

Important Information About our Workshops!

Note: Registration begins on August 3, at 10:00 a.m.

We're very excited to now have ACTIVENet as our NEW registration platform for all of our workshops!

To prepare for your future workshop registrations, please take a few moments to complete your profile on myymca.ca. This step will help when you begin to access our training schedule online. Please note that in order to receive your certificates of participation after attending a workshop, you will also need to include your email address in your myymca.ca profile.

After creating your online profile, YMCA CCRR members registering for the first time will need to contact the YMCA CCRR to activate their online membership and receive the discounted members rate.

Registration Information:

- Register online via ACTIVENet or by phone.
- Payment options available: American Express, MasterCard, Visa or Debit. *For your protection, please do not leave credit card information on our voice mail.*
- Registrations will be confirmed by email. We do not provide reminder phone calls.
- Refunds and transfers will only be given to registrants who provide 5 working days notice. All withdrawals and transfers are subject to a \$5.00 administration fee, per workshop, regardless of notification given.
- Refunds will not be issued due to technical difficulties with your equipment.
- Workshops may be cancelled due to insufficient enrollment and other factors outside of our control. In the case of cancellation, a full refund will be issued.

Important Information:

- Participants will not be admitted 15 minutes after start time.
- Cameras need to be on for the duration of the workshop to receive a certificate of attendance.

For Additional Information Contact Us:

Tri-Cities CCRR — Email: crr@gv.ymca.ca or call 604-931-3400

Burnaby/New Westminster CCRR — Email: crr@gv.ymca.ca or call 604-294-1109

New Westminister CCRR Satellite office— Email: crr@gv.ymca.ca or call 604-931-3400



The YMCA Child Care Resource and Referral provides certificates of participation for a variety of workshops. When claiming a workshop or course for training hours it is the participant's responsibility to check with the ECE Registry or Community Care Licensing.

For more information on the ECE Registry please visit: <http://www.mcf.gv.bc.ca/childcare/ece/index.htm>



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Ministry of
Children and Family
Development

The YMCA CCRR acknowledges the City of Burnaby for its support

Fall 2021 Training

Responsible Adult

20 Hour Responsible Adult for Child Care Training Course

This course meets the requirements for 20 hours for “Responsible Adult” as stipulated by Child Care Licensing Regulations. The content covers child development, guiding behaviour, health, safety, nutrition and programming. The course is live and interactive, so participants must have video and audio capabilities, and participate and attend all sessions to receive the certification at the end of the course. To sign up for this course participants must:

To sign up for this course participants must:

- Be 19 years of age
- Have minimum Grade 8 English written and oral skills
- Attend all scheduled sessions

Once the training is complete, participants are eligible to work as a Responsible Adult in:

- School-age Care Centres
- Licensed Family Child Care Centres
- Registered License-Not-Required Child Care Centres
- As additional support or substitute in Licensed Preschool and child care programs
- Summer Camps

Dates: Wednesdays & Fridays
September 15 to October 15, 2021
(10 sessions)

Time: 10:00 am - 11:30 am (30 minutes
of self-study after each session)

Online: Via Zoom

Cost: \$80.00

Presenters: CCRR Consultants

**Participants must attend all sessions
in order to receive the certification
at the end of the course.**

For more information or to register, call
604-931-3400, or email ccrr@gv.ymca.ca



“The best smell is bread; the best savour, salt; the best love, that of children.” - George Herbert



Funding for this program is provided by the province of British Columbia

Sing & Drum with Me
Presenter: Devoina Laliberte

Date: Thursday, September 2, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

Drum included!
The YMCA CCRR will arrange a pick-up date with you.

Sing & Drum with Me is a group that comes together sharing Indigenous nursery rhymes, songs, stories, and drumming. The safe space is for everyone to learn, be included, and have **FUN!**

This is open to Indigenous and Non-Indigenous people as we strengthen and balance each other when we share our knowledge and create something beautiful together.

Devoina Laliberte is Metis and Cree from Green Lake, Saskatchewan and is Guatemalan from Guatemala. She was born and raised on the Unceded Traditional Territory of the Coast Salish people which is now known as Vancouver, British Columbia. She is the ECD Cultural Worker with Spirit of the Children Society and is thankful to work, play, and live on this Unceded Traditional Territory.

A Guide to Creating Rights Respecting Spaces

Presenters: Sarah Rush & Margie Sanderson

Date: Wednesday, September 8, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

All children have rights, as defined by the United Nations Convention on the Rights of the Child. In our workshop, we will explore the concept of rights, what it means to hold them, and the critical importance for students of a rights-respecting school environment. We will examine how educators can use a children's rights framework to inform their classroom, from physical design to curriculum and everything in between. Finally, we will try out some fun activities exploring children's rights that can be brought back to your workplaces.

Sarah holds a master's degree in social work from the University of British Columbia and a Bachelor of Arts in Anthropology from the University of Victoria. Sarah has a background in supporting children and families in a variety of settings including early years centres, transition homes, and elementary and high schools. She has worked as an advocate, family facilitator and program coordinator.

While pursuing her master's degree in social work, Sarah completed her practicum with Family Services of Greater Vancouver in Family Preservation and Reunification Services. Sarah developed skills and training in child protection practices and policies as well as broadened her clinical counselling skills. Her second practicum was at Urban Ink, an Indigenous and Intercultural Theatre Company. She developed and implemented an emotional support program for audience members attending a theatre production about residential school.

For the past three years, Sarah has been working in the field of addiction and mental health at Women's Hospital and St. Paul's Hospital. Sarah has training in Dialectical Behavioural Therapy (DBT) and trauma-informed practice. In her spare time, Sarah loves to create puppet shows and plan her next kayak adventure.

Margie has been passionate about advancing young people's rights for as long as she can remember, dating back at least to age 9 when she rallied her classmates to petition for changes at their elementary school. She has a particular interest in child-inclusive design and a background working with youth in educational contexts, including as a Reggio Emilia preschool teacher and at a K-12 Democratic Free school. She has led classes, workshops and discussion groups on children's rights for youth and for adults. Outside of work she enjoys exploring Vancouver and BC (having recently moved here from Philadelphia, PA) and volunteering with seal pups at the Marine Mammal Rescue Centre.

"Children don't need to earn their humanity. Children aren't humans in training, they are humans right now. They're not waiting to live their life, this is part of their life in this moment."

- Racheous

Early Literacy in ECE

Presenter: Pooja Kalsi

Date: Thursday, September 9, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

In this workshop, the participants will learn about the importance of early literacy and leave the workshop with information based on research as well as practical, creative, and inexpensive strategies to enhance literacy in a childcare setting. We will talk about phonemic and phonological awareness and how music, songs and storytelling can be used to enhance these skills. The participants also explore the important role a caregiver plays in building and supporting the literacy skills of children.

Pooja has a Master's degree in Early Childhood Education. She has 22 years of experience in the Early childhood field as a teacher, facilitator, supervisor, director and instructor. She is very passionate about finding ways to promote children's creativity and expression of discovery. She currently teaches at Langara College in the ECE department.

Multi Age Curriculum: It's Possible!

Presenter: Vicki Lepper

Date: Saturday, September 11, 2021

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals.

Many child care providers work with mixed-age groups that include children of many different ages. It can be difficult to plan a child care curriculum that is appropriate (and safe) for infants through school-age. Are you looking for new ideas? This workshop will help you plan a curriculum for a multi-age group that includes creativity and curiosity while supporting a child's imagination.

Vicki Lepper operated a licensed child care in Coquitlam for over 30 years and is a passionate child care advocate. Vicki was a board member for BC Family Child Care Association (BCFCCA) from 2011 to 2015. Vicki presents her own workshops, is a "Kids Have Stress Too!" Master Trainer for The Psychology Foundation of Canada, is a "Good Beginnings: Professional Development for Child Care Providers" Facilitator for BCFCCA, is a member of the Tri-Cities ECD Committee, networks with child care providers, and has received many awards and is also actively involved in her community. Vicki loves connecting and sharing resources with those who have chosen a career working with children.

Caring Relationships in Early Childhood Classrooms

Presenter: Julia Black

Date: Thursday, September 16, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for early learning professionals.

The teacher-child relationship in early childhood education classrooms is a complex relationship consisting of personal, attachment and professional teacher domains. In this workshop, participants will explore relational pedagogy with young children as well as identify their own beliefs and values that influence, intersect or inform their own practice in forming caring relationships and in creating climates of trust within their own classrooms.

Julia Black is the Coordinator and an Instructor in the Early Childhood Care and Education Program in the School of Education and Childhood Studies at Capilano University. Julia has been a part of the Capilano University community for 14 years. Julia has worked as an educator and executive director in early childhood programs throughout the Sea to Sky corridor and as an educational and early years policy consultant. As coordinator for the Putting Children First Initiative (PCFI) in the Sea to Sky corridor, Julia worked with communities in advocacy, and implementation of programs and services for children 0-5 years and their families. Early childhood programming included family drop-in programs, preschool programming, children's community health fairs, the development of the Squamish Children's Charter, and the Play-Learn-Love Early Childhood Educator Conference. In her work with future early childhood educators, Julia passionately supports students in taking up leadership and advocacy in ECCE. She is passionate about the ethics of care and supporting relationships among educators, children and families within early childhood contexts. Her graduate research focuses on the relationship worlds of infants and toddlers with a particular interest on the influence of cultural values and beliefs on pedagogical practice. More recently, Julia has been exploring the impacts of stress within young children, with attention to the ways emotion-focused and trauma-informed pedagogical practice might mitigate childhood stress and anxiety to support caring early childhood spaces.

Precipitation Education: Ideas for Embracing the Rain

Presenter: Karen Begley

Date: Saturday, September 18, 2021

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for early learning professionals.

Wanting to feel more excited about learning and playing outside during the rainy months? Join us for a lighthearted and practical conversation about the opportunities, challenges, and logistics of programming in wet, cold, and soggy situations. We'll talk about how to shift mindsets about the rain, how to dress to stay warm and dry, play invitations involving puddles, potential inquiry studies that may emerge when being in the rain, and more.

Karen Begley supports and empowers educators to feel fantastic about the work they are already doing by making connections between their underlying values, everyday programming, and pedagogical theory. Her playful style makes for interactive workshops that generate new ideas and increase participants' confidence and competency to bring practical and enriching experiences to the children in their care. To learn more about Karen, her work, and thoughts on childhood, learning, and care, follow her on Instagram [@natureplaystudios](#) and visit www.natureplaystudios.com.

Conflict Resolution: From Early Childhood to Adulthood

Presenter: Cecily Genner

Date: Wednesday, September 22, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all School aged childcare providers.

Unresolved conflict can have an unhealthy impact on both children and adults, creating a negative learning environment for all involved. This workshop will guide educators through practical strategies to teach children in managing conflict, as well as provide tools for resolving conflict within the workplace.

Cecily Genner is currently studying in the School of Social Work at the University of Victoria with a specialization in Child Protection. She has worked in School-Age Child Care at Jericho Kids' Club for eight years and is a passionate advocate for continued education in the field. Located on Vancouver Island, she currently works in partnership with various BC-based organizations to provide school-age specific training for educators with a range of experience, from frontline staff to program managers. Along with her experience in childcare, Cecily brings with her a commitment to social justice through anti-oppressive and decolonizing practice.

Emergency Preparedness

Presenter: Carolyn Sinclair

Date: Saturday, September 25, 2021

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

This two-hour workshop will focus on tips, tools and discussion on how to help children prepare for their psychosocial and physical needs during crisis and emergencies.

Participants will explore how to help families and children plan before and during emergencies. The discussion will explore some of the challenges related to resiliency and recovery following an emergency. This will be done by sharing lessons learned and best practices.

Carolyn is President of Strategic Business Risks Inc. (SBRI). Who delivers customized emergency management planning, response goals and education. She has been an instructor at the Justice Institute of BC for more than 20 years. She is presently instructing in the Emergency Management Division as well as the Centre for Counselling and Community Safety | School of Health, Community and Social Justice. She has over 25 years of professional and practical experience in the areas of emergency management, critical incident management, crisis response, and recovery. Carolyn is passionate about ensuring all first responders and frontline workers have the courage and confidence to work within and to maintain psychologically safe and healthy workplaces.

Understanding Defiance and Cultivating Cooperation

Presenter: Colleen Drobot

Date: Saturday, October 2, 2021

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals

A common dynamic that is often frustrating to adults and potentially erodes the adult/child relationship is when a child defies us. It can be as subtle as ignoring our requests or as blatant as telling us "You're not the boss of me!" Although the reaction is quite normal and even healthy in certain circumstances, its manifestations and impact can be highly disruptive, making life difficult to guide a child. It can create significant challenges in both the learning and behavioural spheres. Colleen will focus on making sense of oppositionality and how early child-care educators and parents can reduce this behaviour. She will provide strategies to help adults deepen attachment and gain cooperation with the children in their care.

Colleen Drobot is a registered professional counsellor with a private practice in North Vancouver. She provides therapy for adults and offers parent consulting using a developmental, attachment-based approach. She also works with school districts and other professionals to help make sense of children and adolescents. She is an educator with over 20 years of experience working with children in the regular classroom or special needs settings. She is an adjunct faculty member of the Neufeld Institute and has worked with Dr. Gordon Neufeld for many years. Colleen is a mother of two and draws from her personal as well as professional experience to support parents and professionals in gaining insight, opening their hearts, and leading by their intuition.

Reflecting on Our Journey and Setting a Path for the Future

Presenter: Jennifer Roberts (BCACCS)

Date: Wednesday, October 6, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for school age early learning professionals and parents.

Together we will develop and implement a culturally focused curriculum and resources that draw upon local Indigenous worldviews. The locally developed curriculum relies on input from parents, community members and knowledge keepers, and is accepted and used more meaningfully by Early Childhood professionals. We will discuss how we implement this in our Early Childhood Education centres.

Jennie Roberts is Ojibway but identifies as Stó:lō Xwelxwelmexw and resides on Tzeachten First Nation. She has been working with children and families for over 35 years. Jennie's career started with work placements in high school in Victoria. Jennie has a certificate in Early Childhood Education (ECE) through the University of the Fraser Valley in collaboration with Seabird Island 2004 (graduated on Dean's List). In 2005 she received her Special Needs Certificate to Practice by attending night classes at the University of the Fraser Valley while working as a Head Start Coordinator at Seabird Island. Through a Seabird College collaboration with Northern Lights College, she was able to complete her Infant Toddler/ Early Childhood Education and Care Diploma in 2016, (graduated on Dean's List). In 2018, Jennie also completed her Speech and Language Assistant through Seabird College.

"Kindness in words creates confidence.

Kindness in thinking creates profoundness.

Kindness in giving creates love."

– Lao Tzu



Speech & Language Development in the Preschool Years

Presenter: Shari Linde

Date: Thursday, October 7, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

Speech & Language Development in the Preschool Years workshop will address communication skills development in the preschool aged population.

Emphasis will be on:

- Communication milestones
- Autism spectrum disorder
- Stuttering
- Bilingual and multilingual language development
- Where and how to access services
- Strategies to facilitate language development

Shari is the director of Advantage SLP, a Speech-Language Pathology clinic based out of Richmond, with a team of seventeen therapists. Therapists see clients in the Steveston clinic, in clients' private homes, or in healthcare or educational facilities. Shari has been a SLP for 27 years. She is on the Registry of Autism Service Providers and has training in Hanen's "It Takes Two to Talk", "More Than Words", and "Talkability". Shari is also the Vice-Chair on the Board of Directors for Speech-Language and Audiology Canada.

Understanding Children's Behaviour

Presenter: Nikkol Adams

Date: Wednesday, October 13, 2021

Time: 7:00-9:00pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

Contributing to the development of a human being is an important and rewarding role, but it doesn't come without its challenges. As children develop their expressive language abilities which convey their emotional experience, they first learn to communicate through their behaviours. It is our job as caring adults to become curious about their intentions. It's normal to experience difficulties and frustration while seeking to understand a child's behavioural and emotional reactions. Children have their unique personalities and needs as they develop into young adults. Nikkol Adams, MA, RCC will discuss the meaning behind a child's challenging behaviours to better understand how to support and redirect their behaviour.

Together we will explore:

- Brain development for emotional regulation
- The role of the autonomic nervous system
- The goals behind children's behaviour; and
- Strategies for supporting and redirecting behaviour

This presentation is designed for individuals working with children between the ages of 3 to 12 years old in diverse settings who are wanting to gain insight and knowledge towards supporting children's emotional development.

Nikkol is a Registered Clinical Counsellor and the founder of Essence of Self: Counselling and Wellness Services. She has a deep passion for the mind and body connection – helping individuals understand their emotional and physical experiences through the use of several therapeutic healing modalities.

Nikkol graduated from Simon Fraser University with a Bachelor's Degree in Psychology and a minor in Education and Human Development. She pursued her passion for mental health and wellness by completing a 2-year intensive Master's Degree in Counselling Psychology: School and Youth Concentration through Adler University in Vancouver, British Columbia.

She has worked in a variety of positions offering valuable experiences working with children, youth, and adults of all ages who presented with a range of mental health concerns and developmental abilities within diversified settings since 2012. Nikkol currently works in both the public and private sector of mental health services offering individual counselling services to all ages.

To learn more about Nikkol's professional credentials and certifications, visit www.essenceofself.ca

Creating Meaningful Experiences for Infants and Toddlers

Presenter: Andrea Dawson

Date: Thursday, October 14, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

Providing unique, sensory-based learning experiences for infants enhances their overall development. When exposed to experiences that engage all their senses, infants develop cognitively, creatively, emotionally and socially. In addition, when responsive caregivers interact with infants and scaffold this learning, we strengthen the caregiver-infant relationship. This workshop will provide insight into infants' unique sensory learning needs. Caregivers will learn why sensory exploration is so vital to infant development and they will learn fun, creative ways to provide rich experiences for infants.

Andrea has worked with young children and their families for the past 25 years working in non-profit early childhood centres as well as Vancouver Coastal Health's Early Childhood Mental Health team. Andrea is the department chair of the Early Childhood Education programs at Langara College, in Vancouver.

Networking: Storytelling

Hosts: CCRR Consultants

Date: Saturday, October 16, 2021

Location: Tri-Cities CCRR

1130 C Austin Avenue, Coquitlam

Time: 9:30-11:00 am

Fee: \$5.00

Suitable for all early learning professionals working in Burnaby, New Westminster, Coquitlam, Port Coquitlam, Port Moody, Anmore & Belcarra.

We are excited to have you join us back in person at the CCRR to connect and learn new skills in storytelling. Stories can be shared in so many different ways. Let's come together as we explore a story and discuss a variety of different ways we can extend it through your program. Stories can help children develop language skills, encourage dramatic play and so much more!!

Light refreshments will be served.

A one-hour professional development certificate will be given to participants at the end of the networking session.

Taking Time for Tears: Emotional Learning & Conflict Resolution

Presenter: Julia Black

Date: Wednesday, October 20, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

This workshop will explore social-emotional learning, mindful practice and ways in which educators can support children's social and emotional well-being by applying the HighScope Educational Research Foundation's approach to problem-solving and conflict resolution. Participants will review the cycle of emotions in the brain and will be able to identify the 6 steps of conflict resolution that can be used with infants, toddlers, preschoolers and school-aged children to support them through powerful emotions and into constructive problem-solving. In our discussions, participants will be invited to brainstorm about common issues that they are experiencing in their own classrooms, including how to work through philosophical differences among educators and the impact that these differences have on the children with whom we work and the organizational climate.

Julia Black is a graduate student in the Department of Educational Psychology, at Simon Fraser University, British Columbia, Canada, and the coordinator for the ECCE program in the School of Education and Childhood Studies at Capilano University. Julia is also a Field Consultant for the HighScope Educational Research Foundation, providing training in the HighScope Curriculum model to educators, locally and internationally. Julia earned an MBA at Athabasca University with a focus on change management among educators implementing new curriculum within early childhood classrooms. Since 1994, Julia has worked as an educator and executive director in early childhood programs and as an educational and early years policy consultant. Currently, her graduate research focuses on the relationship worlds of infants and toddlers with a particular interest in the influence of cultural values and beliefs on pedagogical practice.

Networking: Felting Fun
Presenter: Melinda Broome

Date: Thursday, October 21, 2021

Time: 6:30-8:15pm

Location: Burnaby/New Westminister CCRR
3rd floor, 4460 Beresford Street, Burnaby

Fee: \$5.00

Suitable for all early learning professionals working in Burnaby, New Westminister, Coquitlam, Port Coquitlam, Port Moody, Anmore & Belcarra.

Join us for an evening of felting fun! Mel Broome @lovesfelt will guide us through an introduction to needle felting. Learn the basics of needle felting and shaping to start a very addictive hobby! Together we will be working towards completing a ladybug and you will also receive materials to complete a bumblebee at home.

A one-hour professional development certificate will be given to participants at the end of the networking session.

Melinda has been felting most of her life and has turned a love of wool from a hobby into a part-time business selling creations both retail and on commission, as well as teaching her love of felting in classes throughout the East Vancouver community. She has taught both needle and wet felting one-on-one to individuals and groups of mixed ages, cultures and languages.

Storytime Basics
Presenter: Alicia Dobbs

Date: Saturday, October 23, 2021

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals

Storytime is a wonderful way to introduce young children to reading and promote early literacy. But it's not just about reading books! In this workshop, we'll go over everything you need to know to plan and present fun and developmentally appropriate storytime programs for toddlers and preschoolers.

We'll learn:

- Why reading and exposure to stories is so important for early literacy
- How to select age-appropriate books for toddlers and preschoolers
- How to choose and prepare felt board stories
- How to plan and organize your storytimes
- How to use action rhymes and songs to get kids moving and learning

Alicia Dobbs is a Children's and Teen librarian at the New Westminister Public Library and has been presenting storytime programs for babies, toddlers, preschoolers, and their families since 2012. She can sing "Head and Shoulders, Knees and Toes" backwards without messing up (usually).



"Don't look back. You're not going that way."

– Mary Engelbreit

The Effectiveness of Emotional Literacy in Early Childhood Education

Presenters: Caren Eigenmann & Sue Woodward

Date: Wednesday, October 27, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

We will discuss the importance of teaching emotional literacy in the early years, how it sets a foundation for children to express themselves independently, and how it helps with self-regulation.

Sue's work with children has spanned 30 years and began first with parenting three sons. In 1994 Sue started a multi-age family child care business which she ran for twelve years. Sue realized that working with young children was a calling that grew through the ECE program at Burnaby Continuing Education. Here Sue gained a deeper love, enthusiasm and joy for a field she feels so fortunate to be immersed in. Sue opened Childgarden Preschool in September 2007. Greatly inspired by the Reggio Emilia philosophy, She strives to operate a preschool of excellence that listens to the children, and motivates learning through an inquiry-based curriculum that is relevant to them in an environment that is stimulating, safe, warm and fun. Sue feels blessed to work with other teachers who share her love for children and commitment to this community. Mentoring ECE students through practicums and offering workshops are a great opportunity to share her passion.

Caren has had many years of experience working with children of all ages. Over the last 20 years, Caren has been an Out of School Care supervisor, Preschool teacher, Support teacher, and has owned and operated her own Multi-age Family Childcare facility. Caren has pursued several courses at Capilano University where the Reggio approach is strongly incorporated into the Early Childhood Program as well as participated in many workshops and professional development classes where her passion and drive for her love of working with children is re-ignited again and again. In her spare time, Caren enjoys playing the flute and the piano. Caren ranks as a black belt in karate and has especially enjoyed teaching children's classes for many years and has also recently completed certification as a children's yoga instructor.

Supporting Children with Fears and Anxiety

Presenter: Georgianna Lee

Date: Thursday, October 28, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

It's not always easy to know how to support children when they're feeling scared or experiencing anxiety. Sometimes our best efforts and good intentions seem to escalate the situation even more or leave us or them feeling stuck. Growing your ability to bring warmth to these moments and create emotional safety for a child allows you to be with them through their fears. Slowly and gently, you can support them to tap into their courage to move through challenging moments. It's in these moments that children have the opportunity to develop a strong sense of self-worth, confidence in their ability to get through difficulties and trust in the people who support them.

Georgianna Lee is a counsellor and coach working with individuals and families in Canada and internationally for over 16 years. She works as a Parent Support Counsellor at Cameray Child & Family Services, has a private coaching practice and teaches for Rising Woman. Her passion is to help people cultivate self-acceptance, self-compassion and their ability to regulate their emotions so they can move through life with more ease and courage.

Cooperative Games and Stories for School Age Children

Presenter: Scott Graham

Date: Saturday, October 30, 2021

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for school age early learning professionals and parents.

Scott Graham has spent over thirty years motivating and teaching children. He uses cooperative games, team-building exercises, object lessons and stories to inspire leadership. This workshop will give you the skills needed to motivate youth. You will learn group management techniques that are fun, cooperative games that are engaging and stories that captivate the attention of children.

Scott Graham is an award-winning anti-bullying speaker, youth influencer, and the Kids 4 Kids Leadership Program founder. Scott's presentations are extraordinary. He has spoken at over 5000 schools, presented in three different countries and has been featured in the Toronto Star and Canadian Health Journal, and interviewed on Global, City Pulse, CH News, CFRB News, Maclean's Magazine, CBC and BBC radio. Scott Graham has been inspiring children for over three decades.

Hundred Languages of Children

Presenter: Pooja Kalsi

Date: Wednesday, November 3, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

In this workshop, we will discuss the image of the child and the role of the educator. We will explore how we can provide children to express their ideas in hundred languages. This workshop will also help educators to explore various ways to promote creativity in young children and implement a child-friendly curriculum. We will also discuss the importance of relationships with materials and how to promote inquiry and investigation in the classroom.

Pooja has a Master's degree in Early Childhood Education. She has 22 years of experience in the Early childhood field as a teacher, facilitator, supervisor, director and instructor. She is very passionate about finding ways to promote children's creativity and expression of discovery. She currently teaches at Langara College in the ECE department.

Providing Care for Children from Two Home Families

Presenter: Jamila Nazerali Hilborn

Date: Thursday, November 4, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

In this workshop, you will learn more about how to support children in two home families. We will dive into common challenges found in children from two home families and share insights around the impacts of separation and divorce on children. Strategies will be shared on how to navigate family restructuring, custody arrangements, administration, transitions, changes, emotions, and home life conflict. Additionally, we will explore ways in which child care providers can increase relationships between two home families. This presentation invites interactions, questions, and discussions on common dilemmas found when caring for children from two homes.

Jamila Nazerali Hilborn is a Registered Clinical Counsellor with a Master's Degree in Counselling. She is a Child Specialist and Divorce/Co-Parenting Coach. She is a member of Collaborative Divorce Vancouver and a member of the BC Collaborative Divorce Roster and specializes in Collaborative Divorce. She is also the founder of Hilborn Psychotherapy which is located in North Vancouver and Vancouver and focuses on providing counselling services to children, youth and families. Much of her psychotherapy practice is rooted in separation/divorce, family blending, parenting skills, gender transitioning, disordered eating, and learning differences.

Express Yourself: Fine Arts Exploration for Young Children

Presenter: Karen Begley

Date: Saturday, November 6, 2021

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; & 15.00 non-members

Suitable for early learning professionals and parents.

In this session, we will explore principles and strategies for creating enjoyable and enriching opportunities for young children to explore fundamentals of visual art, music, dance, and drama as avenues for creativity, expression, performance, and more. Some portions will be participatory and we will create, laugh and learn in a safe supportive environment. Participants will leave the session with detailed plans for a variety of tested activities for children ages 1-6 (with extensions for school-aged children) and increased confidence to bring more art into their programs.

Karen Begley supports and empowers educators to feel fantastic about the work they are already doing by making connections between their underlying values, everyday programming, and pedagogical theory. Her playful style makes for interactive workshops that generate new ideas and increase participants' confidence and competency to bring practical and enriching experiences to the children in their care. To learn more about Karen, her work, and thoughts on childhood, learning, and care, follow her on Instagram @natureplaystudios and visit www.natureplaystudios.com.

Taking Care of Young Children's Mental Health in Child Care Settings

Presenter: Malgosia Tomanik

Date: Wednesday, November 10, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

We used to think that infants and young children were the most resilient group. Now research says that they are in fact the most vulnerable. Early experiences shape the architecture of the brain and lay foundations for healthy social/emotional development. Young children process emotional experiences in ways that are very different from older children and adults. Caregivers, including ECE teachers, play a crucial role in helping children develop skills for managing feelings and coping with stress. This workshop will discuss the emotional well-being of young children in the context of childcare programs and their relationships with ECE teachers. Community resources and strategies for working with parents will be presented.

Malgosia Tomanik, M.Ed., is a Family Consultant who specializes in supporting children preschool to high school age and their "big people" in a variety of environments, including homes, schools, and child care settings. Malgosia is experienced in addressing concerns associated with the daily challenges of caring for a child who requires support, including helping to make sense of difficult behaviour and supporting the big people for each child in finding a way through.

Malgosia also works as a Key Worker with the Fraser Valley Child Development Centre. She provides support to caregivers raising children and youth who are living with FASD, from birth to 18 years of age.

Networking: Children's Book Club

Presenter: YMCA CCRR

Date: Saturday, November 13, 2021

Time: 9:30-11:00 am

Location: Burnaby/New Westminster CCRR

3rd floor, 4460 Beresford Street, Burnaby

Fee: \$5.00

Suitable for all early learning professionals working in Burnaby, New Westminister, Coquitlam, Port Coquitlam, Port Moody, Anmore & Belcarra.

Come join us for a morning of conversation and idea-sharing. Children's literature encourages children's empathy, communication skills and imaginations. Bring your favourite children's book or story and share how you use it within your program. CCRR consultants will also share one of their favourite books and extension activities for you to take home with you.

Light refreshments will be served.

A one-hour professional development certificate will be given to participants at the end of the networking session.

Understanding Risky Outdoor Play in Childhood

Presenter: Megan Zeni

Date: Wednesday, November 17, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

In this session, we will review the many ways children benefit from unstructured outdoor play, and how to hold space for risky play when it emerges. Leave with a working understanding of how risks are different than hazards, with practical tips for how we might prepare outdoor play spaces that encourage joyful play.

Megan Zeni is a Ph.D. student in the Faculty of Education at UBC. Her research interests include developing professional learning communities with in-service teachers to bridge emerging theories with teaching practices that include unstructured outdoor play as a pedagogical approach. Megan has over 20 years of experience as a professional educator and currently teaches in a public school outdoor and garden classroom. To learn more about her work, visit www.meganzeni.com.

Professionalism and Partnering with Parents

Presenter: Vicki Lepper

Date: Thursday, November 18, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals

As family child care providers we are often the parents first line of information about child development, behaviours, and community resources. As well, we are sometimes a sounding board for the stresses they feel in their lives. In this workshop, we will look at developing partnerships with parents, how we get to know them and the power of good old-fashioned conversation. We will also look at how to maintain your professionalism from the time you have the first contact on the telephone to the final day of attendance of the child at your centre.

Vicki Lepper operated a licensed child care in Coquitlam for over 30 years and is a passionate child care advocate. Vicki was a board member for BC Family Child Care Association (BCFCCA) from 2011 to 2015. Vicki presents her own workshops, is a "Kids Have Stress Too!" Master Trainer for The Psychology Foundation of Canada, is a "Good Beginnings: Professional Development for Child Care Providers" Facilitator for BCFCCA, is a member of the Tri-Cities ECD Committee, networks with child care providers, and has received many awards and is also actively involved in her community. Vicki loves connecting and sharing resources with those who have chosen a career working with children.

Relationships Matter: Deepening Attachment and Fostering Learning

Presenter: Colleen Drobot

Date: Saturday, November 20, 2021

Time: 9:30-11:30 am

Location: Online Via Zoom

Fee: \$10.00 members; \$15.00 non-members

Suitable for early learning professionals and parents

In this presentation, professionals and parents will learn why the relationship with a child is the most important factor in their development, and how adults can deepen their attachments with the children in their care. We will cover why children need to keep soft hearts and have their tears, and how we can help them develop resilience and maturity. Colleen will discuss theory and give practical suggestions of how to nourish relationships with children to help them thrive.

Colleen Drobot is a registered professional counsellor with a private practice in North Vancouver. She provides therapy for adults and offers parent consulting using a developmental, attachment-based approach. She also works with school districts and other professionals to help make sense of children and adolescents. She is an educator with over 20 years of experience working with children in the regular classroom or special needs settings. She is an adjunct faculty member of the Neufeld Institute and has worked with Dr. Gordon Neufeld for many years. Colleen is a mother of two and draws from her personal as well as professional experience to support parents and professionals in gaining insight, opening their hearts, and leading by their intuition.

Sensory Processing and How it Affects Children's Learning

Presenters: Debi Bastin & Mi Lin Lee

Date: Wednesday, November 24, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

Throughout this workshop, we will learn about 7 sensory systems, what sensory processing is and how it affects children's learning. We will also take a look at challenges related to sensory processing in childcare programs and techniques you can use to meet children's sensory needs.

Mi Lin Lee is a supported child development consultant for Kinsight. She worked as an ECE in various programs before joining Kinsight in 2015 and has worked in both New Westminster and Tri-Cities.

Debi Bastin is a Supported Child Development Consultant for Kinsight. Before joining Kinsight, she taught ECE at MTI and has worked in both preschools and daycares.

Exploring Pathways to Play with Children

Presenter: Ana Valle Rivera

Date: Thursday, November 25, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

At each stage of development, play looks different. In this workshop participants get to share ideas about how play might look and feel for infants, toddlers, and children. Through exploring the importance of play educators can reimagine the space, place, and time they make to honour play for young children. In this workshop participants also get a chance to think about using an attachment-based approach to strengthen play relationships.

Raised in a large and lively family in East Vancouver BC, Ana knew her life's purpose was working with children. She began working in the childcare field in 2007, has a Diploma in ECE, Special Needs and Infant Toddler Education(2010), and a Bachelor in Child and Youth Care with a specialization in Early Years (2021). Ana is a parent, a children's book author, and the founder of Early Years Workshops & Training. Ana has many aspirations but her current focus is to inspire positive change in the early year's field through sharing a vision of social wellness and social justice for all.

More Than Songs and Rhymes

Presenter: Cheryl Song

Date: Saturday, November 27, 2021

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

Discover simple and practical methods to engage and hold children's attention during story time without using felt pieces. Learn a variety of techniques to make up stories with children and how to bring the story to life... Learn to tell stories using materials such as a piece of paper, a napkin, and a water bottle. Add some variety to your circle time with "Draw-a-Story", "Fold-a-Story", and "Colour-a-Story".

Cheryl Song has 20 years of experience working with children and families, as a licensed early childhood educator and family educator. Cheryl works with children and families in a variety of early years programs. She loves finding new and creative ways to engage children during circle time. She is also a columnist, blogger and author of bilingual children's songs and rhymes books.

Integrate Your Licensed Family Child Care into Your Home

Presenter: Julie Holmes

Date: Wednesday, December 1, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for family child care provider.

This workshop presentation will help you learn how a Licensed Family Child Care can be a quality environment within a home that provides children with experiences that encourage their growth and development. Policies and procedures will be discussed, be prepared with your questions and bring some of your ideas to share.

Julie is an early childhood educator with over 30 years' experience. She completed her training in the UK before beginning work in Pre-schools. She has operated a Licensed Family Child Care in Coquitlam since 2002. Julie wanted her child care to feel like a 'second home' for the children she takes cares of, with a great emphasis on learning through play.

Thinking Closely with Materials

Presenters: Early Childhood Pedagogy Network Pedagogists

Date: Thursday, December 2, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: FREE

Suitable for all early learning professionals.

Join ECPN pedagogists for an interactive session that experiments with lively ways of working with materials in early childhood settings.

The British Columbia Early Childhood Pedagogy Network (ECPN) is the provincial group of pedagogists who support early childhood educators in BC. The ECPN creates spaces for vibrant public conversations about pedagogical projects and processes that matter to early childhood communities in British Columbia.

Speech and Language: Tools and Resources to Support Children

Presenter: Jennifer Roberts (BCACCS)

Date: Saturday, December 4, 2021

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

In this workshop, you will learn about how to create a good environment for children with various speech issues and make some great tools in assisting the child to transition from one activity to another. Jennifer will show you ways and resources that you can create to make your centre easier to navigate. This is great for ESL and children with a wide variety of speech concerns.

Jennie Roberts is Ojibway but identifies as Stó:lō Xwelxwelmexw and resides on Tzeachten First Nation. She has been working with children and families for over 35 years. Jennie's career started with work placements in high school in Victoria. Jennie has a certificate in Early Childhood Education (ECE) through the University of the Fraser Valley in collaboration with Seabird Island 2004 (Graduated on Dean's List). In 2005 she received her Special Needs Certificate to Practice by attending night classes at the University of the Fraser Valley while working as a Head Start Coordinator at Seabird Island. Through a Seabird College collaboration with Northern Lights College, she was able to complete her Infant Toddler/ Early Childhood Education and Care Diploma in 2016, (graduated on Dean's List). In 2018, Jennie also completed her Speech and Language Assistant through Seabird College.

Managing and Marketing Your Family Child Care Business

Presenter: Vicki Lepper

Date: Wednesday, December 8, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all In-Home Child Care Providers and anyone looking to open a Child Care

This workshop will teach you the basics of managing and marketing as well as using the Internet and social media to help you maximize enrollment and income for your business. As child care providers, the notion of marketing ourselves or our child care setting often makes us feel uncomfortable. Somehow advertising seems out of step with the work we do. The fact is, however, that the ability to market our child care service in tasteful and effective ways is one indicator of a professional child care provider. This workshop teaches providers how to identify, articulate, and sell the benefits of their child care program to potential clients using both traditional strategies and technology. Parents are using the Internet to find child care providers. This workshop is for a person that wants to understand how to fit all the pieces together.

Vicki Lepper has been providing child care since 1989 and is a passionate childcare advocate. In 2011, Vicki became a board member for BC Family Child Care Association and she is currently the Co-Chair of "BCFCCA". Vicki is a facilitator of "Good Beginnings: Professional Development for Child Care Providers" course and has taught this program at various intuitions. Vicki also has presented workshops and is actively involved in her community. Vicki has been nominated for many awards and in 2012, she was the "Individual" recipient of "The Tri-Cities Award of Excellence Working with Young Children" for her exceptional work for making the Tri-Cities a better place for families and children. Vicki strongly believes in quality childcare by sharing her knowledge and experiences with those who have chosen child care as their profession.

A Positive Approach to Guidance

Presenter: Pooja Kalsi

Date: Thursday, December 9, 2021

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

This workshop will explore ways to guide children's behaviour in a positive way. The educators will learn about self-regulation, reflective behaviour and relationship building. We will also discuss the underlying factors that affect children's emotional health and cause behaviour issues. We will talk about creating a child-centred curriculum and environment to manage these issues.

Pooja has a Master's degree in Early Childhood Education. She has 22 years of experience in the Early childhood field as a teacher, facilitator, supervisor, director and instructor. She is very passionate about finding ways to promote children's creativity and expression of discovery. She currently teaches at Langara College in the ECE department.



"The creative mind plays with the objects it loves. Artists play with colour and space. Musicians play with sound and silence. Children play with everything they can get their hands on."

– Stephen Nachmanovitch

Values-Based Practice & Change in the Early Years Sector

Presenter: Alison Bledsoe

Date: Saturday, December 11, 2021

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

Feeling uncertain or overwhelmed by the changes (current and future) in the Early Years sector in British Columbia? In this 2-hour session, we will explore some key changes:

- *BC Declaration of the Rights of Indigenous Peoples;*
- *BC Early Learning Framework;*
- *New provincial mandates (including integration of early care and learning under Ministry of Education); and*
- *New federal commitments to establishing a Canada-wide Early Learning & Child Care System.*

What do these changes, mandates and commitments mean to individuals, programs, and/or to the entire sector? Join us for exploration of the 'human element' of change, where participants will be invited to explore our values-based practice, the images we hold, as well as the vulnerabilities and skills at the heart of leading this work forward.

Alison is a long-time member of the Early Childhood community, having worked the front line in child care and family support programs; managed teams of Educators in a range of settings; lead various funding/policy/development initiatives; administered Early Years investments for one of BC's largest philanthropic organizations; as an ECE faculty member in public post-secondary settings; and as a consultant for Early Years organizations and initiatives.

Networking: Cookie Decorating and Tea

Presenter: YMCA CCRR

Date: Wednesday, December 15, 2021

Time: 6:30-8:15 pm

Location: Tri-Cities CCRR

1130 C Austin Avenue, Coquitlam

Fee: \$5.00

Suitable for all early learning professionals working in Burnaby, New Westminster, Coquitlam, Port Coquitlam, Port Moody, Anmore & Belcarra.

We invite you to get together with us and talk about what you are looking forward to this holiday season. Holidays are all about giving and sharing, why not enjoy a hot cup of tea and decorate some cookies with other child care professionals and the CCRR staff! Bring your favourite cookie recipes & decorating ideas to share with the other participants. We look forward to having you join us for an evening of fun!!! Cookies & icing will be supplied.

A one-hour professional development certificate will be given to participants at the end of the networking session.

Autism – Strategies for Success

Presenter: Malgosia Tomanik

Date: Thursday, December 16, 2021

Time: 7:00-8:30 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals

Autism Spectrum Disorder affects communication, social interaction, reasoning, and behaviour. It is usually evident before a child turns three years old. It is estimated that 1 in 51 children ages 6 to 18 in British Columbia have autism. The purpose of this workshop is to provide a framework for supporting a child with this neurobiological disorder in a childcare setting. Also, we will explore the characteristics of autism, early diagnosis, and early intervention.

Malgosia Tomanik, M.Ed., is a Family Consultant who specializes in supporting children preschool to high school age and their "big people" in a variety of environments, including homes, schools, and child care settings. Malgosia is experienced in addressing concerns associated with the daily challenges of caring for a child who requires support, including helping to make sense of difficult behaviour and supporting the big people for each child in finding a way through. Malgosia also works as a Key Worker with the Fraser Valley Child Development Centre. She provides support to caregivers raising children and youth who are living with FASD, from birth to 18 years of age.

Introduction to Sign Language for the Early Years

Presenter: Liv Meriano

Date: Saturday, January 15, 2022

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

This introductory workshop is intended for individuals who live or work with children developing language, who have no previous experience with sign language and are interested in learning. Participants will get the opportunity to learn some basic sign language vocabulary and the benefits of using it to enhance their interactions. Participants will gain an understanding of what is verbal and nonverbal communication, debunk the myths and facts of sign language and gain an appreciation and understanding of American Sign Language (ASL) and Signing Exact English (SEE). Participants will discuss meaningful ways to integrate it into their day and sign language resources available. This workshop will be facilitated by Liv Meriano, a Speech-Language Pathologist at the Down Syndrome Resource Foundation who has a personal connection with the Deaf community and uses sign language in her daily practice.

Liv Meriano is a Registered Speech Language Pathologist that completed her undergraduate degree in Speech Sciences at Brock University prior to completing her Master of Science in Speech Language Pathology, with a minor in Audiology, at the University of British Columbia. She has a passion for working with students with developmental disabilities and providing family-centred care. Liv uses sign language daily with the students she works with at the Down Syndrome Resource Foundation. She also has a personal connection and love for sign language through her Deaf family.

New Circle Time Songs for a New Year!

Presenter: Corene Brown

Date: Wednesday, January 19, 2022

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

Feel like your circle times are getting stale? Tired of the Wheels on the Bus, day in and day out? Add new songs and rhymes to your repertoire in this participatory, interactive session with the youth services librarians from the Port Moody Public Library. They will share favourite new tunes and resources with the group that you can immediately bring to your centre. Bring a rhyme or song to share and you will come away with a list of toe-tapping, guaranteed storytime hits that will have your kids dancing in their seats.

Corene Maret Brown is the Programs & Youth Services Coordinator at the Port Moody Public Library and is an enthusiastic amateur ukulele player. She taught herself ukulele through a combination of hubris (how hard can this be?) and watching YouTube videos. She plays ukulele at story times, classroom visits and does a mean version of the Gilmore Girls theme song.

Networking: Winter Make and Take

Presenter: YMCA CCRR

Date: Thursday, January 20, 2022

Time: 6:30-8:15 pm

Location: Burnaby/New Westminster CCRR

3rd floor, 4460 Beresford Street, Burnaby

Fee: \$5.00

Suitable for all early learning professionals who work in Burnaby, New Westminster, Coquitlam, Port Coquitlam, Port Moody, Anmore and Belcarra.

Create your own resources and have fun doing it!

Bring your enthusiasm and spend an evening with us and other child care providers to create a winter resource for you to take back to your centre, using a variety of materials the CCRR has available.

Refreshments will also be included.

A one-hour professional development certificate will be given to participants at the end of the networking session.

Inspiring Leadership & Teaching Anti Bullying Strategies

Presenter: Scott Graham

Date: Saturday, January 22, 2022

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

Scott Graham has spent over thirty years motivating and teaching children. He uses cooperative games, team-building exercises, object lessons and stories to inspire leadership. This workshop will give you the skills needed to motivate youth. You will learn group management techniques that are fun, cooperative games that are engaging and stories that captivate the attention of children.

International and award-winning speaker, Scott Graham, will present an inspiring workshop on the importance of teaching leadership to youth and how leadership strategies become the foundation that will help children effectively deal with bullying and other difficult life situations. Scott uses real-life stories and teaches usable strategies that will help you help the children you serve.

Being with Anxiety through Breathing and Grounding

Presenter: Nikkol Adams

Date: Wednesday, January 26, 2022

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

Experiencing anxiety is a normal part of being human and can even be helpful. A little bit of anxiety can energize the body to take action towards the demand at hand. While every person experiences anxiety, too much anxiety may increase the distress in one's life. Although it is not possible to get rid of anxiety, it is possible to learn how to manage anxiety to live well through the normal overwhelming experiences in life.

Nikkol Adams, MA, RCC will explore the practical and accessible strategies by using your body as a resource for addressing the physical sensations of anxiety.

Together we will explore:

- Anxiety and its biological purpose
- The role of the autonomic nervous system
- Body-oriented regulation strategies
- When additional support is required

This presentation is designed for all individuals of all ages who are wanting to gain insight and knowledge towards understanding anxiety in their body while building a relationship to their anxious experiences through regulating strategies.

Nikkol is a Registered Clinical Counsellor and the founder of Essence of Self: Counselling and Wellness Services. She has a deep passion for the mind and body connection – helping individuals understand their emotional and physical experiences through the use of several therapeutic healing modalities.

Nikkol graduated from Simon Fraser University with a Bachelor's Degree in Psychology and a minor in Education and Human Development. She pursued her passion for mental health and wellness by completing a 2-year intensive Master's Degree in Counselling Psychology: School and Youth Concentration through Adler University in Vancouver, British Columbia.

She has worked in a variety of positions offering valuable experiences working with children, youth, and adults of all ages who presented with a range of mental health concerns and developmental abilities within diversified settings since 2012. Nikkol currently works in both the public and private sector of mental health services offering individual counselling services to all ages.

To learn more about Nikkol's professional credentials and certifications, visit www.essenceofself.ca

Cultivating Connections between Children and Natural Places

Presenter: Tricia Edgar

Date: Thursday, January 27, 2022

Time: 7:00-9:00 pm

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

How can you help young children develop a feeling of connection to the places around them? Explore activities that connect children to the natural places around them and discover ways to bring these activities into your classroom.

Tricia Edgar has worked with children in the temperate rainforests of Vancouver for over 25 years. She is the co-founder and director of Fresh Air Learning, a forest school in Metro Vancouver, and she is also the Education Coordinator at the Lynn Canyon Ecology Centre.

Building a Child's Capacity to Separate

Presenter: Shannon McGeehan

Date: Saturday, January 29, 2022

Time: 9:30-11:30 am

Location: Online Via ZOOM

Fee: \$10.00 members; \$15.00 non-members

Suitable for all early learning professionals and parents.

This workshop focuses on developing a strong understanding of what happens inside our little people when they are facing separation from a parent or caregiver. We discuss at length the attachment & alarm systems (anxiety) and provide numerous strategies that help make transitions and separating go smoothly. The skills presented in this workshop will enable parents and caregivers to respond effectively to the attachment needs of their children across multiple situations, as well as assist early educators in providing a comforting, nurturing environment for children to be received into.

Shannon has 18 years of experience working alongside children and families in the areas of social work, outreach and consulting, group facilitation and individual therapy, all within MCFD. Her workshops focus on the most widely experienced emotional issues of children and adolescents. In addition to a Master's of Education in Counselling Psychology, Shannon's passion for helping others, and her myriad of experiences, contribute to informing her approach and guide her toward helping parents and educators in a gentle, authentic way.

"Kindness is the language which the deaf can hear and the blind can see."

– Mark Twain

