit)	Register at: National Nutrition Certification Program (NNCP) - FoodSense (usu.edu)

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Ongoing	Chest/Breastfeeding <i>National Association of County Health Officials (NACCHO) Breastfeeding</i> B	Recorded Webinars	<ul style="list-style-type: none"> NACCHO actively supports local approaches to chest/breastfeeding protection, promotion, and support. Through webinars, ongoing technical assistance, and success stories, NACCHO shared lessons learned and effective strategies for local level implementation. NACCHO continues to provide training and technical assistance to local health departments and other community-based organizations to advance community support and continuity of care. 	No charge	View recorded webinars at: https://www.naccho.org/program/s/community-health/maternal-child-adolescent-health/breastfeeding-support
Ongoing	Webinar Series <i>UC Davis Human Lactation Center</i>	Webinar	<ul style="list-style-type: none"> Pre-recorded webinars hosted by Dr. Jane Heinig. Designed for Physicians, Nurses, Dietitians, Lactation 	\$30-\$120	Register at: https://lactation.ucdavis.edu/webinars/

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	B		<p>Consultants, and other health professionals working with families of young infants.</p> <p>Current webinars:</p> <ul style="list-style-type: none"> • Supporting Breastfeeding Mothers under Acute Stress (\$30) • Lactation Support in the Shadow of Maternal Trauma – 3 part series (\$90) • Who’s in Charge? The Ethics of Control in Decision-making Related to Infant Feeding (\$30) • Building Professional Relationships: Understanding and Addressing Rudeness in the Workplace (\$30) • Baby Behavior for Lactation Professionals – 4 part series (\$120) 		Continuing education units are provided for IBCLCS (through IBLCE), RNs (through CA BRN), and for RDs (through CDR as part of a Professional Development Portfolio).

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Ongoing	La Leche League International Webinar Library B	Webinar and recorded Webinars	<ul style="list-style-type: none"> • LLLI aims to provide those in the health field and community, interested parties, and our Leaders with cutting-edge research and new developments in the breastfeeding world. • Through their webinars, LLLI hosts global industry-leading speakers and subject matter experts who will help the viewer grasp new concepts and learn new approaches to working with families in need of breastfeeding support. • Each of their webinars also has the option of obtaining CERP credit (Continuing Education Recognition Points) for IBCLCs who want to recertify. 	Varies	To view the webinars Webinar Library - La Leche League International (llli.org)

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Ongoing	Medela Webinar series on breastfeeding and lactation B	Webinar and recorded webinars	<ul style="list-style-type: none"> Medela provides you the latest information and research results on breastfeeding, breast milk, safety and health of pregnant women, nursing mothers and their babies in the COVID-19 era, we have created a bespoke webinar series. Such a format gives us the opportunity to convene, ask questions and discuss ideas and approaches to improve our support to mothers in these difficult times to help them achieve their breastfeeding goals. Furthermore, all past webinars can be watched here too. 	Varies	To view the webinars Webinar series Medela

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Ongoing Last week of month, 12:00 – 1:00 PM PST	Hot Topic in Public Health – offers unique topic monthly <i>Northwest Center for Public Health Practice – School of Public Health University of Washington</i>	Webinar and recorded webinars	<ul style="list-style-type: none"> <i>Hot Topics in Practice</i> is a monthly webinar forum to discuss issues currently affecting public health practice. Each month guest speakers from local, state, tribal, and national public health organizations present and take questions from the audience. 	No charge	Find monthly topic and register at: https://www.nwcphp.org/training/hot-topics-in-practice
Ongoing	USDA, FNS Webinars & Videos N B	Virtual	Variety of topics	Varies	View here: FNS Documents & Resources Food and Nutrition Service (usda.gov)
Ongoing	Academy of Nutrition and Dietetics Webinar Series N B	Virtual	Variety of topics	Varies	View here: Webinar Series (eatrightpro.org)

Legend: Training marked “N” can be used to meet staff’s nutrition training requirements. Trainings marked “B” can be used to meet staff’s breastfeeding requirements (B-E counts towards the Breastfeeding Equity required training).

A = ACES focus

B = Breastfeeding focus

E = Equity focus

N = Nutrition focus



2023 Training Opportunities for WIC Staff



Dates/Time	Title and Sponsor	Virtual or In-person	Description	Cost per person	Registration Information
Ongoing	National WIC Association Webinars NB	Virtual	Variety of topics	Free	View here: Webinars National WIC Association (nwica.org)
Ongoing	United States Lactation Consultant Association Live Webinars B	Virtual	USLCA’s live webinars provide participants the opportunity to gain valuable education and engage in real-time discussion with the presenter. Earn CERPs and CNEs from the convenience of your own home, workplace, or on-the-go with your mobile device. RD and DTRs, please note: The CDR accepts self-study material that have been approved by ANCC.	Varies	View here: Live Webinars USLCA - United States Lactation Consultant Association

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