



**Fall 2023**

**Professional Development**

**YMCA Child Care  
Resource & Referral**  
[gv.ymca.ca/ccrr](http://gv.ymca.ca/ccrr)



@YMCACCRR



Facebook.com/YMCACCRR



@YMCACCRR

# Important Workshop Policies and Information

## Registration Policies and Procedures

- Register online via [myymca.ca](http://myymca.ca) or by phone. Payment options include American Express, MasterCard, Visa or Debit.
- After creating your online profile at [myymca.ca](http://myymca.ca), YMCA CCRR members will need to contact the YMCA CCRR to activate their profile to receive the discounted member rate.
- Refunds and transfers will only be given to registrants who provide a minimum of 5 working days notice and are subject to a \$5.00 administration fee per workshop.
- Workshops may be cancelled due to insufficient enrollment and other factors outside of our control. In the event of cancellation, a full refund will be issued.

### In Person Courses/Workshops Policies

- Workshops start promptly at the time indicated.
- Late arrivals will not be permitted 15 minutes after the start time.
- Participants leaving early will have their certificates adjusted.
- If you are feeling unwell or exhibiting flu like symptoms, please do not attend and risk infecting others.
- We cannot guarantee a scent-free environment.
- We are unable to accommodate children during courses, workshops, or networking events.

### Online Courses/Workshops Policies

- Workshops start promptly at the time indicated and will be held on Zoom or MS Teams.
- It is recommended to use a laptop or computer.
- Late arrivals will not be admitted 15 minutes after the start time.
- Participants leaving early will have their certificates adjusted.
- Cameras need to be on and participants need to be in view for the entire duration of the course/workshop to receive a certificate of completion.
- Refunds will not be given due to technical difficulties with your equipment.

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

## Workshop Locations

### Tri-Cities CCRR

1130 C Austin Ave., Coquitlam  
[ygv.crr@bc.ymca.ca](mailto:ygv.crr@bc.ymca.ca) • 604-931-3400

### Burnaby/New Westminister CCRR

4460 Beresford St., Burnaby  
[ygv.crr@bc.ymca.ca](mailto:ygv.crr@bc.ymca.ca) • 604-294-1109

### New Westminister Schools Welcome Centre

820 6th St., New Westminister  
[ygv.crr@bc.ymca.ca](mailto:ygv.crr@bc.ymca.ca) • 604-931-3400

### Online

Zoom or MS Teams



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



Ministry of  
Education and  
Child Care



# 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,  
November 20th - December 1st, 2023.

**Time:** 10:00AM - 12:00PM

**Location:** Online via MS Teams

**Cost:** \$50

**Presenter:** CCRR Consultant

**Register online at [www.myyymca.ca](http://www.myyymca.ca)  
or by phone at 604-931-3400**

## EARLY IDENTIFICATION OF DEVELOPMENTAL CONCERNS

**Thursday, October 5th, 2023 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 members; \$15.00 non-members**  
**• Suitable for all early learning professionals and parents.**

Participants will learn about the value of developmental milestones and the importance of identifying developmental concerns/risks. Participants will learn strategies for identifying milestones and concerns and explore next steps. There will also be information about resources and supports in the community for children and families when developmental concerns are identified.

### **Presenters: Megan Pochurko & Thess Malapitan (BC Centre for Ability)**

*Megan has been in the field since 2013 and has experience working in group daycares, as a support worker, a CCRR Consultant and now as a SCD Consultant for the past 5 years. She believes that play is a child's most important work and that every child deserves a chance to succeed. She is passionate about quality childcare and inclusive spaces for all children and families.*

*Thess has been fortunate to work with diverse group of children and families for over 14 years as an Early Childhood Educator and recently as a SCD Consultant. She is passionate about inclusive practice and reflective work with children and families. She believes that every child deserves to have equitable access to reach their full potential.*



## CO-REGULATION IN CHILD CARE

**Wednesday, October 11th, 2023 • 7:00-9:00PM • Tri-Cities CCRR • 1130 Austin Avenue • Fee: \$10.00 members; \$15.00 non-members • Suitable for all early learning professionals and parents.**

Through this workshop, we will cover what co-regulation is and why it matters in the early years. Our nervous system needs to feel safe; co-regulation can't be offered without self-regulation. How do you identify your own emotions and triggers? What do you do with this information? We will explore tools that can be used to help regulate emotions.

### **Presenter: Prab Gill**

*Prab 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.*

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



## NETWORKING: STORY PLAY CHARACTERS WITH NATURE'S GIFTS

**Thursday, October 12th, 2023 • 6:30-8:00PM • Burnaby/New Westminster CCRR • 4460 Beresford Street • Fee: \$5.00 • Suitable for all early learning professionals.**

Come join Roz Duchesneau for a fun, creative and hands-on "make and take" networking event. Emphasis will be on creating stick people and creatures. You will learn techniques and get inspiration for indoor and outdoor play.

### **Presenter: Roz Duchesneau**

*Roz Duchesneau is an Early Childhood Educator and a Strong Start Facilitator in Burnaby School District. She is passionate about outdoor play and views the place we live in as a space for learning opportunities, creative thinking, stimulating curiosity, organic storytelling and most importantly working alongside the children to foster an appreciation for the value of nature and gifts it brings.*

Light refreshments  
will be provided.

A one-hour  
professional  
development  
certificate will be  
issued.



## EXPLORING SCIENCE WITH CHILDREN

**Saturday, October 14th, 2023 • 9:30AM-12:45PM (15 min. Break) • Online via Zoom • Fee: \$15.00 members; \$20.00 non-members • Suitable for all early learning professionals and parents.**

### Exploring Science with Picture Books

We know that children love picture books and they are a way to explore important topics and ideas. This practical workshop will show you how picture books can be used to ignite curiosity about science in young children. We will look at example books and try out a range of hands-on activities that will inspire you to explore science in this way in your setting.

### Exploring Coding with Early Learners: Coding without Computers

Join us for Science World's new STEM-based workshop for child care providers that work with young children. We will explore and try out some fun, hands-on ways to introduce young children to coding through stories, dance, playdoh, games, nature's life cycles and treasure hunts without them ever having to go near a computer screen or tablet!

### **Presenter: Marianna Cavezza**

*Marianna Cavezza is an Experiential Learning Specialist at Science World. She is a passionate early childhood advocate with over twenty-five years in the field and has worked in a variety of roles, including as a Strong Start Facilitator, ECE instructor, as well as an Early Interventionist.*

## EATING FOR ENERGY: HOW TO EAT WELL TO MANAGE STRESS

**Thursday, October 19th, 2023 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 members; \$15.00 non-members • Suitable for all early learning professionals and parents.**

Join us for a two-hour workshop with Certified Nutritionist Sidney Shindle. The food choices we make can affect our mood, energy levels, focus and overall health. Sidney will explain why and how food affects the body, and she will teach you how to read labels, what nutrients your body needs to function and how to make a balanced and delicious plate to keep you energized all day. This workshop will also touch on how food choices can affect stress and mood in children.

### **Presenter: Sidney Shindle**

*Sidney Shindle is a Certified Nutritional Practitioner. 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 to her individual client work. She believes that by providing the right knowledge and tools, individuals are able to develop and sustain their own foundation of good health.*

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## BRING YOUR MUSICAL PASSPORTS!

**Saturday, October 21st, 2023 • 9:30AM-2:00PM (30 min. lunch Break) • Tri-Cities CCRR • 1130 Austin Avenue • Fee: \$20.00 members; \$25.00 non-members • Suitable for all early learning professionals and parents.**

Join us 9:00-9:30AM for light refreshments!

Through a progression of rhythmic games, movement exercises, drumming & percussion activities, educators will learn basic music concepts and how to apply these within their early years programs. Bring your musical passport as we travel the world through rhythm and children's songs from around the globe!

The program is facilitated with a variety of hand drums and percussion instruments for all!

### **Presenter: Angela Roy**

*Angela is a bilingual artist and early childhood educator, recipient of the Prime Minister's Award of Excellence. She designed the Freedom Arts program for children and youth to experience the performing arts. She tours throughout western Canada performing with her band Barefoot Caravan and presenting the Freedom Arts program for early years centers and schools.*

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## EARLY INTERVENTION FOR COMMUNICATION DEVELOPMENT

**Wednesday, October 25th, 2023 • 7:00-9:00PM • Tri-Cities CCRR • 1130 Austin Avenue • Fee: \$10.00 members; \$15.00 non-members • Suitable for all early learning professionals and parents.**

- What to look for and strategies to support.
- An overview of communication development and milestones in the early years.
- Flags to look out for and when to make a recommendation/referral to speech and language services.
- Strategies to support communication development at home and in the childcare setting.

### **Presenter: Courtney Kaleta**

*Courtney is a Speech-Language Pathologist with SHARE Early Intervention Team birth to five years at the New Westminster Children's Centre. Courtney has over 5 years' experience working with early years and school aged children in speech and language settings.*



# INDIGENOUS TRAUMA & EQUITY INFORMED PRACTICE IN EARLY YEARS



FREE workshop,  
register today!  
\*Lunch provided



Let's expand social perception on the missing context not usually covered in 'trauma-informed care' workshops. We'll focus on centering Indigenous perspectives on the change needed and required to go beyond being "informed".

#### Main Conversation/Ideas:

- Explore the relationship between colonialism, state violence against Indigenous peoples, and Indigenous specific trauma today
- Weave Indigenous resistance, resilience, resurgence, and equity-oriented approaches into professional practice

Len Pierre is Coast Salish from Katzie (kate-zee) First Nation. He's an educator, consultant, TEDx Speaker, social activist, traditional knowledge keeper, and cultural practitioner. He has completed his Master of Education degree from Simon Fraser University focusing on curriculum and instructional design. His experience includes Indigenous education and program leadership from various health organizations, including the First Nations Health Authority, Fraser Health Authority, and the Canadian Centre for Mental Health and Addiction.

**Date:** Sat., October 28th, 2023

**Time:** 9:00 AM - 3:00 PM  
Sign-in begins at 8:30 AM

**Location:** Douglas College, Coquitlam Campus, 1250 Pinetree Way, Coquitlam. Room A1470

**Fee:** FREE!

*Paid underground parking available.  
Accessible by transit.*

**Register online at [www.mymca.ca](http://www.mymca.ca) or  
by phone at 604-931-3400**

The YMCA CCRR program is funded by the Province of British Columbia



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## THE INCLUSIVE CHILD CARE ENVIRONMENT: ASD

**Thursday, November 2nd, 2023 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 members; \$15.00 non-members • Suitable for all early learning professionals and parents.**

Children on the autism spectrum bring many joys to our child care. However, they may require accommodations, modifications, and support that differ from neurotypical children in order to best experience and share these joys. Often, with an ASD diagnosis, these children receive an extra support person. However, children who are pre-assessment (or waiting for assessment), are left struggling without formal support while educators try their best to fill in the gaps. The Inclusive Environment will give educators the foundational knowledge of an autism diagnosis, the implications for social emotional learning, and insight how to best support children on the spectrum in an inclusive manner.

**Presenter: Monica Maddison**

*Monica Maddison is a Director of Specialized Education and Inclusion, former college instructor, and a professional speaker. She brings her 13 years of experience and extensive education background to educate educators on best practices for supporting and caring for neurodiverse learners. When she isn't advocating for her students in the classroom, providing one-to-one therapy for home based clients, or public speaking across Canada and the USA.*

## BEING WITH AMERICAN SIGN LANGUAGE (THREE-DAY COURSE)

**Saturday, November 4th 2023, December 2nd 2023, & January 20th 2024 • 9:30AM-2:00PM (30 min. lunch Break) • Tri-Cities CCRR • 1130 Austin Avenue • Fee: \$50.00 members; \$65.00 non-members • Suitable for all early learning professionals and parents.**

Join us 9:00-9:30AM for light refreshments!

An Imaginative Education approach to learning ASL and Introducing it to young children.

This workshop series will introduce participants to ASL through the lenses of the theories of Imaginative Education and Unswaddling Pedagogy. Children learn through embodiment, their senses, emotions, rhythms, curiosity, wonder, metaphors, etc. Dr. Annabella Cant, an ASL learner herself, will introduce the language through "cognitive tools" that are very familiar to educators. She will engage the participants holistically, through song, movement, play, emotion, humour, and imagination. The participants will learn important facts about inclusion, about how to stay respectful toward the deaf community, and how to approach this new language in an ethical way.

The workshop series will also approach all the principles of the BC Early Learning Framework.

So, let us enter together this wonderful world of ASL!

- Session 1: Introduction, theory, history of ASL, communication to parents about learning ASL, alphabet, and numbers.
- Session 2: Frequently used words with young children, sentence and question formation.
- Session 3: ASL through songs, stories, transitions, and games.

**Presenter: Annabella Cant**

*Dr. Annabella Cant is a professor in Early Childhood Education at Capilano University. In 2022 Annabella was nominated for the BCTLC West Coast Teaching Excellence award. She has previously received the 2019 Teaching Excellence Award from Capilano University. She is also the initiator and editor-in-chief of the online journal: Childhoods and Pedagogies. Annabella has been practicing ECCE since 1994; in 1999 she started opening her own childcare centres in Europe (her schools were dedicated to children with very diverse backgrounds and abilities). Her newest publication, Unswaddling Pedagogy, is a book for educators and parents. Her new pedagogical lens—the Unswaddling Pedagogy—is inspired and fueled by the stories she has lived.*

12 hours of professional development!



# COLLABORATIVE & PROACTIVE SOLUTIONS

## to Challenging Behaviour



FREE webinar,  
don't miss out!



Online  
via ZOOM



This innovative, evidence-based, trauma-informed model by Dr. Ross Greene has transformed thinking and practices the world over in families, schools, psychiatric units, residential and juvenile detention centers. It focuses on solving problems rather than modifying behavior through collaboration and proactive intervention. By the time this workshop is over you will understand the model and learn its practical assessment and come away with intervention tools!

Ross W. Greene, Ph.D. is the originator of Collaborative & Proactive Solutions (CPS), as described in his influential books. He also developed and executive produced the documentary film, *The Kids We Lose* (2018). Dr. Greene served on the faculty at Harvard Medical School for over 20 years, and is now Founding Director of the non-profit *Lives in the Balance* ([www.livesinthebalance.org](http://www.livesinthebalance.org)). He is currently adjunct Professor in the Department of Psychology at Virginia Tech and adjunct Professor in the Faculty of Science at University of Technology Sydney in Australia.

**Date:** Wed., November 8th, 2023

**Time:** 4:00-7:00PM

**Location:** Online via ZOOM

**Fee: FREE!**

*\*Suitable for all early learning professionals and parents.*

Register online at [www.mymca.ca](http://www.mymca.ca) or  
by phone at 604-931-3400



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## A DROP FROM EDUCATION'S OCEAN

**Thursday, November 16th, 2023 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 members; \$15.00 non-members • Suitable for all early learning professionals and parents.**

Behnaz will share her knowledge in relation to ECCE through the lens of the stories she lived. She will engage the audience with topics such as: the image of the child, the image of the educator, the meaning of pedagogy in ECCE, and how to create pedagogical environments where children feel that they belong. She will engage the participants in reflective activities that will support the crystalizing of their own perspectives. Educators will know themselves better after this workshop. Behnaz embraces interculturalism and passionately lives and facilitates in ways that are inclusive and ethical.

### **Presenter: Behnaz Lotfi**

*Behnaz has been involved in ECCE since 1978. She has worked with children both in her home country, Iran, where she gained experience working with orphan children, and here in Canada. After a break dedicated to raising her two children, Behnaz returned to studying and became a passionate Early Childhood Educator who continues her studies at Capilano University. She is interested in what is new in this beautiful profession and loves to share her knowledge. Her workshops are informative and full of passion for the field of education. She shares her life stories and relates them to concepts and practices that are informed by those lived experiences. She advocated for inclusion and supports families and students who are new to Canada in her role as a mentor.*

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## TRADITIONAL INDIGENOUS CEDAR WEAVINGS

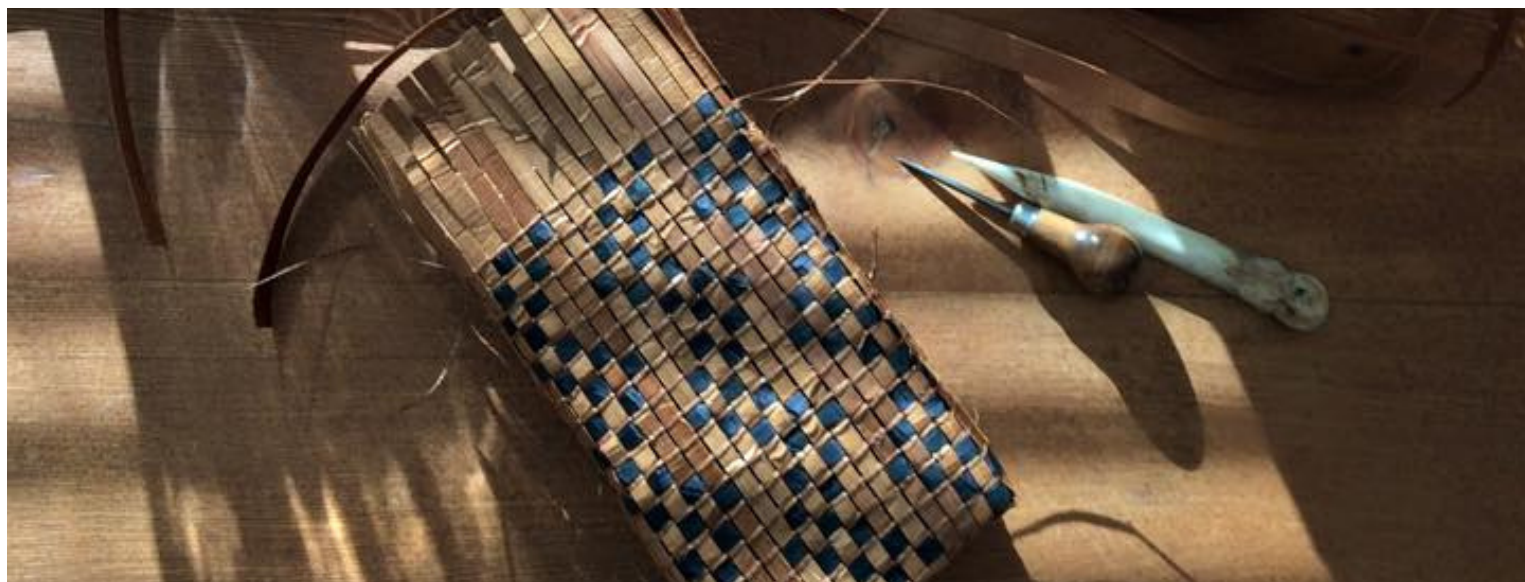
**Saturday, November 18th, 2023 • 9:30AM-2:00PM (30 min. lunch Break) • Tri-Cities CCRR • 1130 Austin Avenue • Fee: \$20.00 members; \$25.00 non-members • Suitable for all early learning professionals and parents.**

Join us 9:00-9:30AM for light refreshments!

Join Jessica for a hands-on workshop to learn how to weave a basket and mat using traditional indigenous materials found locally. Jess will share her passion and techniques as well as share some of her experiences in the outdoors. All materials will be provided!!

### **Presenter: Jessica Silvey**

*Jessica Silvey is a Coast Salish Weaver and Fibre Artist. Jessica is a self-taught weaver of Coast Salish and Portugese descent, of the Silvey Family of Egmont, BC. Many of her childhood hours were spent with her paternal Grandmother in the forest. It is her favourite place to be, surrounded by cedar trees and silence. Jessica has learned traditional techniques from research as well as trial and error. She harvests and prepares her own materials. Weaving is Jessicas passion and therapy for her soul.*





## COMMUNICATION & LEGISLATION IN CHILD CARE

**Wednesday, November 22nd, 2023 • 7:00-9:00PM • Tri-Cities CCRR •  
1130 Austin Avenue • Fee: \$10.00 members; \$15.00 non-members •  
Suitable for all early learning professionals.**

- Communication: The benefits of clear communication and how it supports compliance.
- Legislation: Why we have it – it's intent and how to find sections for understanding.

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

### **Presenters: Christine Lawson & Sharon Mitra (Fraser Health Licensing)**

*Christine has been working as a Licensing officer for four years. Her background is in Early Childhood Education. She previously worked with LNR Child Care Providers at the Vancouver CCRR. Christine is excited to learn with you and gain new perspectives as we share our knowledge and experiences. She is hoping to create a community of practice that supports your learning journey and gives you the skills and tools to inspire you to provide mentorship to your staff and colleagues.*

*Sharon is a Child Care Licensing officer at Tri Cities Health Protection office and has over 25 years of experience in the Early Childhood Education field, having worked as an early childhood educator, ECE instructor, owner of an infant and toddler centre, and as an Outreach Consultant with Surrey CCRR. She is looking forward to sharing her knowledge and field experiences to support and mentor you and your team.*

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## EMOTIONS - RANDOM OR REASON?

**Saturday, November 25th, 2023 • 9:30AM-12:45PM  
(15 min. Break) • Online via Zoom • Fee: \$15.00  
members; \$20.00 non-members • Suitable for all  
early learning professionals and parents.**

This workshop will uncover the deep connections between our thoughts, emotions, and our behaviour (actions or choices). Emotions and thoughts are, arguably, some of the most challenging aspects of being human. Join Rishma, an Occupational Therapist and Educator, through an engaging and interactive session which will result in an increase in your knowledge, as well as practical tips and strategies for you to implement for yourself and the children under your care.

### **Workshop Objectives:**

1. Understand the stages of emotion.
2. Understand the relationship between our emotions, thoughts and our choices/actions.
3. Understand how to effectively manage our emotions to minimize our stress response, increase our resilience, and live happier.

### **Presenter: Rishma Dhalla**

*Rishma is an Occupational Therapist and owner of "OT4Life Occupational Therapy Services", a business aimed at helping to improve the lives of clients through education, therapeutic techniques, goal-setting, and experiential learning. Rishma has been an OT for almost 30 years, and has gathered extensive experience and research into wellness principles, including stress management. Rishma loves to share her knowledge through presenting workshops such as the one you are about to participate in today.*



Light refreshments  
will be provided.

A one-hour  
professional  
development  
certificate will be  
issued.

## NETWORKING: MAKING SCIENCE FUN!

**Saturday, November 25th, 2023 • 10:00 -11:30AM • Tri-Cities CCRR • 1130 Austin Avenue • Fee: \$5.00 • Suitable for all early learning professionals.**

Science is everywhere. Indoors, outdoors and it's a part of our everyday life. Science is about observing, thinking, discovering, testing and patience. But also, it's a lot of fun. Come and join us to explore several science experiments with a focus on how to encourage children in your program to be curious and ask questions.

**Presenters: CCRR Consultants**



## IT TAKES TWO TO MAKE A THING GO RIGHT

**Tuesday, November 28th, 2023 • 7:00-9:00PM • Tri-Cities CCRR • 1130 Austin Avenue • Fee: FREE! • Suitable for all early learning professionals and parents.**

FREE  
WORKSHOP!

If this presentation title put a song in your head, then we're off to a great start! Because the focus of this two-hour presentation is on a dance of sorts: the dance of co-regulation. Co-regulation is the process by which an adult's internal state supports the emotional regulation of a child in distress. We will discuss the neurobiological basis of co-regulation and debunk common myths about how children learn to self-soothe. The importance of self-regulation will be highlighted; we will learn how to identify our own triggers for distress and dial down the intensity of our own reactions. With a foundation of calm, we will explore ways to approach co-regulation with children. Michelle will offer engaging videos, experiential exercises, stories-as-examples, and concrete strategies as learning tools in this workshop.

**Presenter: Michelle Srdanovic**

*Michelle Srdanovic is a Registered Clinical Counsellor in private practice in New Westminster. She works with adults, children and parents struggling with anxiety, the impact of historical or recent trauma, and problems in interpersonal relationships. She is a certified Trauma Informed Stabilization Treatment Therapist (TIST) and trained in Sensorimotor Psychotherapy, Emotion-Focused Therapy for Couples (EFT) and Families (EFFT), Gottman Couple's Therapy, Expressive Play Therapy and Narrative Therapy.*





## PROGRAMMING WITH A RAINBOW OF FAMILIES IN MIND

**Wednesday, December 6th, 2023 • 7:00-9:00PM • Tri-Cities CCRR • 1130 Austin Avenue • Fee: \$10.00 members; \$15.00 non-members • Suitable for all early learning professionals and parents.**

It is never too early to show children how to embrace inclusivity! Join Fiona for this two-hour workshop to get you thinking about and planning to engage kids and families in celebrating diversity in love and gender. We will focus on providing support and programming that celebrates and is inclusive of LGBTQ+ families. The presenter will provide a primer on gender expansive vocabulary, explore programs to celebrate and include rainbow families and kids, and walk you through further resources, such as LGBTQ+ picture book lists.

### **Presenter: Fiona Watson**

*Fiona Watson is a craft enthusiast and the Youth Services Librarian at Port Moody Public Library. They are a strong believer that you don't need a beautiful voice or a strong sense of rhythm to lead storytimes, and of course are happy to show this by example! Fiona is an advocate for LGBTQ2IA+ services and had the honour of presenting on Family Pride Programming in the Library at the 2019 NSLA/LBANS conference in their home province of Nova Scotia.*

## NETWORKING: YOGA FOR SELF-CARE & HOLIDAY CELEBRATION

**Thursday, December 7th, 2023 • 6:30-8:30PM • Burnaby/New Westminster CCRR • 4460 Beresford Street • Fee: \$5.00 • Suitable for all early learning professionals.**

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 your 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.

Please wear comfortable clothing. Yoga mats will be provided.

After a relaxing class, join us for a holiday celebration with light refreshments and fun games.

### **Presenter: Dorothy Fizzell**

*Dorothy Fizzell has been practicing yoga for over 45 years, and it is a big part of who she is. She has just retired as a Lead Trainer with the South Okanagan Yoga Academy yoga teacher training program and is registered with the International Yoga Teachers Association of Australia, and with Yoga Alliance in the USA (ERYT500). Dorothy also is an Early Childhood Educator with over 40 years in the field.*

Light refreshments will be provided.

A one-hour professional development certificate will be issued.



## SELF COMPASSION FOR CHILD CARE PROVIDERS

**Saturday, December 9th, 2023 • 9:30AM-12:45PM (15 min. Break) • Online via Zoom • Fee: \$15.00 members; \$20.00 non-members • Suitable for all early learning professionals.**

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

**Presenter: Jenna Nickle**

*Jenna Nickle, MEd, MA is a Registered Clinical Counsellor and is the Interim Community Services Director at YMCA BC 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.*

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## EMERGENCY CHILD CARE FIRST AID / CPR LEVEL B

**Saturday, December 9th, 2023 • 9:00AM-6:00PM (30 min. lunch break, and two 15 min. breaks) • Tri-Cities CCRR • 1130 Austin Avenue**

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

**Presenter: Pacific First Aid**

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

Payment and Registration: online at [www.pacificfirstaid.ca](http://www.pacificfirstaid.ca) or by phone at 604- 638-1228.



## NETWORKING: ART OF WRAPPING & HOLIDAY CELEBRATION

Light refreshments  
will be provided.

A one-hour  
professional  
development  
certificate will be  
issued.

**Wednesday, December 13th, 2023 • 6:30-8:30PM • Tri-Cities CCRR • 1130 Austin Avenue • Fee: \$5.00 • Suitable for all early learning professionals.**

Join us to experiment with creative and unique ways of wrapping bottles, cylinderlike objects, and unusually shaped boxes. We will show you how to wrap and decorate them in an interesting and atypical style using materials from nature, recycled materials and supplies you already have at home. You can then take these ideas back to your child care and introduce them to the children in your programs as a way to learn about shapes, colours and size. It can help them develop fine motor skills and boost their creativity.

Afterwards, we'll have a holiday celebration with light refreshments and fun games.

**Presenters: CCRR Consultants**

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## COURAGEOUS CONVERSATION ABOUT RACE & RACISM WITH CHILDREN

**Thursday, December 14th, 2023 • 7:00-9:00PM • Online via MS Teams • Fee: \$10.00 members; \$15.00 non-members • Suitable for all early learning professionals and parents.**

This workshop will engage participants in dialogue, experiential learning and empathy building activities to unpack and respond to the harmful impacts of racism and how to engage in courageous conversations with children about race and racism.

The following topics will be addressed:

- Four Agreements of Courageous Conversations
- Race as a social construct
- 4 Goals of Anti-bias Education for Children: Identity, Diversity, Justice and Activism
- Commonly asked questions

**Presenter: Angela Ma Brown**

*Angela has been teaching for 23 years. She held a school district Anti-racism and Diversity Consultant position for 7 years and was seconded to SFU as a Faculty Associate for 3 years to mentor student teachers in the Indigenous Perspectives Teacher Education Module. She is currently a District Mentor supporting early career teachers. Angela holds an undergraduate degree in Cultural Anthropology from UBC and a Master's degree in Diversity in Curriculum and Instruction from SFU.*



## MANAGING YOUR FAMILY CHILD CARE BUSINESS

**Thursday, January 18, 2024 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 members; \$15.00 non-members • Suitable for family child care providers.**

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.

### **Presenter: Vicki Lepper**

*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, a "Good Beginnings: Professional Development for Child Care Providers" Facilitator for BCFCCA, a member of the Tri-Cities ECE Committee, networks with child care providers.*



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## BUILDING SECURE ATTACHMENT

**Wednesday, January 24th, 2024 • 7:00-9:00PM • Tri-Cities CCRR • 1130 Austin Avenue • Fee: \$10.00 members; \$15.00 non-members • Suitable for all early learning professionals and parents.**

The first 5 years of life are crucial when it comes to the development of the brain. We will discuss the four types of attachment styles that are developed in childhood. Early Childhood Educators create safe spaces for children to express who they are. We will explore how healthy attachments are built and maintained.

### **Presenter: Prab Gill**

*Prab 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.*

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



## TINY STEPS, GIANT LEAPS: SHAPING DEVELOPMENT IN INFANTS AND TODDLERS

**Saturday, January 27th, 2024 • 9:30AM-12:45PM (15 min. Break) • Online via Zoom • Fee: \$15.00 members; \$20.00 non-members • Suitable for parents and early learning professionals working with infants and toddlers.**

This workshop promises an invigorating deep-dive into the most formative stages of human life - the first three years. The goal goes beyond sharing information; the workshop aims to spark passion, curiosity, and a renewed sense of purpose in your important role. By blending academic theories with real-world applications, participants will have an opportunity to explore the tools to foster an optimal environment for early childhood development.

### **Presenter: Minnie Mossop**

*Dr. Minnie Mossop is a dedicated specialist in infant and toddler care, with a profound commitment to early childhood education. She holds a Ph.D. and an MA in Infant and Early Childhood Development, as well as an M.Ed. and another MA in Early Childhood Education. This combination of credentials equips her with a distinctive blend of theoretical knowledge and practical expertise. Currently, she is a faculty member of the Early Childhood Education Program at Douglas College.*



Light refreshments  
will be provided.

A one-hour  
professional  
development  
certificate will be  
issued.

### **NETWORKING: BRINGING A BOOK TO LIFE**

**Saturday, January 27th, 2024 • 10:00-11:30AM • Tri-Cities CCRR • 1130 Austin Avenue • Fee: \$5.00 • Suitable for all early learning professionals.**

There are numerous creative and engaging ways to bring a children's book to life. In this networking session, we will explore various materials which can be used to create story time props. Books and materials will be provided. Come and enjoy the process of creating imaginative props and bringing stories to life.

**Presenters: CCRR Consultants**



Save the Date

YMCA CCRR's Early  
Learning & Child Care  
Conference

.....

February 24th, 2024

Come visit us!

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**New West. Satellite**

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