



BALANCE BEYOND BIRTH: A JOURNALING COURSE FOR BLACK MOMS

Course Activity Plan

Grade Levels: Parents

Sessions: 5

Student Max: 5

Student Min: 3

Course Cost: \$125 US

Dates (Times):

January 9th, 16th, 23rd & 30th (9:30-10:30am EST)

February 6th (9:30-10:30am EST)



COURSE DESCRIPTION:

This course is for black moms of infants, babies, and toddlers looking to connect with other moms through a cathartic writing experience designed to prioritize balance and self care. This course is a safe space for black moms to share their unique experiences mothering while black.

MATERIALS LIST:

Any form of journal (paper or electronic), and a willingness to share.

COURSE INSTRUCTOR:



Corrine Saintiche - After graduating college with a double major in political science and French, I landed a job in finance. During this time, I held a part-time position as an Enrichment Coordinator where I taught enrichment courses to children at a local community college. This was my first foray into education, and I enjoyed it immensely. Two years later, I entered graduate school where I earned a master's degree in Intercultural Communications. While I ended up spending five years in the classroom as a teacher, I have ten years in the field of education. The first five years were spent managing community education programming in

the nonprofit sector in West Baltimore. In this position, I provided supervision for program staff and participants, and I created and implemented academic and arts enrichment curriculum. Other responsibilities included managing measurable outcomes for a \$300,000 21st Century Community Learning Center Grant and designing and facilitating staff training for program implementation and leadership. In 2013, I joined a cohort of education professionals in an accelerated teacher preparation program sponsored by The New Teacher Project. We participated in a two-year-long residency during which we completed intensive coursework all while teaching full time in the classroom. Upon the conclusion of my residency, I received my teaching certification. As a teacher, I had several opportunities to participate in and provide enrichment opportunities to my students and colleagues. In addition to being

a full-time teacher, I participated in a cohort of teacher-learners and put together a resource library for project-based learning resources for my school community to access. I also co-managed and facilitated a school-wide reading intervention program in partnership with the University of Maryland's Medical School resident volunteers. In the spring of 2018, my husband's job relocated us to Northern New Jersey. I gave birth to my son in August of 2018, and in January of 2020, I began working with Framework Education as a Curriculum Specialist for Savvas Learning Company, delivering professional development to teachers. I am excited to continue my relationship with Framework Education through their new virtual tutoring initiative. SKILLS: Elementary (All Subjects K-5).