



YMCA Child Care
Resource & Referral

gv.ymca.ca/ccrr

Summer 2023

Professional Development

Important Workshop Policies and Information

Registration Information:

- Register online via myymca.ca or by phone.
- 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 confirmation and certificate of completion after attending a workshop, you will need to include your email address in your myymca.ca profile.
- Payment options available: American Express, MasterCard, Visa or Debit. For your protection, please do not leave credit card information on our voicemail.
- 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 notice 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 and online workshops start promptly at the time indicated. Participants will not be admitted 15 minutes after start time.
- Participants leaving early will have their certificate adjusted.
- If you are feeling unwell or exhibiting 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 participants in view for the duration of the workshop to receive a certificate of completion.

Workshop Locations:

Tri-Cities CCRR: 1130 C Austin Ave., Coquitlam • ygv.crr@bc.ymca.ca • 604-931-3400

Burnaby/New Westminster CCRR: 4460 Beresford St., Burnaby • ygv.crr@bc.ymca.ca • 604-294-1109

New Westminister Schools Welcome Centre: 820 6th St., New West. • ygv.crr@bc.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.



Ministry of
Education and
Child Care

The YMCA CCRR program is funded by the Province of British Columbia
The YMCA CCRR acknowledges the City of Burnaby for its support

Responsible Adult

20 Hour Responsible Adult for Child Care Training Course



This course meets the requirements of 20 hours training to become a “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, as well as participate and attend all sessions in order to receive the certification at the end of the course.

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

Dates: Monday to Friday
August 28th - September 11th*, 2023
(*No class September 4th)

Time: 10:00 AM - 12:00 PM

Location: Online via MS Teams

Cost: \$50

Presenter: CCRR Staff

**Register online at www.mymca.ca
or by phone at 604-931-3400**

Join us
6:15-7:00PM
for light
refreshments!

Active Supervision & Care Plans

Presenter: Wendy Bert & Prab Gill
(Fraser Health Licensing)

Wednesday, July 5th, 2023 • 7:00-9:00 PM

Tri-Cities CCRR • 1130 C Austin Avenue

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

Suitable for all early learning professionals.

Active Supervision: What is active supervision and how do I support and train my staff in always ensuring active and positive supervision.

Care Plans: In what circumstances is a Care Plan required and how to maintain one.

Wendy Bert has been working for CCFL for 17 years in the Port Moody office. Originally from the UK she moved to Canada 35 years ago and began her child care career. Wendy has worked in many child care roles including supervising a toddler program for 10 years, managing a multi-service child care program, supervising practicum students and working as the child care coordinator for a large non-profit society. She is happy to share her knowledge and experiences with you, support you in your learning to provide support and mentorship to your staff/colleagues as well as learning about your experiences in the challenging yet rewarding field of child care.

Prab Gill is a Licensing Officer based in the Tri-cities office. Prab is passionate about Child Care and has 10+ years working in several capacities, including managing facilities. She enjoys spending time outdoors and connecting with nature. She is happy to share her experiences and knowledge. Prab looks forward to connecting with you throughout the workshop.

Sun Safe Kids

Presenters: Breann Corcoran & Melissa Yan

Thursday, July 13th, 2023 • 7:00-9:00 PM

Online via Zoom

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

Suitable for all early learning professionals and parents.

Skin cancer is the most common form of cancer in Canada and rates continue to rise. Children are particularly vulnerable to the damaging effects of UV radiation, but the good news is that skin cancer is largely preventable. This workshop will provide the latest information on sun safety and explain why protecting children from the harmful effects of the sun is so important. Participants will learn evidence-based sun safe practices to incorporate into daily routines and policies at their child care centres.

Breann Corcoran, MSc, PgM is a Health Promotion Specialist with BC Cancer's Prevention, Screening and Hereditary Cancer Program. She holds a Master's of Science in Population Health and is currently pursuing her PhD with UBC's School of Population & Public Health. Breann has been working in public health for over 15 years in health promotion, community engagement and community development roles. In her role with BC Cancer, Breann provides leadership in the area of sun safety and in 2019, she established Sun Safe BC, a provincial coalition dedicated to reducing UV exposure and related risks among British Columbians. She leads a number of research studies on shade for skin cancer prevention in daycare settings, which are contributing to evidence-based recommendations on shade design for municipalities throughout BC.

Melissa Yan, MPH is a Health Promotion Specialist with BC Cancer's Prevention, Screening and Hereditary Cancer Program. She completed her Bachelor of Arts (Honours) in Anthropology at McMaster University and her Master of Public Health at the University of British Columbia. Since 2015, she has been working in the areas of health promotion, health literacy, and patient education. This includes connecting people with reliable and actionable health information, and developing training programs, resources, and tools for health care providers and communities on how to deliver health information to their clients in a person-centred way.

Positive Guidance in School Age Care

Presenter: Christine Hibbert

Saturday, July 8th, 2023 • 9:30 AM-12:45 PM

(15 min. break)

Online via Zoom

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

Suitable for school age and early learning professionals, and parents.

Children need adults to teach, guide, and support them as they grow and learn. As child care providers we play an important role in guiding children's behaviour in positive, supportive, and age-appropriate ways. During this workshop we will explore some of the factors that may influence a child's behaviour, including developmental characteristics and the particular challenges of key transition periods such as Summer and September. We will then explore some theories and strategies that can help us enhance our ability to work with the child in ways that contribute to their growth and development in positive ways.

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 in Vancouver. Recently retired from JKC, Christine continues to be an involved advocate and passionate educator in the child care community.



Join us
9-9:30AM
for light
refreshments!

Creating Infant/Toddler Environments to Influence Positive Behaviours

Presenter: Ward Nakata

Saturday, July 15th, 2023 • 9:30 AM-2:00 PM
(30 min. lunch break)

Tri-Cities CCRR • 1130 C Austin Avenue

Fee: \$20.00 members; \$25.00 non-members

Suitable for parents and early learning professionals working with infants and toddlers.

In this workshop, referencing and discussing videos and photographs, we will examine and discuss the many ways environment can influence behaviour in an infant and toddler program setting. Together we will explore philosophies and consider ideas of not only physical, but also Temporal and Chronological space, and how these may impact children and educators' interactions.

Ward Nakata has been an Early Childhood Educator for over 35 years. He lives and works on the unceded land and waters of the Musqueam people with his wife (also an Early Childhood Educator) and his 2 children. He is a manager at the Seedlings Early Childhood Development Hub overseeing the Infant/Toddler and Daycare Programs. Ward is very dedicated in enhancing this sector through education. He has served 6 years on the Board of Directors of ECEBC and is an advocate for this profession.

Being with Anxiety: Through Breathing & Grounding

Presenter: Nikkol Adams

Wednesday, July 19th, 2023 • 7:00-9:00 PM

Tri-Cities CCRR • 1130 C Austin Avenue

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 but 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 in order to live well through the normal overwhelming experiences in life. This presentation is designed for individuals of all ages who are wanting to gain insight and knowledge towards understanding anxiety in their body, mind, and behaviours while building a relationship to their anxious experiences through regulating strategies.

Nikkol Adams is a Registered Clinical Counselor 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 experience through counselling services and community engagement.

Nikkol currently works in both the private and public sector of mental health. She offers clinical counselling services to children, youth, and adults presenting with a variety of concerns. Using an integrative approach, Nikkol will draw from several healing modalities to help facilitate personal exploration and growth with a focus on reconnecting to the authentic self.



Discover and Explore Your Image of the Child

Presenter: Paula Milbradt

Saturday, July 22nd, 2023 • 9:30 AM-12:45 PM
(15 min. break)

Online via MS Teams

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

Suitable for all early learning professionals and parents.

During this workshop, participants will explore and discover their image of the child and how they program and engage with the children to support that image. Educators will have an opportunity to explore various ways they can empower themselves and the children in their care. When we focus on What the children know, we can then plan Ways and How to expand their current knowledge through age-appropriate challenges.

Paula Milbradt has been serving children, families, and communities for over 30 years. She continues to share her passion and dedication to ECE professionals, families, and community by offering consultations, workshops, and webinars. Paula continues to learn and explore her own beliefs, by attending conferences, and workshops that enhance the Social and Emotional wellbeing of all. She founded Empowermil after fostering 4 boys and continues to hold space for her purpose of making a difference in the world.



The Age of Attachment: 0-6 Years Old

Presenter: Ramina Khusnutdinova

Thursday, July 27th, 2023 • 7:00-9:00 PM

Online via MS Teams

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

Suitable for all early learning professionals and parents.

The desire for connection and belonging is the greatest need humans have. Especially young children need those empathetic relationships and rootedness that gives them a secure base to learn and explore. Ramina will share useful tools on how to support your child at different ages and how to establish a suitable attachment starting before birth and how to maintain it afterwards.

As a Registered Clinical Counsellor and School Psychologist, Ramina specializes in early child development. She's devoted to understanding how children's brains evolve as they grow up and how the environment and genetics influence that transition. She graduated with a Master's degree in Educational Psychology, has worked in schools, mental health institutions, and has experience in both parental guiding and educator coaching.



Critical Literacy & Diversity

Presenter: Ashleigh Davies

Saturday, July 29th, 2023 • 9:30 AM-2:00 PM
(30 min. lunch break)

Tri-Cities CCRR • 1130 C Austin Avenue

Fee: \$20.00 members; \$25.00 non-members

Suitable for all early learning professionals and parents.

Join us
9-9:30AM
for light
refreshments!

Let's take a closer look at the books we choose. What power do books hold? Through this workshop educators will discuss topics of social justice and diversity, considering how all children can feel represented. We will focus on understanding the importance of representation in children's day to day lives and on the power books can hold. This involves looking at how books can uphold ideas of colonization, gender stereotypes, one type of family and white-centric voices. We will look at how the literacy we use can work towards anti-racist & anti-bias practice, as well as create a welcoming environment where all children are able to feel represented. Not limited to cultures, but also consideration of children with exceptionalities, various family structures, LGBTQ2S+, and looking outside of the gender binary & stereotypes. Focusing on the critical literacy theory, educators will have a chance to discover new authors and books that will help diversify their bookshelves and develop skills that allow them to critically assess and choose books within their child care.

Ashleigh Davies is an early childhood educator who has worked with children in a variety of roles for the last ten years. She has worked as an ECE post-basic college instructor and currently works with North Shore Community Resources and CCRR as a CAPC coordinator. She is passionate about the topic of inclusion and social justice within ECCE settings, running several workshops on the topic within BC including Children the Heart of the Matter conference, ECEBC conference, and Interior Early Years conference.

Using Outdoor Space for Emergent Curriculum in Child Care

Presenter: Pooja Kalsi

Thursday, August 3rd, 2023 • 7:00-9:00 PM

Online via Zoom

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

Suitable for all early learning professionals and parents.

Well-designed outdoor space can help implement a responsive emergent curriculum. It can also provide a wider range of benefits for children—reducing stress, sharpening their concentration, and promoting creative problem solving.

In this workshop we will learn how to nurture children's enthusiasm for the out-of-doors and using sensory experiences and loose parts to accomplish this task. We will talk about examples of experiences you can provide in the summer season.

Pooja has a Master's degree in Early Childhood Education. She has 25 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.



Process vs Product: The Beauty of Process Art with Children

Presenter: Alisha Inch

Wednesday, August 9th 2023 • 7:00-9:00 PM

Tri-Cities CCRR • 1130 C Austin Avenue

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

Suitable for all early learning professionals and parents.

Join us
6:15-7:00PM
for light
refreshments!

Why do we do Art with children? Do we really support creativity? What is our goal? In this workshop we will look at many different art ideas, but we will take a greater look at our role as educators in the creative process with children!

Alisha Inch has been in the ECE field for 25 years. She has worked with all ages and stages of children, been an ECE College Instructor and has run her own preschool since 2009. She has a great passion for working with children and sharing that passion with other educators!



Creating Stimulating Learning Environments for All!

Presenter: Debra Smith

Saturday, August 12th, 2023 • 9:30 AM-12:45 PM
(15 min. break)

Online via Zoom

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

Suitable for all early learning professionals and parents.

In this workshop, participants will consider the environments; both indoors and outdoors in their planning of stimulating curriculum with and for all young children. We will explore what child care environments can provide young children's senses with optimal learning and opportunity for exploration and discovery. We will consider various pedagogical approaches and the influences those philosophies have on our preparation of the learning environment. We will discuss our own philosophies and how they are expressed through the child care environment and how these inform the children and their families of the learning and fun that can take place in this space. We will also be considering optimal teaching environments for early childhood educators.

Deb completed her ECE with IT and SN Certificates (1990) from the Douglas College ECE Program and continued her studies in development as she received her Bachelor's Degree in Child and Youth Care from the University of the Fraser Valley (2005). Her focus on human studies continued as she completed her MEd in Counselling Psychology from the University of Victoria (2012).

Self Compassion for Child Care Providers

Presenter: Jenna Nickle

Thursday, August 17th, 2023 • 7:00-9:00 PM

Online via Zoom

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

Suitable for all early learning professionals and parents.

This is an opportunity to dedicate some time to important self-care, learning how to treat oneself with kindness, and soothe any rage or emotions during difficult times. Participants will learn self-compassion practices that can help them combat compassion fatigue and manage stress related to the excessive demands of caregiving.

Jenna Nickle, BSc, MEd, MA is a Registered Clinical Counsellor and is the Interim Community Services Director at YMCA of Kamloops Region. She is an experienced counsellor, meditation and Mindful Self Compassion (MSC) Teacher. Jenna is passionate about ending stigma and helping improve mental health for children, youth and families.

Appetite to Play

Presenter: Nicole Fetterly

Join us
9-9:30AM
for light
refreshments!

Saturday, August 19th, 2023
9:30 AM-2:00 PM (30 min. lunch break)
Tri-Cities CCRR • 1130 C Austin Avenue
Fee: \$20.00 members; \$25.00 non-
members
Suitable for all early learning professionals.

FOOD, FEEDING & PHYSICAL ACTIVITY IN THE EARLY YEARS

- This instructor led interactive workshop will enhance knowledge, skills and confidence in creating child care settings that support physical literacy, healthy eating and healthy child development. Planning tools, self-assessments, recipes, games and activities will be shared. An overview of the resource rich Appetite to Play website will be included.
- This workshop is geared to early years providers who are interested in learning more about physical activity and healthy eating for children 0-5 years old, and who want to increase their capacity in this field.

OUTSIDE PLAY AND RISKY PLAY IN THE EARLY YEARS

This instructor-led interactive workshop will enhance knowledge, skills and confidence in creating child care settings that support outdoor play, risky play and healthy child development. This workshop was developed by Appetite to Play in collaboration with the team at outsideplay.ca, and will count towards professional development credits for EYP's.

The workshop objectives are:

- To recognize and acknowledge your own feelings, the benefits, and how to support outside play and risky play in your role caring for young children.
- To recognize the importance of providing unstructured and facilitated outside play opportunities when caring for children, and the skills required to achieve this objective.
- To discuss the learning and developmental opportunities that risky play provides for children, and how to best support this as an EYP.

Nicole has been one of the Lead Trainers for Appetite to Play since its inception in 2017. In this role she creates and facilitates educational content for early years providers and parents as well as creating the food and feeding resources on the website.

Nicole graduated from the integrated dietetic program at UBC in 2007 and completed her Master of Science in 2020 at UVic. Nicole educates Canadians about food and nutrition, with numerous written publications and resources for government, peer-reviewed journals, charitable and community organizations and the media.

Maachi Kashkihtow Mamawii (Together Sharing Metis Culture)

Presenter: Chandni Bhatnagar & Pawandeep Mann

Join us
6:15-7:00PM
for light
refreshments!

Wednesday, August 23rd, 2023
7:00-9:00 PM
Tri-Cities CCRR • 1130 C Austin Avenue
Fee: \$10.00 members; \$15.00 non-
members
*Suitable for all early learning professionals
and parents.*

Maachi Kashkihtow Mamawii (Learning together, Sharing Métis Culture): Métis Nation British Columbia Ministry of Education presents a workshop in understanding, identifying, and supporting Métis children and culture in early years programming. Through an interactive workshop, facilitators will share information on Métis history and culture in Canada. Understanding who Métis are, and ways individuals can connect. Through cultural resources, facilitators will demonstrate how to incorporate cultural items into early years programs and activities, to ensure children learn more about the Métis culture. Métis children and families will begin to see themselves reflected in the programming provided within their community. Throughout the workshop participants and facilitators will encompass and reflect on the Métis core values while engaging in an interactive workshop that focuses on relationships, connectivity and collaboration of knowledge and learning.

Chandni Bhatnagar is the Métis Child Care Navigator and Support Coordinator for the Lower Mainland of British Columbia. She holds a certificate in Early Childhood Education and a license to practice in British Columbia. Chandni has been working in the child care industry nationally and internationally since 2016. She has had the opportunity to teach children in India who do not have access to education due to financial constraints. Chandni strongly believes that education is a right, not a privilege. With her master's degree in Human Resource and International Business, Chandni wishes to serve society to the best of her abilities by utilizing her knowledge and skills. Chandni is grateful for the opportunity to serve MNBC families while learning more about Metis culture and raising awareness of their presence in the society.

Pawandeep has worked with children and families in the Early Childhood Education field for 12 years. Pawandeep has worked in a variety of Child Care programs, in daycare, preschool and junior kindergarten. Her interest in Métis culture grew from her youth when she experienced Fort Langley which led her to a Bachelor of Arts in English and History. She has experience facilitating Good Beginnings and working with families and Child Care programs in her outreach position at CCRR. She now works as an ally to MNBC helping promote Metis culture and also continue her learning journey.

Understanding Meltdowns, Shutdowns and Autistic Burnout

Presenter: Pam Collins

Saturday, August 26th, 2023 • 9:30 AM-12:45 PM
(15 min. break)

Online via Zoom

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

Suitable for all early learning professionals and parents.

Most of us have experienced a tantrum - either our own or by others where the 'challenging behaviour' stops when the need is met. Meltdowns, shutdowns and burn-out are not about getting something or manipulating others but about life stressors being greater than one's sensory/emotional capacity. Let's explore our nervous systems and how they are designed to protect us when we become over-stimulated. We will see how meltdowns are often usually exhibited externally and may be triggered by a tantrum. Shutdowns on the other hand are meltdowns that are turned inward and then we will learn how all of these can lead to Autistic Burnout.

Pam Collins is a late-identified neurodivergent parent to two amazing multiply neurodivergent adult sons. She provides Neurodiverse-Affirming parent coaching, consulting and education services to families and community partners and has been supporting families for over 23 years.



Rethinking Childhood Interactions in Natural Spaces

Presenter: Ana Valle Rivera

Thursday, August 31st, 2023 • 7:00-9:00 PM

Online via Zoom

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

Suitable for all early learning professionals and parents.

In this workshop participants use an inquiry-based approach to rethink how Early Childhood Educators generally interact in garden spaces, on walks and in other natural spaces. The purpose of this workshop is to support educators in extending beyond consumeristic "interest" based programming in nature to inquiry-based programming that is ethical, respectful and considerate of natural spaces.

Ana is a proud mother of three, a children's book author, and the founder of Early Years Thriving. Ana has worked in various capacities within the early years field since 2007. Ana has experience working with a diversity of children and families with complex needs using inclusive and trauma-informed approaches. The main purpose of Ana's work is to inspire positive change in the early years field by helping adult caregivers to think about the various ways in which they can help their children thrive.



Cooking with Children

Presenter: Ashleigh Davies

Wednesday, September 6th, 2023
7:00-9:00 PM

Tri-Cities CCRR • 1130 C Austin Avenue

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

Suitable for all early learning professionals and parents.

Join us
6:15-7:00PM
for light
refreshments!

Have a class of curious chefs? This workshop looks at cooking with children aged 2-5, considerations for toddler and preschool aged cooking experiences! This workshop highlights the benefits of cooking with children, importance of process over product, risk assessment, nutrition discussion, how to make it a child-led experience, and sharing tips & recipes!

See Ashleigh's bio on page six.

Understanding Conflict & Implementing Trauma-Informed Care

Presenter: Julia Black

Saturday, September 9th, 2023 • 9:30 AM-12:45 PM (15 min. break)

Online via Zoom

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

Suitable for all early learning professionals and parents.

The focus of this workshop will be understanding of conflict and aggression with young children (0-5 years old) and the introduction of pedagogical practices that support educators in managing conflict and reducing stress. Participants will develop an understanding of the neurobiology of the brain, the fight-flight-freeze survival stress response in young children and the impacts of stress in young children's lives. Trauma and trauma-informed care will be discussed with an invitation to engage with trauma-informed pedagogical practices that include the HighScope Educational Research Foundation's 6-step approach to problem-solving with young children. Participants will develop an implementation plan to incorporate trauma-informed care and the problem-solving approach into their early childhood settings.

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 since 2007. She 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.

Community of Practice: Exploring Unrestricted Outdoor Play

Presenter: Karla Gaygay, CCRR Consultant

Wednesdays: September 13th, 27th, October 4th, 18th, November 1st, 2023 • 6:00-8:00 PM

Tri-Cities CCRR • 1130 C Austin Avenue

Fee: Free

Suitable for all early learning professionals.

In this Community of Practice, we will discuss our own experiences and relationships with the outdoors and nature. We hope to nurture an intimate connection to the land and to give us a sense of place, not only for us but also for the children we work with. There will be sessions that involve walking outdoors, so get your outdoor gear ready and focus your attention on the tiniest details of nature!

To guide us in our discussions, the group will read "Balanced and Barefoot" by Angela J. Hanscom. In this book, Angela offers several strategies to use outdoors and unstructured freedom as resources to help children achieve the movement they need to be happy and healthy in mind, body, and spirit.

A ten-hour professional development certificate will be given at the end of the last session. **Refreshments will be served at each session.**

Karla currently works as a consultant for YMCA Child Care Resource and Referral. She is an Early Childhood Educator with experience working with infants to school-age children in both child care and outdoor settings. Her love for the outdoors developed when she visited a nature school in Richmond. Since then, she has volunteered for outdoor preschool programs to gain insights and connect with educators in that field. She also worked as a Lead Outdoor Educator for an all-outdoor program. Her experiences allowed her to explore urban parks and trails in Vancouver, Burnaby and Richmond.

Emergency Child Care First Aid / CPR Level B

Presenter: Pacific First Aid

Saturday, September 9th, 2023 • 9:00 AM-6:00 PM
(30 min. lunch break, and two 15 min. breaks)

Tri-Cities CCRR • 1130 C Austin Avenue

Please bring your own lunch, wear comfortable clothing and arrive 10 minutes before the course begins.
Payment and Registration: online at www.pacificfirstaid.ca or by phone at 604-638-1228.

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 pick up your book at any of our office locations starting August 26th.

Circle Time Ideas for English Learning Learners

Presenter: Cheryl Song

Thursday, September 14th, 2023 • 7:00-9:00 PM

Online via MS Teams

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

Suitable for all early learning professionals and parents.

Join us for a workshop on circle time ideas, targeting English learning learners. Learn a variety of Fall-themed story ideas, including stories with a focus on counting, science, oral, props, fables, draw a story, fold a story and rhyming. The ideas presented require minimal budget and preparation time. The participants will learn strategies to engage children of diverse language abilities at circle time. The songs, rhymes and stories are an adaption of stories from different cultures to reflect the culture diversity in child care centres. In addition, these stories also teach the audience life lessons about kindness, sharing, social inclusion, and cooperation.

Cheryl Song has 20 years of experience working with children and families, as licensed early childhood educator and family educator. Cheryl works with children and families in variety of early years programs. She is a trained Mother Goose facilitator, and has been using oral stories in all the programs. She is also a columnist, blogger and author of a bilingual children's songs and rhymes book.

Developmental Differences & Difficult Conversations

Presenter: Karen LeSage

Saturday, September 16th, 2023

9:30 AM-2:00 PM (30 min. lunch break)

Tri-Cities CCRR • 1130 C Austin Avenue

Fee: \$20.00 members; \$25.00 non-members

Suitable for all early learning professionals.

Participants will further explore developmental milestones and will learn how to identify and support differences. Discuss and practice objective documentation and how to have those difficult conversations with families once a concern is identified. Learn how to develop partnerships with families by exploring their priorities, values, and backgrounds.

Karen has over 25 years of experience working with children from birth to nineteen years of age in child care and community settings. Throughout her career her focus has been on inclusion for all children. She is a licensed Early Childhood Educator, Infant/Toddler Educator and Special Needs Educator. She has spent 17 years working as a Supported Child Development Consultant and is currently the ECE program chair at Ridge Meadows College.

Join us
9-9:30AM
for light
refreshments!



Program Planning for Your Multi-Ages Child Care Centre

Presenter: Julie Holmes

Wednesday, September 20th, 2023

7:00-9:00 PM

Tri-Cities CCRR

1130 C Austin Avenue

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

Suitable for all early learning professionals.

Join us
6:15-7:00PM
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Entertaining the various ages in a family child care can be challenging. Older children will tend to push little ones away, but the forever-curious toddler will want to be part of the group. What can we do to create a well-balanced space? Water and sand play is a perfect activity for both ages. The older children build and create whereas the younger ones are happy to fill and empty. We take our play outside most days, this is where nature's floor can become our play materials, soup can be made from soil, leaves, and pebbles, and what child doesn't love a stick to stir the pot?

In this workshop, we will discuss a typical day of ideas to help you navigate around the multi-ages in your child care.

Julie is an early childhood educator with over 30 years' experience. She completed her training in the UK before beginning work in preschools. 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 care of, with a great emphasis on learning through play.

Join us
9-9:30AM
for light
refreshments!

Understanding & Supporting Children with ADHD

Presenter: Christie Akhurst

Saturday, September 23rd, 2023
9:30 AM-2:00 PM (30 min. lunch break)

Burnaby/New Westminster CRR • 4460 Beresford St.

Fee: \$20.00 members; \$25.00 non-members
Suitable for all early learning professionals.

Discover some great tips on how to embrace the great advantages of having ADD/ADHD. Understand how to support the child's needs through inclusive activities that strengthen the relationships of the child living with ADD/ADHD, as well as strategies to assist the child with organizing thoughts, routines, circle time behaviours and transitions in school age care setting. Find ways to support the many wonderful attributes of living with ADD/ADHD, so that children learn how to channel their energy through creativity, leadership, responsibility and friendship.

Christie has been the Coordinator of Little Mountain Out of School Care since 2003. She has her ECE, Special Needs and School Age Certification, as well as Applied Behavioural Certificate. Christie has worked with children aged infancy to adolescence. She has enjoyed work experiences in Vancouver, Australia and New Zealand. She views her role as a great way to make a positive impact on a child and family's life.

Supporting Children with Fears and Anxiety

Presenter: Georgianna Lee

Thursday, September 28th, 2023 • 7:00-9:00 PM

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 who has been working with individuals and families for over 18 years in Canada and internationally. She is passionate about helping people cultivate self-acceptance, self-compassion and nervous system regulation skills so they can move through life with more ease and courage. Georgianna has a private coaching practice, teaches and facilitates for Rising Woman and co-hosts the podcast, Wholehearted Loving: The Simple Path to a Good Life. For more information, visit: www.georgiannalee.com

Networking: Bringing Indigenous Culture To Your Environment

Presenters: CCRR Consultants

Tuesday, September 26th, 2023 • 6:30-8:00 PM

New Westminster Schools Welcome Centre • 820 6th St.

Fee: Free

Suitable for all early learning professionals.

Come and join us for an interactive networking event where we will explore the Indigenous resources from our Early Learning Resource Library. We will learn songs and rhymes, and about the meaning of a "Talking Stick". Materials will be provided for everyone to make a talking stick to take back to your centres and use with the children in your programs. Light refreshments will be provided.

A one-hour professional development certificate will be provided.



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