



Conscious Awareness Learning Model

Based on Conscious Discipline® and other Trauma-Informed Care Practices

Integrating It All: Creating a Culture of Compassionate Discipline

June 6, 2026

Funded by:



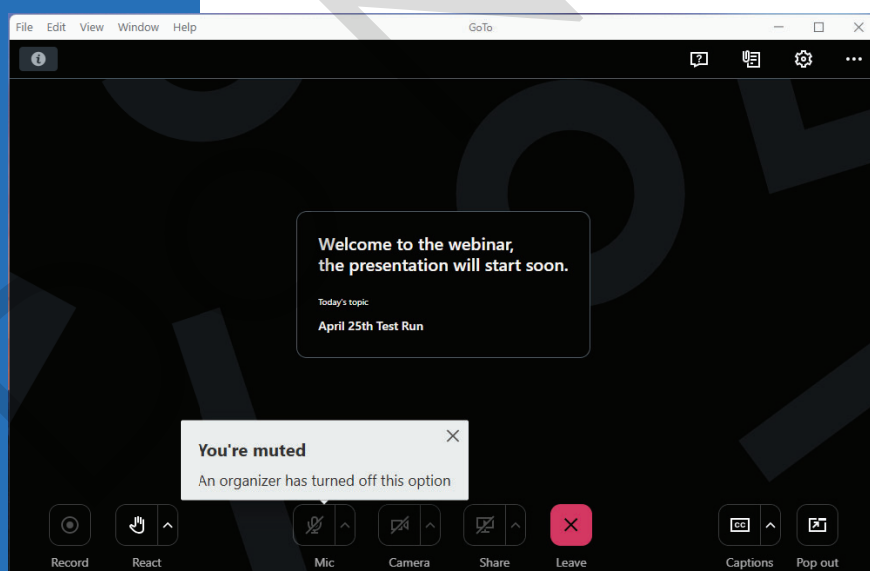
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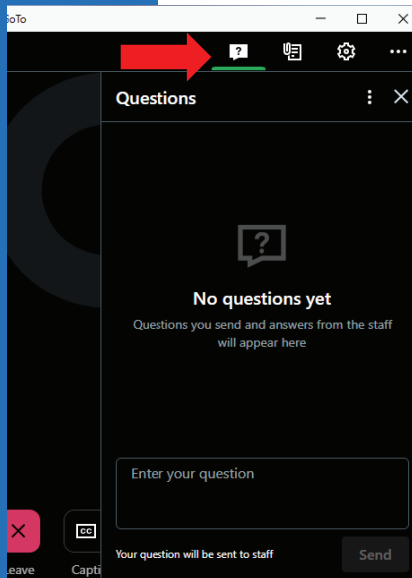
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New User Interface!

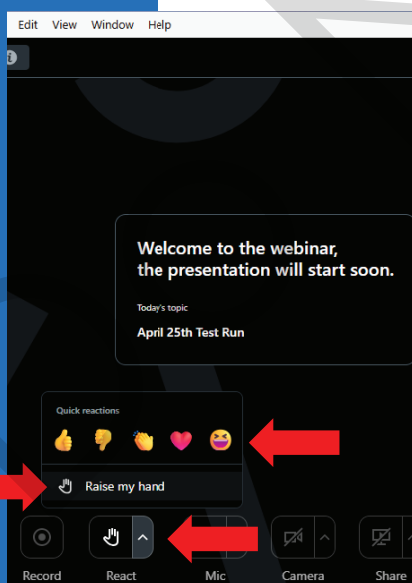
- You are all currently muted and our access to your camera is turned off.
- The new "control panel" is on the top and bottom of the screen.
 - Top: Questions, Materials, Setting & More
 - Bottom: React, Mic, Leave, Captions & Pop out

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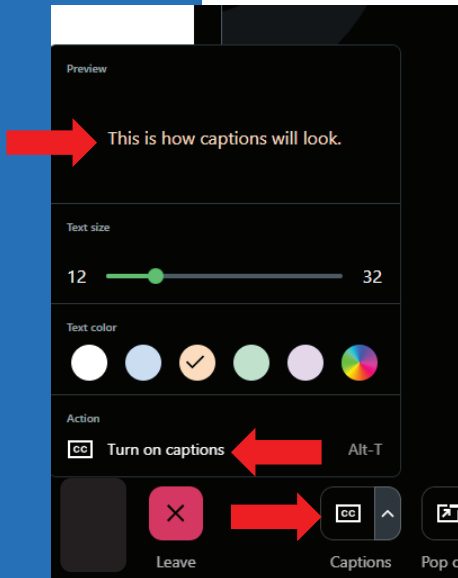
- If you have a question at any point during the webinar, you can go to the "Questions" tab and type it out.
- Send any questions regarding technical difficulties or using GoTo through this menu.
- We will have a time during the webinar to read and answer questions submitted through the "Questions" menu

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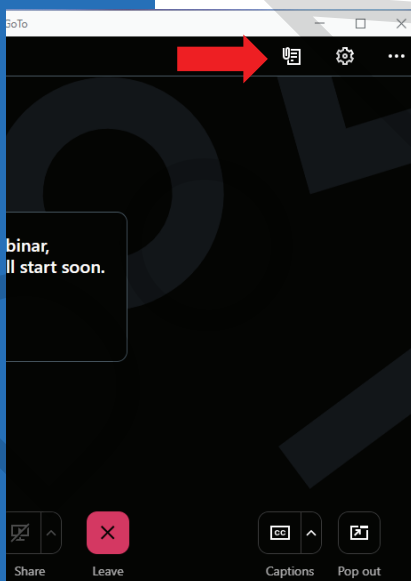
- If you have a question and want to be unmuted to speak, click on "React" and then "Raise my hand."
- You can now send us reaction emojis!

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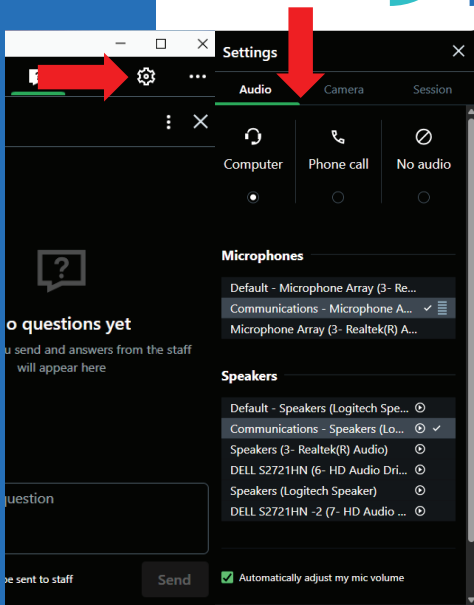
- If you want to turn on live closed captions, click on "Captions" and then "Turn on captions."
- You can also change the text size and color.
- This is only available for the live webinar, in English only.

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- You will find the copy of the session PowerPoint available for you to download under the "Materials" menu (in English and Spanish)
- All videos used in the presentation are linked in the handouts (click on the image in the PDF file and it will open on YouTube)

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- If you have audio problems at any point during the session, make sure you are connected via "Computer audio" in the "Settings – Audio" tab
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April 25th Test Run

Mon, Apr 20, 2026 2:00 PM - 3:00 PM EDT

Hello **Lala Villa**, thanks for registering for "April 25th Test Run."

Before joining, be sure to [check system requirements](#) to avoid any connection issues. Learn more about your attendee experience [here](#).

How to join the webinar

Mon, Apr 20, 2026 2:00 PM – 3:00 PM EDT | Webinar ID: 596-985-243

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- If you are dialing in via the telephone number in the confirmation email, send me an email to confirm your attendance
 - Participants that dial in are not included in the automated GoTo Attendee Report
- If you received the confirmation email as a forward from anyone else and not from the automated service, send me an email to confirm your attendance
 - Participants are sent unique registration links attached to their first and last names for the Attendee Report

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- If you are joining the webinar on the same device as another attendee, send both of your names in the Questions box to confirm your attendance

Arrival Routine

- Greetings! 😊
- Complete pre-survey ([link closes at 9:30am](#))
 - If not, complete it here:
<https://www.surveymonkey.com/r/HLKXMGW>
- Get ready!



Things you will learn today!

01 What is CALM and Why It Matters

02 Review from Session 7: Navigating Conflict

03 7 Principles of Sustaining Productivity

04 Habit Formation & Neural Pathways

05 Core Objectives of the Brain State Model

06 CD® Skills, Powers, and Structures

07 Why Mindfulness Matters

08 Intention-Setting and Accountability

09 Building a School-Wide Culture

What is CALM?

The Conscious Awareness Learning Model (CALM):

- provides universal social-emotional training to early education providers and families
- uses the Conscious Discipline® approach
- integrates positive psychology, trauma-informed practices, brain research and mindfulness



CALM is generously funded by:



Children's Board
HILLSBOROUGH COUNTY

www.ChildrensBoard.org



We are the CALM family! The community is our teacher.

CALM is a series of sessions based on Conscious Discipline® that:

- changes the traditional classroom management system from **control** to **connection**.
- empowers the teacher as a self-disciplined adult who in turn, teaches children how to become self-disciplined.
- helps children become self-disciplined and ready to learn.

Good morning, good morning

Let's get ready the brain smart way

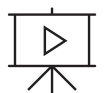
Good morning, good morning

Get ready to start the day

Get Ready!

It Starts in the Heart CD – Track 2

Video #1



Review from Session 7

Conflict is a Learning Opportunity

Conflict is a natural part of relationships and provides opportunities to teach communication, empathy, and problem-solving skills.

Regulation Comes Before Resolution

Children and adults must feel safe and calm before effective problem-solving can happen.

Connection Reduces Escalation

Empathy, calm presence, and respectful communication help move the brain out of survival mode.

Assertive Communication Protects Relationships

Clear, kind, and respectful language creates safety while addressing problems directly.

Adults Model the Skills Children Learn

How adults handle conflict teaches children how to handle their own emotions and relationships.



Take Notes

- Jot down ideas to try with your children.
- Take notes to capture ideas that inspire you.
- Pause, reflect, and write as you learn.
- Write down strategies you want to use right away.
- Keep notes to support your practice.



Feeling Stuck Lately?

STUCK FEELINGS

- Unmotivated or Sluggish
- Unable to start things



PROBABLE CAUSES

- Overwhelm
- Exhaustion
- Nervous system running on empty
- Perfectionism masquerading as procrastination



7 Principles to Sustaining Productivity

Start So Small It Feels Almost Silly

- Commit to the "entry point" like writing one sentence
- Action beats planning
- Reduces resistance and sets you in motion
- Small actions compound over time

Remember Why You Get Up

- What is your "reason for being?"
- If your Why is clear, effort feels lighter
- If unclear, it feels heavier than it should

Finish Imperfectly

- We don't start due to fear of not doing it well
- We don't finish due to fear of being judged
- Completion means momentum and perfection kills it

Clear the Space

- Sorting and putting things in order
- Visual clutter competes for attention, increases stress, and reduces the brain's ability to focus

Stop at 80%

- Stop before satiation: eating, work, giving
- Lighter digestion leads to better energy and clarity
- Same applies to schedules, commitments, and how much you try to "hold"

Move Before You're Ready

- Don't wait for the ideal conditions
- Move with what you have and where you are now
- Fear can be dressed as patience

Track the Work

- Process over outcome
- Simple System: Did I do the thing today? Yes or No
- Simple recording creates accountability
- Accountability creates momentum



These seven steps form an incredibly effective anti-procrastination and productivity framework (habits).

They bypass mental resistance by removing the pressure of “doing it perfectly” and replacing it with consistent, bite-sized momentum.

Habit Formation in the Adult Brain

The adult brain builds habits through repeated neural firing, strengthening pathways until behaviors become automatic.

Habits form when a Cue → Action (Routine) → Reward loop is repeated consistently, making the brain favor efficiency over conscious decision-making.

Changing a habit requires disrupting old pathways and intentionally practicing new behaviors until they become the brain's default.

Stress, fatigue, and cognitive overload push adults toward well-worn neural shortcuts, making intentional routines essential for positive habit change.

Habit Formation & Neural Pathways in EC



What's Happening in the Brain

- Young children's brains are rapidly forming neural pathways that strengthen with repetition.
- The more often a behavior is practiced, the faster and more automatic that pathway becomes.
- New habits require intentional repetition, while old habits fade when they're not reinforced.

How Habits Form



Cue → Action (Routine) → Reward:

Children repeat behaviors that feel predictable and successful (intrinsically).

Consistent routines help the brain know what to expect, reducing stress and increasing cooperation.

Positive reinforcement strengthens pathways for desired behaviors (sharing, cleaning up, assertiveness).

Habit Formation & Neural Pathways (cont.)



Why This Matters in Preschool Settings

- Predictable structures (visual schedules, transition songs, classroom rituals) help children build stable neural patterns.
- Modeling and practicing skills (like calming strategies or turn-taking) creates stronger, more reliable pathways.
- When adults respond consistently, children's brains learn. "This is how we do it here."

The Impact of Repeated Practices on Behavior

What We Practice Becomes What We Do



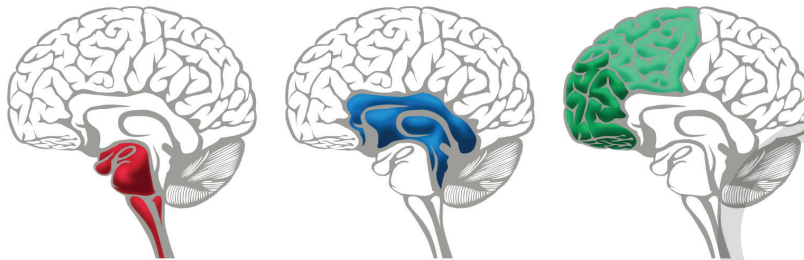
The more often a skill is practiced, the more automatic it becomes. Every time we practice a skill, the brain strengthens the neural pathway associated with that behavior.

Repeated experiences help children (and adults):

- Regulate emotions more effectively
- Build positive relationship skills
- Develop healthy habits
- Increase independence and confidence

What brain state are you in?

- Brain Stem – **Survival State**: Am I Safe?
- Limbic System – **Emotional State**: Am I Loved?
- Frontal Lobe – **Problem Solving**: What Can I Learn?



Things to Remember:

We cannot ask children to do what we cannot do ourselves.

A child cannot be in a higher brain state than you.

Core Objectives of the Brain State Model

To remain in a relaxed, alert state while interacting with children.

To identify the internal state the child is experiencing so we know which responses will more likely be helpful.

To assist the child in achieving a relaxed, alert state of learning **before** we attempt to teach a new skill or deliver a consequence.

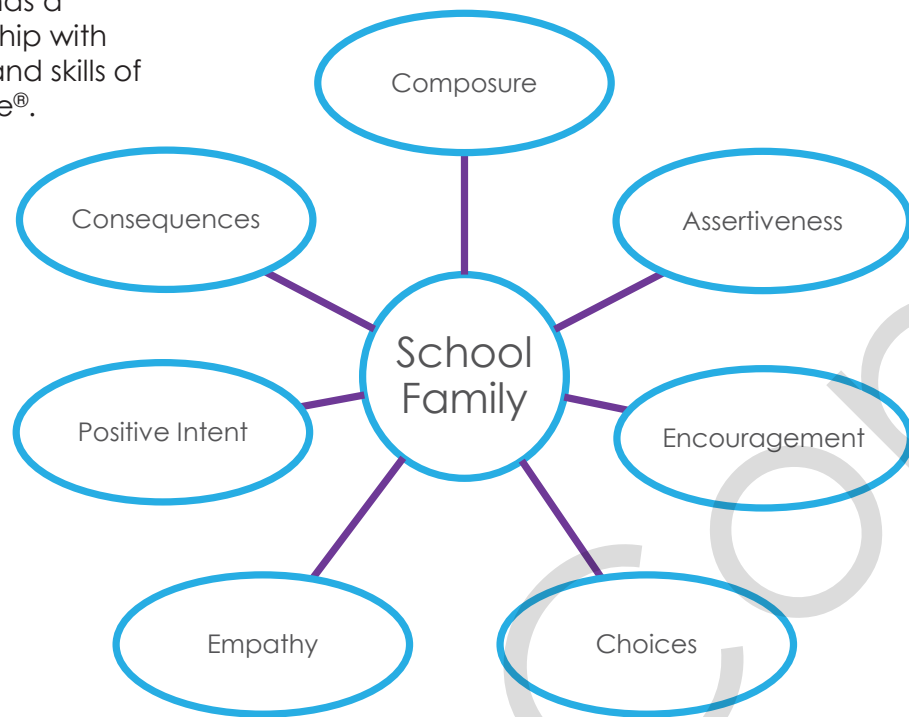
To address the behavior by teaching an effective new skill.



Conscious Discipline® Skills, Powers, and Structures

Skill of Composure	Skill of Assertiveness	Skill of Encouragement	Skill of Choices	Skill of Empathy	Skill of Positive Intent	Skill of Consequences
Power of Perception	Power of Attention	Power of Unity	Power of Free Will	Power of Acceptance	Power of Love	Power of Intention
Structures • Safe Place • Friends & Family Board • Brain Smart Start • Safekeeper Ritual • Greeting & Goodbye Ritual	Structures • Visual Routines • Visual Daily Schedule • Time Machine • Transition Rituals • Social Stories	Structures • I Love You Rituals • Ways to Be Helpful • Meaningful Jobs	Structure • Picture Rule Cards	Structure • We Care Center	Structures • Celebration Center • Wish Well Board • Absent Child Ritual	Structure • Class Meeting

The School Family has a **reciprocal** relationship with the seven powers and skills of Conscious Discipline®.



Children (and adults) don't learn the CD skills and powers from being told once.

WE LEARN THROUGH:

- Modeling
- Practice
- Repetition
- Encouragement
- Supportive relationships

REPEATED PRACTICES:

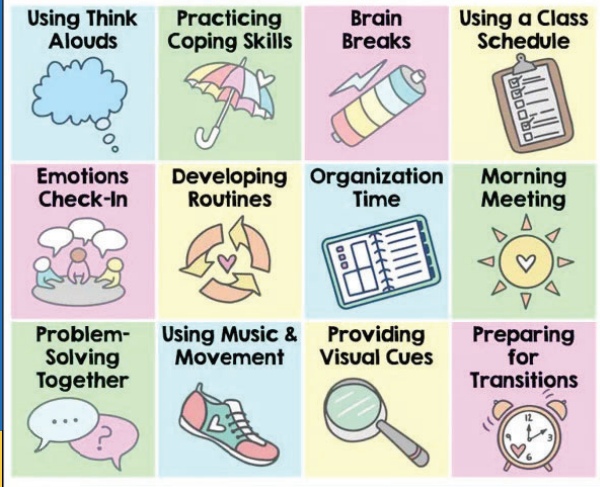
- Breathing during upset moments
- Using feeling words and assertive language
- Solving conflicts respectfully
- Following classroom (and life) routines
- Participating in connection rituals

Result: We begin using these skills independently and concurrently as needed.

Classroom Strategies Composure

Classroom Practices to Build Self-Regulation Skills

www.thepathway2success.com



- Brain Smart Start Routine (Morning Meeting)
 1. Unite
 2. Disengage Stress
 3. Connect
 4. Commit
- Safekeeper Ritual
- Friends and Family Board/Book
- Safe Place

Classroom Strategies Assertiveness

Sensory Table Routine Rutina de la Mesa Sensorial



QES is generously funded by The Children's Board of Hillsborough County, in partnership with CALM, ELM & HCC



- Create safety through predictability and consistency
- **Visual Routines:** schedule, handwashing, lining up, arrival, Individual (books), etc.
- **M.A.P.** method:
 - **Model** your procedure and expectations
 - **Add** visuals
 - **Practice, practice, practice**

Classroom Strategies

Encouragement

Encouragement vs. Praise



Teach self-reliance instead of dependence on others.

Encouragement invites self-evaluation.

Praise invites children to become "approval junkies."

Examples:

Praise: "I am so proud of you. Here is your reward."

Encouragement: "You worked hard. You must be so proud of yourself."

Praise: "You are such a good girl."

Encouragement: "Thanks for helping."

Quotes from the Positive Discipline books © Jane Nelsen and Lynn Lott

- Meaningful Jobs
- Kindness Tree
- Ways to be Helpful Board or Book
- Encouraging Language
 - Reflecting the child's actions back to them comes from our executive state and stimulates executive state of children.

Classroom Strategies

Choices

Morning Greetings



Allow children to exercise their free will by offering choices all day:

- How would you like to be greeted today?
- Which breathing technique would you like to do today?
- Which ILY Ritual would you like to say today?
- Would you like to use markers or crayons?
- Would you like some help to calm down?

Classroom Strategies Empathy

Conscious Empathy with D.N.A.

DESCRIBE

NOTICE

ACKNOWLEDGE

IT'S IN THE D.N.A!

Using the Conscious Discipline Skill of Empathy to describe, notice and acknowledge children's big feelings.

DESCRIBE:

"Your face is going like this"

NOTICE:

"You seem angry"

ACKNOWLEDGE:

"You wanted the blue plate"



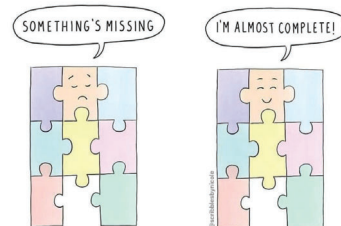
Using the DNA strategy helps adults provide empathy to children and validate their feelings, helping them feel connected and move into their executive (thinking) brain.

Adults help children notice their own emotional state, and accept their feelings and their current situation. As adults, sometimes we feel like we have to "fix" or "resolve" a child's feelings, but the DNA skill is about noticing and accepting feelings without having to offer a solution immediately.

Instead, adults reflect back what they SEE (describe), what they sense a child FEELS (notice), and what they HEARD from the child (acknowledge), to communicate to a child that they are seen and understood.

Classroom Strategies Positive Intent

- Teach the aggressor a new skill (A.C.T.)
 - Language of Reframing



- School Family Assemblies
- Celebration Center (Time, Jar or Bin)

POSITIVE INTENT

SEE THE BEST IN OTHERS



POWER OF LOVE

"You wanted _____. When you want _____ say/do _____ (this) _____."



Classroom Strategies Consequences



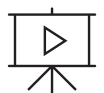
- Conflict Resolution Time Machine
- Class Meetings
 - P.E.A.C.E. Process
 - Relationship Repair Ritual



How The Skills & Structures

Help Bring You To The Present Moment

Video #3



Why Mindfulness Matters

Mindfulness is paying attention to the present moment with awareness, intention, and acceptance.

Benefits for children and adults:

- Increases self-regulation
- Improves focus and attention
- Reduces stress and reactivity
- Strengthens emotional awareness
- Supports positive relationships



Classroom Mindfulness Practices

Preschool-Friendly Ideas

Belly breathing or STAR breathing
Listening to a chime
Stretch and breathe breaks
Mindful movement
Noticing five things you can see

Natural Times to Practice

Arrival or dismissal
Before transitions
Before group time
After outdoor play
During conflict pair

Mindfulness works best when it becomes part of the daily rhythm.

Intention-Setting for Teachers

Start the Day with Purpose

Before children arrive, ask:

- Who do I want to be today?
- What energy do I want to bring to my classroom?
- How will I respond when challenges arise?

Examples of Daily Intentions

- "Today I will lead with calm."
- "Today I will focus on connection."
- "Today I will notice strengths."
- "Today I will pause before responding."



*By setting your
intention
you pave your way.
You set yourself
up for success.*

Intention-Setting for Children

Helping Children Develop Awareness

Young children can learn to set simple intentions too.

Examples of Daily Intentions for Children

- "Today I will use kind words."
- "Today I will help a friend."
- "Today I will practice taking deep breaths."
- "Today I will keep my classroom safe."

Classroom Practices

- Morning meeting intention or daily affirmation
- Visual intention cards
- Partner sharing



Mindfulness: Planning for Consistency

Mindfulness Becomes a Habit Through Repetition

The goal is not perfection. The goal is consistency.

Reflection Questions

- Which mindfulness practice fits naturally into my day?
- When will I use it?
- How will I model it for children?

Start Small – Choose:

- ☒ One mindfulness practice
- ☒ One daily routine
- ☒ One consistent time



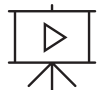
**Mindfulness is not another thing to do.
It's a way of being that transforms everything we do.**



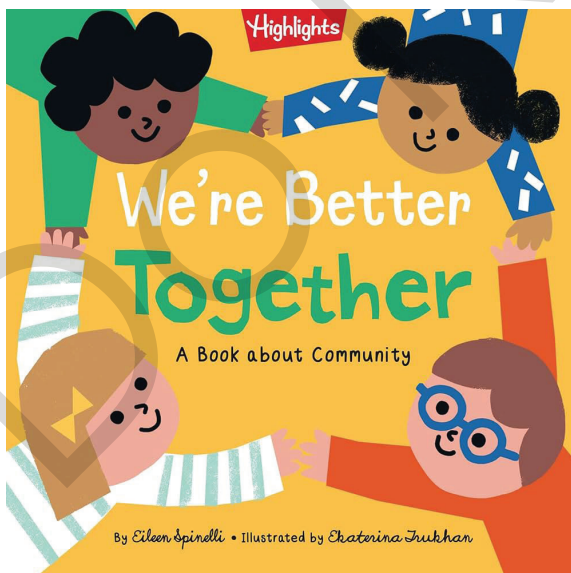
The 4 Minute Joy Reset

That Instantly Boosts Your Day

Video #4



Supporting Each Other as Professionals



Compassionate discipline thrives when adults feel supported, connected, and valued.

What Support Looks Like

- Offering encouragement to colleagues
- Sharing ideas and resources
- Asking for help when needed
- Celebrating successes together
- Extending grace during challenging days

Supportive relationships reduce stress and increase resilience for adults, just as they do for children.

Building a School-Wide Culture: The School Family

Compassionate discipline works best when everyone participates.

Consistency across classrooms creates safety and predictability for children.

The 4 Cs of The School Family:

- Caring
- Connection
- Contribution
- Conflict resolution



The School Family

For children who already have a **balanced family life**, the **School Family Model** strengthens the skills they bring to the classroom.

If a child has been **traumatized** or **lacks healthy relationships at home**, the **School Family Model** provides a sense of **safety** and **belonging**.



School Family: Start with your own classroom!

1. Call your classroom a School Family
2. Post a "Welcome to our School Family" sign on your door
3. Display a framed photo of School Family
4. Say "Welcome to our School Family" whenever someone new comes in
5. Name or have your students name your School Family
 - The Red Robin School Family
 - The Buddy Bear School Family



Start every morning the Brain Smart Start way!

UNITE – Bring group together

DISENGAGE STRESS – Calm the nervous system

CONNECT – Playful interaction face to face

COMMITMENT – To help keep it safe



Activities to Unite

- Attendance Ritual
- Uniting Song
- Pledge
- Class Chants
- Stories
- Celebrations/Successes



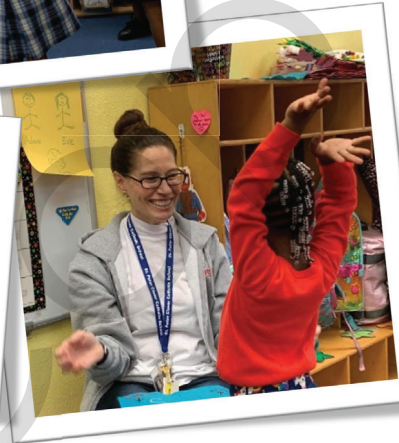
Activities to Disengage Stress



- Belly-breathing activities
- STAR, Balloon, Drain & Pretzel breathing
- Stretching
- High energy songs
- Yoga moves

Activities to Connect

- Greeting Rituals
- I Love You Rituals
- Wish Well Ritual
- Absent Ritual
- Reading Together



Activities to Commit

Prime the brain for success and actively engage the prefrontal lobe with commitments.

- Group (Safekeeper)
- Individual



Culture is created by what we repeatedly practice together.

Sustaining Growth Through Reflection

Change is more likely to last when we reflect, share, and support one another.

Accountability Questions

- What is one Conscious Discipline® practice I want to strengthen?
- What progress have I already made?
- What support do I need moving forward?
- Who can encourage me and hold me accountable?



Reflection helps strengthen learning and increases the likelihood of long-term habit formation.

Open-ended, Sensory, Choice Play Supports Child Development & School Readiness

Area of Development:	How open-ended, sensory, choice play helps:
Cognitive Skills	Strengthen problem-solving, exploration, and flexible thinking.
Language & Communication	Encourage descriptive language, conversation, and explaining ideas.
Fine Motor Development	Build hand strength and coordination through pouring, pinching, building, and creating.
Self-Regulation & Focus	Support calming routines, sustained attention, persistence, and adapting to challenges.
Social-Emotional Growth	Promote cooperation, turn-taking, confidence, and shared problem-solving.

QEEs in Action: Hands-On Play



QEES in Action: Hands-On Trainings



Key Takeaways

Compassionate Discipline Begins with the Adult

Children learn emotional regulation, communication, and problem-solving by observing the adults who guide them every day.

Connection and Safety Create the Conditions for Learning

When children feel safe, seen, and valued, their brains are more open to learning, cooperation, and healthy relationships.

Small, Consistent Practices Build Lasting Habits

Daily routines, rituals, and intentional responses strengthen neural pathways and help positive behaviors become automatic over time.

Mindfulness Supports Resilience for Children and Adults

Regular mindfulness practices help reduce stress, increase self-awareness, and build the capacity to respond calmly during challenges.

Culture Is Created Through Daily Choices and Interactions

Every greeting, conversation, routine, and response contributes to a classroom culture rooted in compassion, connection, and belonging.



CALM Parent Connection Requests

Fill out the form online if you are interested in having a coach come to speak to your families. Once you have completed the form a coach will contact you to discuss details.

<https://www.calmhcc.org/calm-connection-requests>

CALM Connection Requests

Many of you have heard about our "CALM Connections" at our CALM trainings. These events are delivered on-site by one of our CALM specialists as an opportunity to share CALM programming and the basics of Conscious Discipline®.

This is a wonderful way to speak to the families about the social-emotional learning and simple strategies they can use at home. Parent education and building the home-school connection is critical in supporting our teachers in delivering quality care.

The CALM team is always striving to support providers and we are now accepting interest forms. Please fill out the form if you are interested in having a coach come to speak to your families. Once you have completed the form a coach will contact you to discuss details.

We will make every effort to serve everyone and will start a waitlist once slots are filled.

* Full Name (First & Last)

* Email Address

* Center Name

* Center Type

☐ Center Based

☐ Family Child Care Home

* Center Address

* Street Address

Address line 2



CALM Site Support Requests FY26

CALM Site Support Information

Chloe Bogdajewicz and Lisa Eckenrode

FY26

calm@hccfl.edu



- Must have a minimum of 8 regular cycle trainings since October 1, 2024
- Request forms can be submitted while working to complete 8 trainings
- Request form can be found on our website, www.calmhcc.org
- The request form must be completed in its entirety; please do not leave any areas blank
- Submit your completed request form via email to calm@hccfl.edu
- Contact Chloe Bogdajewicz or Lisa Eckenrode (email above) with any questions



QEES Resources

- [QEES Learning Line](#)
- [CALM Learning Line Resources](#)
- [ELM Learning Line Resources](#)
- [YouTube Channel](#)

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QEES - Quality Early Education System

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Prizes

May Winners:

- Janet D.
- Patricia D.
- Sheila G.
- April H.
- Michelle N.



End of Session Instructions

1. Complete the session evaluation that will pop up after the webinar
 - A follow up email will also contain the link to the evaluation and post-assessment
2. Check for a follow up email from [Laura](#) regarding the post-Assessment [in 1 hour](#)
3. After submitting the post-assessment on Survey Monkey, you will receive an email with your session certificate
 - Certificates can take up to a week to be sent out

End of Session Info

- Post-Assessment & Evaluation
<https://www.surveymonkey.com/r/2TXXW59>
- Register for other workshops:
 - ELM June 11th
 - QEES June 13th
 - CALM July 9th (in person)
- Website
 - Register
www.calmhcc.org/register
 - Teacher Portal
www.calmhcc.org/calm-teacher-portal
 - Resource Center Password: [CalmHCC](#)



In-Person Sessions

HCC Collaboration Studio
1602 N 15th St, Tampa, FL 33605

June 11th 6pm-8pm



ELM Early
Literacy
Matters

Creating Intentional Classroom
Environments

In Service only (English & Spanish)

CBHC Central Tampa FRC
1002 E Palm Ave, Tampa, FL 33605

June 13th 9am-11am



Intentional Recruiting, Selecting and
Onboarding: The Foundation for Staff Retention

In Service only (English & Spanish)

Space is limited. Register at www.qees.org/registration.

Virtual Saturday Sessions



2025-2026 Saturday Session Calendar

All sessions 9:00am-12:00pm

Register online at

www.calmhcc.org/register

0.5 CEUs - Must attend both sessions	April 25, 2026 - Session 6 The Power of Language - Words That Teach, Not Trigger
	May 16, 2026 - Session 7 Repair and Restore - Navigating Conflict Mindfully
0.25 CEUs	June 6, 2026 - Session 8 Integrating It All - Creating A Culture of Compassionate Discipline
In person session (limited space) 6pm-8pm	July 9, 2026 - Session 9 Conscious Discipline: A Whole-Brain, Whole-Heart Approach
0.25 CEUs	August 1, 2026 - Session 10 Starting with Intention - Setting the Tone for a Calm, Connected Year

Cycle 10 Session Calendar changes:

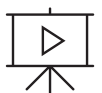
- **Session 9 – July 9th (in person)**
 - Limited space available
 - HC Ybor Campus Ybor Room



We Wish You Well

“May we all feel safe. May we all feel loved. May we all feel connected.”

Video #5



Contact Us

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