

Important Information about our Workshops!

After creating your online profile on myymca.ca, 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.

Please note that in order to receive your certificates of completion after attending a workshop, you will also need to include your email address in your myymca.ca profile.

In person workshop participants will be required to show proof of vaccination and Government ID, as defined by public health orders.

Registration Information:

- Register online via myymca.ca 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.
- 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.

Workshop Policies:

- In person workshop participants will be required to show proof of vaccination and Government ID, as defined by public health orders.
- In person and online workshops start promptly at the time indicated. Participants will not be admitted 15 minutes after start time.
- Individuals leaving early will not receive a certificate of completion.
- If you are feeling unwell and exhibiting COVID-19 or flu like symptoms please do not attend & risk infecting others.
- We cannot guarantee a scent-free environment, but as a courtesy to others please refrain from using scented products.
- We are unable to accommodate children during workshops or courses.
- Cameras need to be on and participant in view for the duration of the workshop to receive a certificate of completion.

Workshop Locations:

Tri-Cities CCRR: 1130 C Austin Ave., Coquitlam | ccrr@gv.ymca.ca | 604-931-3400

Burnaby/New Westminister CCRR: 4460 Beresford St., Burnaby | ccrr@gv.ymca.ca | 604-294-1109

New Westminister Schools Welcome Centre: 820 6th St., New West. | ccrr@gv.ymca.ca | 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.



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Ministry of
Children and Family
Development

Responsible Adult

20 Hour Responsible Adult for Child Care Training Course

This course meets the required 20 hours training 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 certification.

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

Dates: Wednesdays & Fridays

April 6 to May 11, 2022

(10 sessions)

Time: 10:00 am - 12:00 pm

Location: Online Via Zoom

Cost: \$50.00

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, please call 604-931-3400, or email ccrr@gv.ymca.ca.

“Anyone who does anything to help a child in his life is a hero to me.”

- Fred Rogers



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

Lisa Murphy on... Being Child Centered!

Presenter: Lisa Murphy - Ooey Gooley Lady

Date: Saturday, March 12, 2022

Time: 9:30-11:00 am

Location: Online Via Zoom

Fee: \$5.00

Suitable for all early learning professionals and parents.

This is the workshop version of the content in her latest book: *Lisa Murphy On... Being Child Centered*. This session provides an in-depth exploration of the 9 points within the framework of Lisa Murphy's approach to working with children. Via interactive lecture, true-to-life examples, anecdotes and her signature "learning and laughing" style, this workshop presents what it really means to be a hands-on, play-based, child-centred program.

Lisa Murphy has been involved in early childhood education for over 30 years. She has written five books, produced numerous training DVDs, serves on many early childhood advisory boards, is an international speaker and trainer, is co-host of the podcast Child Care Bar and Grill and is the founder and CEO of Ooey Gooley, Inc. As an outspoken advocate, Lisa is known for her commitment to creating child-centered, play-based early childhood environments and her fierce protection of childhood. In 2013 she received her Masters in Early Childhood Education from Champlain College, in 2018 she received the Patricia Monaghan Nourot Award for Exemplary Leadership and Play Advocacy from NAEYC's Play Policy and Practice Interest Forum, and in 2020, her latest book, Lisa Murphy On... Being Child Centered was nominated for "Best in Education" by Midwest Book Awards. Her seminars have been called humorous, energetic, content-rich and inspiring. She currently resides in Central Florida.

Exploring Materials with Inspiration from Reggio Emilia

Presenter: Wendy Halfnights

Date: Saturday, April 2, 2022

Time: 9:30 am-12:45 pm (15 min break)

Location: Tri-Cities CCRR

Fee: \$15.00 members; \$20.00 non-members

Suitable for all early learning professionals and parents.

Materials can be viewed as a language for expression to enhance learning and understanding in children. This workshop covers different kinds of materials, where to find them, and how to incorporate them into your curriculum. The workshop also reflects on the qualities of materials, transforming materials, and how to create an attractive invitation to entice children to come and explore. We also talk about creating a mini-atelier within your classroom and how to support children in beginning to design with materials.

All participants are asked to bring 5 different materials (recycled or found) in individual ziplock bags. This workshop is a combination of a PowerPoint presentation and several hands-on group activities.

Wendy has worked for over 15 years as an Early Childhood Educator, including 7 years as a Special Education Assistant. She was nominated for the Prime Minister's Award for Excellence in Early Childhood Education. Wendy is extremely passionate about the Reggio Emilia Approach, with many years' experience as a practicum supervisor and mentor in assisting others in implementing this approach. Come and enjoy an exciting opportunity to explore how to create inspiring spaces.

"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



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Promoting Pro-Social Behaviour in Young Children

Presenter: Dorothy Fizzell

Date: Wednesday, April 6, 2022

Time: 7:00-9:00 pm

Location: Tri-Cities CCRR

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

Suitable for all early learning professionals.

Come and learn the basics about creating a space where all children feel good about themselves, know that they are okay to risk, explore and discover, learn how to share, how to empathize and solve problems peacefully. We will discuss techniques, vocabulary, and skills necessary in young children that extend into every aspect of the early childhood environment. This approach builds a sense of community where there is a real sense of belonging.

Dorothy has worked as an Early Childhood Educator since 1982, providing leadership, supporting and maintaining professional relationships with child care providers, families, community, and government agencies. She has coordinated community service programs with multiple responsibilities and has proven experience working in diverse cultural/ social environments. Dorothy is an experienced facilitator and public speaker on a diverse range of early childhood topics. She is an advocate for children, and the provision of ongoing, relevant training and resources for families and child care providers.

Networking: Artistic Expression

Presenters: CCRR Consultants

Date: Saturday, April 9, 2022

Time: 9:30-11:15 am

Location: Tri-Cities CCRR

Fee: \$5.00

Suitable for all early learning professionals.

Escape the hustle and bustle of daily life to join us for a morning of artistic exploration and creativity! Play around with colours, textures, and materials and discover what it means to express yourself without structured rules and expectations. We will discuss the impact our environment has on us during the activity and take time to reflect on what we learned. This will be a multi-sensory experience that you do not want to miss! Light refreshments will be provided.

A one-hour professional development certificate will be sent to participants upon completion.

Promoting Imagination in a Media-Saturated World

Presenter: Dr. Kym Stewart

Date: Saturday, April 9, 2022

Time: 9:30 am-12:45 pm (15 min break)

Location: Burnaby/New Westminster CCRR

Fee: \$15.00 members; \$20.00 non-members

Suitable for all early learning professionals and parents.

Our current circumstances have made parents and educators rely on more screen time to educate and entertain young children. But, how do we find a balance to promote creativity, imagination, and engagement in this screen-dependent world? This workshop will examine current research on the impact of screen time on young children's development, creativity, and engagement. It will also provide educators with resources to enhance young children's imaginative capacities via curriculum initiatives seen in the education frameworks of imaginative education.

Kym Stewart holds a Ph.D. in Education and an M.A. in Communications from Simon Fraser University. Her Ph.D. thesis explores her decades of media research, including various projects looking at children's media culture and media education practices. Her M.A. also explored youth media culture and is one of the earliest explorations of South Korea's youth gaming and PC-Bang culture. She currently works as an instructor in the School of Communication at Capilano University.

Eating for Energy: How to Eat Well to Manage Stress

Presenter: Sidney Shindle

Date: Tuesday, April 12, 2022

Time: 7:00-9:00 pm

Location: New Westminster Schools Welcome Centre

Fee: Free

Suitable for all early learning professionals and parents.

Eating for Energy: How to eat well to manage stress and feel satiated. Join us for a two-hour workshop with Certified Nutritionist Sidney Shindle. Sidney will explain why food affects stress levels, how to read labels to make better choices and how to make a balanced and delicious plate to keep you energized all day.

Sidney Shindle is a Certified Nutritional Practitioner and former national level synchronized swimming coach. She runs a private practice in New Westminster, BC. She is also a lead faculty member at the Institute of Holistic Nutrition and co-founder of Valeo Wellness, a workplace wellness company whose goal is to empower employees to build a healthy work-life balance. With a decade of coaching experience in the sports realm, she applies similar approaches to her corporate wellness seminars and her client work. She believes that by providing the right knowledge and tools, individuals can develop and sustain their own foundation of good health. Sidney Shindle BA, CNP, NCCP3 Certified Nutritionist.

Bringing Back the Village

Presenter: Jade Brass

Date: Thursday, April 14, 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.

During this workshop we will dive into The First Peoples Principles of Learning from the Early Learning Framework (ELF), discuss the impact colonization has had on the way we educate our children, ways to challenge the colonial structure that has been placed on education and explore ways to decolonize our practices, our classroom and ourselves. The time that we will spend together, exploring the shift in perspectives and working to move away from colonial practices, will allow us to disrupt and challenge how we teach the various truths in the classroom and outside the classroom. It is important to identify who plays what role in a child's life, and why each role must be supported to create a healthy community.

Jade is a member of The Key First Nation on Treaty Four Territory and she is Anishinaabe (Saulteaux) and Nêhiyaw (Swampy Cree). She is an aunty, a sister, and an educator. As an Indigenous ihkwe, her goal is to continue to be a positive role model in our communities and do this work for our children and our unborn babies.

Rockin' Rocks/Salt & Fresh Water Science

Presenter: Wendy Lorch—Science World

Date: Wednesday, April 20, 2022

Time: 7:00-9:00 pm

Location: Tri-Cities CCRR

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

Suitable for all early learning professionals and parents.

There is so much to explore in the natural world. This workshop focuses on trees, rocks and water, introducing a range of hands-on nature science that can take place in your child care setting or outside in nature.

Wendy Lorch is the Early Learning Specialist at Science World, responsible for The Wonder Gallery; a space dedicated to under 5's, Preschool Curiosity Club; a parent-participation class and Big Science for Little Hands; hands-on educator workshops and free science resources for educators and caregivers who work with young children. She has a background in early learning, kindergarten and primary grades, science program development and adult workshop facilitation, having delivered a variety of educator workshops across B.C.

Thinking Deeply About A Reggio Inspired Program

Presenter: Caren Eigenmann and Sue Woodward

Date: Saturday, April 23, 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.

Would you like to learn more about what the Reggio Emilia philosophy is? In this workshop, we will discuss the elements that are characteristic of the Reggio Emilia Philosophy and how you can incorporate aspects into your early learning centres. We will briefly examine: Emergent Curriculum, Project Work, Representational Development, Pedagogical Narration, Collaboration, the Environment as a *third teacher*, and the role of the teacher.

Sue Woodward and Caren Eigenmann are the co-owners of Childgarden Preschool & Discoveries in Port Moody, BC, which opened in 2007. Our image of the child aligns with one of the underlying principles of Reggio Emilia, in which we see the child as 'rich in potential, strong, powerful, competent, and most of all connected to adults and other children' (Malaguzzi, 1993, p. 10). Educators work alongside the children and their natural curiosity to observe and develop in-depth investigations that reflect and are built upon authentic interests of the children, making their preschool experience fun, exciting and relevant to them and their world. Educators extend and expand these interests to create deep, meaningful learning opportunities which lay the foundation for future learning.

Both Sue and Caren are recipients of the Prime Minister's Award of Excellence in Early Childhood Education, in 2012 and 2017 respectively.

Fostering Creativity Using Recycled Art and Loose Parts

Presenter: Pooja Kalsi

Date: Thursday, April 28, 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.

This workshop will help educators to understand the importance of using recycled materials and loose parts and how to use them in various ways to promote creativity in young children and implement a child-led curriculum. In this workshop, we will also discuss the image of the child and the role of the educator. We will also explore 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 23 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.



"Just one small positive thought in the morning can change your whole day."

– Dalai Lama



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Supporting Children with Anxiety: Building Your Toolkit

Presenter: Christine Yu

Date: Saturday, April 30, 2022

Time: 9:30-11:30 am

Location: Tri-Cities CCRR

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

Suitable for all early learning professionals.

This interactive workshop will help childcare providers understand anxiety and how it presents in young children. An overview of Cognitive Behavioural Therapy (CBT) will be provided, and attendees will learn basic strategies and techniques to help children manage anxiety. Discussions about working with parents and collaborating with mental health professionals will also be included.

Christine has worked extensively in the field of anxiety, both as a researcher and a practitioner. She completed her Master's degree in Counselling Psychology at UBC and is currently working as a Registered Clinical Counsellor in private practice and at a non-profit agency. In addition to individual and family therapy, Christine also conducts workshops and presentations about childhood anxiety for schools and parent groups in communities around the Lower Mainland.

Autism in the 21st Century: Taking Away the Fear!

Presenter: Pam Collins

Date: Thursday, May 5, 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.

What does the word Autism mean to you? Come and learn how much things have changed based on all the new science and shared lived experiences by Autistics themselves. We will knock out the myths and build a new understanding of a neurotype that is not a deficit or broken, just amazingly different.

Pam Collins very proudly identifies as neurodivergent and has two adult neurodivergent sons. She is an Autism/Neurodiversity Support Specialist and an Educator for Reach Child and Youth Development Society and has been supporting families, caregivers, and educators for over 23 years. She is a co-founder of the Richmond Autism Interagency Committee – a group dedicated to increasing opportunities for people with autism to be accepted and celebrated in their communities.

Managed Risk Taking for Infants & Toddlers

Presenter: Ward Nakata

Date: Saturday, May 7, 2022

Time: 9:30 am-12:45 pm (15 min break)

Location: Tri-Cities CCRR

Fee: \$15.00 members; \$20.00 non-members

Suitable for all early learning professionals.

Beginning with an image of infants and toddlers as capable learners who want to explore their world, concrete examples and illustrations will be shared, introducing childcare providers to a variety of creative materials and activities with which to challenge this age group.

Ward Nakata has worked in child care for over 15 years. He is currently employed by UBC Child Care Services working with infants, where he has been employed for the past 13 years. He has presented workshops at the Early Childhood Educators of BC conference and has also been a guest speaker at both Langara and Vancouver Community Colleges. He has three children and a partner who also works in child care.

Spring Songs & Stories for Circle Time

Presenter: Corene Maret Brown

Date: Wednesday, May 11, 2022

Time: 7:00-9:00 pm

Location: Tri-Cities CCRR

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

Suitable for all early learning professionals.

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 librarian 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 story time 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.

Exploring Documentation with Infants and Toddlers

Presenter: Ward Nakata

Date: Saturday, May 14, 2022

Time: 9:30 am-12:45 pm (15 min break)

Location: Burnaby/New Westminster CCRR

Fee: \$15.00 members; \$20.00 non-members

Suitable for early learning professionals working with infants and toddlers.

In this workshop, we will explore the use of documentation as a tool for learning with this young age group. Through examples and shared experiences we will begin conversations about the process of documentation and how this process can not only be beneficial in children's learnings but more importantly, how this work has the ability to transform critical thinking for educators.

Ward Nakata has worked in child care for over 15 years. He is currently employed by UBC Child Care Services working with infants, where he has been employed for the past 13 years. He has presented workshops at the Early Childhood Educators of BC conference and has also been a guest speaker at both Langara and Vancouver Community Colleges. He has three children and a partner who also works in child care.

Enhancing Communication with Preschool Children

Presenter: Shari Linde

Date: Thursday, May 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.

This workshop will expand on Normal and Atypical Speech, Language and Communication in the Preschool Years. Participants will gain in-depth information on specific communication challenges, and strategies that they can use within their own educational settings. Specific emphasis will be placed on the following:

- Disorders of the voice
- Stuttering
- Augmentative and alternative communication
- Feeding and swallowing
- Bilingual and multilingual language development
- Specific strategies to facilitate communication

Shari Linde is the director of Advantage SLP, a Speech-Language Pathology (SLP) clinic based out of Richmond, with a team of approximately 20 therapists. Therapists see clients in the Steveston clinic, in clients' private homes, or in healthcare or educational facilities. Shari has been an 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 serving as the Chair of the Board of Directors for Speech-Language and Audiology Canada.



Providing Welcoming Environments for LGBTQ2S+ Families

Presenter: Christine Hibbert

Date: Wednesday, May 25, 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.

Early childhood education and care work best when it is linked to the real issues of people's lives. The most important thing that we can do is to create a warm environment that recognizes, reflects and includes the enormous diversity that exists among people right from the start. Creating welcoming environments for LGBTQ2S+ families is both simple and complicated. During this workshop, we will examine our understanding of "family" and how we can ensure that all children in our care and their families feel a strong sense of belonging and acceptance for who and what they are.

Christine Hibbert is an ECE and School Age Educator and an experienced facilitator. Christine has worked in the field of child care for more than 30 years, beginning her career as a teacher in England. She worked in family child care and pre-schools before becoming Executive Director at Jericho Kids' Club, Out of School Care in Vancouver. Recently retired from JKC, Christine continues to be an involved advocate and passionate educator in the child care community.

A Place Less Ordinary: Design in Child Care

Presenter: Ana Vojnovic

Date: Saturday, May 28, 2022

Time: 9:30 am-12:45 pm (15 min break)

Location: Burnaby/New Westminster CCRR

Fee: \$15.00 members; \$20.00 non-members

Suitable for all early learning professionals

During this workshop, we will examine both concrete and abstract aspects of the generic interior-spatial design of educational spaces for young children and the effects of design on pedagogical practices. We will look closely at the elements of the educational spaces, discuss the effects of spatial design on individual experiences and group dynamics, and ways of designing educational circumstances that facilitate relational ways of being.

- What does relational pedagogy mean and how does it look like in practice?
- Develop ways of working with educational spaces that are responsive to the culture and intentions of our programs.
- Understand ways in which elements of design play a role in daily child care experiences and affect the well-being of people.
- Look at the elements of the interior spaces such as light, texture, colour.
- Discuss the effects of physical flow on individual experiences and group dynamics.
- Discuss the importance of positive and negative spaces and how they can enhance the flow, and ways of designing circumstance that facilitate relational ways of being.

Ana Vojnovic – BA (ECCE), works as an educator (UBC Child Care), artist, research-based designer and lecturer. Her pedagogical and creative practices are an integrated interdisciplinary response to basic questions of how built/designed environments affect and condition human perception, communication, learning, and socialization.

"The life of the child would extend out of doors to the garden, surrounding fields and forests. He would have excursions, his walks and talks, in which the larger world out of doors would be open to him."

– Dewey, 1980



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Team Building Activities and Reflection Circles

Presenter: Jarrett Krentzel

Date: Thursday, June 2, 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.

If you like to be part of a team, please raise your right hand. If you want to learn how to build a team, please raise your left hand. Now, if you want to learn how to facilitate Team Building Activities for early years learners, please keep both hands raised up to the sky and wiggle your fingers! In this workshop, we will discuss the definition, philosophy and benefits of Team Building Activities, (which are designed to increase motivation and promote cooperation), what is needed to offer *SAFE* and *COMFORTABLE* Team Building Activities, how to implement these activities and cover a whole list of fun and engaging activities that you can start in incorporating into your program immediately! As all early years learners know, every great story closes with the perfect ending. Similar to this, every great early years program closes with the perfect reflection circle... these processing activities give time for children to reflect on past learning, which provides space for individual and group lessons that guide children on how to play and work together. We will also discuss the definition, history and benefits of reflection circles, how to implement these processing activities, requirements for successful closure circles and review a whole slew of activities that you can start integrating into your program. Come join us and get ready to TEAMBUILD and REFLECT!!!

Jarrett Krentzel is the Founder/Director of Hand-In-Hand Nature Education Inc. (HIH), an outdoor educational program located in the Comox Valley and Campbell River designed to offer a unique childhood learning experience for children 2 – 17 years old. Jarrett has over 20 years of experience teaching outdoor learning and nature/environmental education from preschools to universities in British Columbia, Yukon, New York, Oregon and California. He is a member of the BC Nature's Education Committee, Outdoor Early Learning Association of BC, Physical Literacy for Communities, Comox Valley Nature Educators, Cumberland's Ecology of the Forest Committee and Acorn Collective. Jarrett is the co-founder of Cascadian Crusaders, co-author/publisher of a children's illustrated environmental superhero book called The Great Plastic Round-up, former Vice President of the Comox Valley Naturalists Society and former co-leader of NatureKids BC. With Jarrett's belief that nature is our ultimate teacher and we are nature's ultimate students, his mission with HIH is to create a safe and comfortable natural learning environment so that children can develop a strong educational foundation where they can play, learn and connect in nature!

Mental Health: Infant & Toddler Focused Course Part 1 & 2

Presenter: Dr. Minnie Mossop

Date: Saturdays, June 4 & 18, 2022

Time: 9:30 am-2:00 pm (30 min break)

Location: Tri-Cities CCRR

Fee: \$40.00 members; \$50.00 non-members

Suitable for all early learning professionals and parents

**Two Day/8 Hour Course,
attendance is required
for both Part 1 & 2.**

Caring with Caring is an early childhood mental health workshop program tailored for educators who work in infant and toddler programs in group child care settings in British Columbia. Under the three caregiving approaches (relationship-based approach, individualized approach, and family-centred approach), *Caring with Caring* aims to reconstruct the early childhood educators' mind-set, support classroom management, and make connections to British Columbia Early Learning Framework. In this 8-hour workshop, *Caring with Caring* covers the following topics:

- Introduction to Early Childhood Mental Health
- Relationships
- Regulation
- Classroom Management

Caring with Caring has been proven to be effective via randomized controlled experimental, sequential explanatory mixed-methods research.

Dr. Minnie Mossop is a passionate infant and toddler specialist with a Ph.D. and M.A. in Infant and Early Childhood Development and an M.Ed. in Early Childhood Education. Her research interests cover various mental health areas (e.g., attachment, brain development, co-regulation) of young children, especially infants and toddlers. She is a faculty member of the Early Childhood Education Program at Douglas College. She has also supported hundreds of families and ECEs in North America through online/offline consultations and group workshops.



Sing & Sign with Me for Circle Time Volume 1 & 2

Presenter: Kim Brown

Date: Wednesdays, June 8 & 22, 2022

Time: 7:00-9:00 pm

Location: Tri-Cities CCRR

Fee: \$20.00 members; non-members \$30.00

Suitable for all early learning professionals and parents.

**Two Day/4 Hour Course,
attendance is required
for both Volume 1 & 2.**

Music is a universal language that all children enjoy so come and have fun singing and signing a variety of children's songs such as ABC, Twinkle, Twinkle, Little Star, and O Canada. Signing songs with children is an inclusive activity to do in any child care centre. It helps facilitate language development, fine and gross motor skills, plus it's fun!

Volume two has different songs everything from Baa, Baa, Black Sheep, Hickory, Dickory, Dock to Baby Beluga, so please come and join us singing and signing more children's songs. Everyone is welcome to participate no prerequisites are required. Music is a universal language that all children enjoy, and it is an inclusive activity to do in any child care centre. It helps facilitate language development, fine and gross motor skills, plus it is fun!

Kim has been teaching a variety of American Sign Language and ASL courses for 18 years. She carries a BA in Psychology and is an Early Childhood Special Needs Educator with over 30 years as a consultant, instructor, teacher and facilitator – in roles all relating to family and children's services.

Networking: Sensory and Inclusion Exploration

Presenter: North Shore Disability Resource Centre (NSDRC)

Date: Thursday, June 9, 2022

Time: 6:30-8:30 pm

Location: Burnaby/New Westminster CCRR

Fee: \$5.00

Suitable for all early learning professionals.

Join us for an evening of sensory and inclusivity exploration! Participants will have an opportunity to explore North Shore Disability's Snoezelen® Room on Wheels – a customizable, sensory environment that adapts to the experiences and therapeutic needs of the children and young people it serves. There will additionally be a make and take piece during this evening, in which participants will create soothing sensory bottles to use in their practices with young children. ****Light refreshments will be provided****

A one-hour professional development certificate will be sent to participants upon completion.

Since 1976 the North Shore Disability Resource Centre (NSDRC) has been providing support services to people of all ages living on Vancouver's North Shore. We offer residential services and community-based services such as Infant Development, life skill development for children and adults, employment services, after school and day camps, information and advocacy and financial support through the summer bursary program.

In 2018 we realized that there was a demand for multi-sensory room access on the North Shore. We wanted to create something unique for the community, and through this, the Mobile Multi-Sensory Room was developed. Having a mobile room is something that does not currently exist in BC making it one-of-a-kind. A mobile room allows for greater accessibility, and the room not only can come to a user but it will be on-site during community and cultural events – it will be used as an engagement tool to foster inclusion and a deeper understanding of neurodiverse individuals.

Multi-Sensory environments can aid learning and development, help to relax an agitated person or stimulate and raise alertness levels of someone who has sensory processing disorders. Multi-Sensory spaces are beneficial for individuals of all ages, especially those who are on the Autism spectrum, have dementia, PTSD or anyone in need of stress reduction. In the room, the user experiences a blend of sights, sounds, textures, and aromas, which provide stimulation of the senses and can be modified to meet each person's unique sensory needs.

We are so pleased to have this unique, one-of-a-kind community resource now available. To make a booking, find out rates and more information please visit our website, www.nsdrc.org. We are happy to bring the room to you or you can come to us.

Emergency Child Care First Aid / CPR Level B **Vital Link / Pacific First Aid**

Date: Saturday, June 11, 2022

Time: 9:00 am-6:00 pm (with a 30 minute lunch break, and two 15 minute breaks)

Location: Tri-Cities CCRR Office: 1130 C Austin Ave., Coquitlam

Fee: \$110.00

Payment: online: www.vital-link.ca, by Credit Card: phone 604-644-4709 or mail your cheque or Money Order, payable to The Vital Link, 1823 Harrison Dr., Van., BC V5P 2P4

This course will include choking skills, breathing emergencies and CPR for babies and children. The course also covers basic first aid for common injuries such as bleeding, burns, falls, fractures, poisons and some medical conditions.

AED certification is also included.

Please bring your own lunch, wear comfortable clothing and arrive 10 minutes before the course begins.

Understanding Challenging Behaviour in Children **Presenter: Cris Janicas**

Date: Saturday, June 11, 2022

Time: 9:30 am-12:45 pm (15 min break)

Location: Burnaby/New Westminster CCRR

Fee: \$15.00 members; \$20.00 non-members

Suitable for all early learning professionals.

This workshop looks at understanding the challenging behaviours of children. Shifting our perspective to what is being communicated through challenging behaviour allows us to embrace more positive and pro-active strategies in addressing it.

Perfect for centres with children expressing challenging behaviours, returning to care after an extended break due to the pandemic, and school-age centres as children readjust to school and their new normal. This workshop focuses on school-aged children but can be applied to children of all ages.

Cris Janicas has been a teacher with the Vancouver School Board since 2012. He is currently a District Resource Teacher focused on collaborating with schools to support students with challenging behaviours. He earned his Bachelor of Education from SFU and completed recent graduate programs focused on arts and health & physical education. He has been married for 14 years and has two sons.

Networking: Yoga for Self-Care **Presenter: Dorothy Fizzell**

Date: Tuesday, June 14, 2022

Time: 6:30- 8:00 pm

Location: New Westminster Schools Welcome Centre

Fee: Free

Suitable for all early learning professionals working in New Westminster.

Please wear comfortable clothing and bring a thin mat or towel to lie down on.

How can you use yoga to nurture yourself? Yoga can renew energy in the body, relax the body to promote proper rest, provide relief from stress related conditions, give you the opportunity to be with yourself, for yourself. With yoga, you can learn to control your breath and muscle tension to improve your perspective about your health and your life. Come to this gentle, relaxing session and take home techniques you can easily use to feel good physically, mentally and spiritually.

A one-hour professional development certificate will be sent to participants upon completion.

Dorothy Fizzell has been practicing yoga for over 40 years, and it is a big part of who she is. She is a Lead Trainer with the South Okanagan Yoga Academy yoga teacher training program and is registered with the International Yoga Teacher's Association of Australia, and with Yoga Alliance in the USA (ERYT500). Dorothy also is an Early Childhood Educator with over 35 years in the field.



Understanding Attachment and Growing Strong Relationships

Presenter: Georgianna Lee

Date: Thursday, June 16, 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.

We thrive when we're supported by warm, encouraging and supportive relationships and children are no different. Our most powerful tool when supporting children is our relationship with them. When children feel physically safe and emotionally held by us, they have the opportunity to discover their true essence, develop their gifts and talents and face the challenges of day-to-day life.

We can spend hours trying to understand children's behaviour and learn and implement a variety of strategies, yet without understanding the importance of healthy attachment, our efforts won't have the impact that we hope for. When we prioritize building strong relationships with children, all of our other efforts with them have a more far-reaching and significant impact. In this workshop, you'll learn:

- Why your relationship with each child is your most powerful tool
- How your view of each child impacts your relationship with them
- How your approach with each child impacts their behaviour
- Simple everyday practices that help you grow a strong and healthy relationship with each child you support

Georgianna is a counsellor and coach working with individuals and families in Canada and internationally for over 16 years. She has a private coaching practice serving clients around the world and teaches for Rising Woman. She also facilitates Conscious Relationship Workshops and weekly women's groups. She enjoys mentoring and supporting teachers and early childhood educators as they embrace their role in offering co-regulation and guidance to their students.

Heart-Mind Well-Being Foundational Workshop

Presenter: Jillian Lewis—Heart-Mind Well-Being

Date: Saturday, June 25, 2022

Time: 9:30am-12:45pm (15 min break)

Location: Burnaby/New Westminster CCRR

Fee: \$15.00 members; \$20.00 non-members

Suitable for all early learning professionals and parents

Heart-Mind Well-Being is the term used by the Dalai Lama Center for Peace + Education (DLC) to refer to creating a balance between educating the mind and educating the heart. Research shows that it is possible to foster positive human qualities such as compassion, confidence and kindness— and we can help children manage difficult emotions such as fear, anger and anxiety. We can successfully create conditions in schools and communities that build capacity in children to recognize their emotions, to understand and empathize with others, to behave in prosocial ways, and to make constructive choices. There is a growing body of knowledge that provides information about how each of these qualities develops in children, and how we can influence their positive development in families, classrooms and early childhood programs.

This workshop explores the Heart-Mind Well-Being Framework that graphically defines what the DLC means by the term *Heart-Mind Well-Being*. This framework was created through a series of consultations with child development experts and psychologists during the design of a population-monitoring tool called the Heart-Mind Index (HMI). DLC has taken the lead on translating and sharing emerging research that aims to shine a light on how to promote Heart-Mind Well-Being of children and youth in communities across British Columbia.

Workshop Objectives:

- Define Heart-Mind Well-Being and describe the five positive human qualities that comprise the HMWB Framework.
- Identify the four primary ways that we can influence the well-being of children.
- Explore strategies and practices that promote well-being.
- Use the DLC website "Heart-Mind Online" to find information and resources that educate the hearts of children.

Jillian Lewis has been a classroom teacher and school principal in the BC elementary school system, and now works as a consultant facilitating staff professional development and collaborative inquiry projects. She has been researching and implementing social and emotional well-being concepts for much of her career and has served on the Heart-Mind in Schools Advisory Committee. Jillian believes that each child can thrive if we co-create communities that nurture relationships and develop social, emotional, and academic skills.