



ccrr  
Child Care Resource & Referral



ChildCareBC

*Funding for the CCRR is provided by the Province of British Columbia.*



# Summer 2025 Professional Development

YMCA Child Care  
Resource & Referral



scan to register!

# Important Workshop Policies and Information

## Registration Policies and Procedures

- Register online via [myymca.ca](http://myymca.ca) or by phoning either 604-931-3400 or 604-294-1109.
- Payment options include American Express, MasterCard, Visa or Debit.
- Refunds 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.

## Workshop Locations

### Burnaby CCRR

4460 Beresford St., Burnaby  
ygv.ccr@bc.ymca.ca • 604-294-1109

### Coquitlam CCRR

1130 C Austin Ave., Coquitlam  
ygv.ccr@bc.ymca.ca • 604-931-3400

### New Westminster CCRR

10 - 620 Royal Ave., New Westminster  
ygv.ccr@bc.ymca.ca • 604-931-3400

### Executive Plaza Hotel Coquitlam

405 North Rd #1, Coquitlam

### Online

Zoom or MS Teams

The YMCA CCRR acknowledges the City of Burnaby for its support.

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.



## SUN SAFE KIDS: PROTECTING CHILDREN FROM UV EXPOSURE

Wednesday, July 9th, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$5.00 • Suitable for child care providers, child care workforce, 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 childcare centres.

**Presenters:** Isabella Piechota & Melissa Yan (BC Cancer Prevention)

Isabella Piechota and Melissa Yan are Promotion Specialists with BC Cancer's health promotion team, both holding Master's Degrees in Public Health. They develop evidence-based educational resources to engage diverse communities and healthcare providers across British Columbia in cancer prevention and screening initiatives. Through partnerships with community organizations and collaboration with healthcare providers, they work to empower British Columbians through cancer prevention and screening education to enable themselves and others to take control and improve their health.



## BALANCED SNACKS AND LUNCHES FOR SCHOOL AND CHILD CARE

Thursday, July 17th, 2025 • 7:00-9:00PM • Online • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

In this workshop we will discuss ideas for packing balanced lunches for school and child care, and provide handouts with easy lists for different food group ideas, as well as recipes that will help to meet children's nutrient requirements and are child (and parent) - friendly. We will introduce some tips and tricks that parents may find helpful for these meals and have a discussion following the presentation to answer questions that parents have on this topic.

**Presenter:** Anna Kandola

Anna Kandola is a Registered Dietitian and Kinesiologist with Azu Health in Mackenzie BC. She enjoys helping people of all ages work towards their nutrition goals in a way that fits their lifestyle and takes the stress out of food. As a mom of two young children she has experience working through family food challenges and understands that there is not a one size fits all strategy that will work for all families. She enjoys helping you to model and teach your children to develop a healthy relationship with food.



## THE CAPABLE AND CONFIDENT INFANT (RIE)

Wednesday, July 23rd, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

The Capable and Confident Infant is inspired by the work of Magda Gerber and the respect-based principles of the RIE approach. Participants will explore the idea of seeing infants as intelligent participants in their day and consider how slowing down our 1-to-1 caregiving actions and calmly managing play environments can impact their learning. This workshop includes a mix of presentation, group discussion and role-play.

**Presenter:** Alicia Kirlik

Alicia has been an Early Childhood Educator since 2011. She has worked in variety of programs including infant toddler, preschool, 3-5 group care, and school-aged care. In the summer of 2019 Alicia completed the first ever Vancouver RIE® Foundations training and sees the RIE teachings as a much needed bridge between parenting and the ECE world.



Please bring a baby-sized doll or stuffed animal along with a diaper or cloth that fits, for caregiving practice.

Wear comfortable clothing suitable for sitting on the floor.



## POLYVAGAL-INFORMED TEACHING: PRACTICAL STRATEGIES FOR CO-REGULATION AND CONNECTION IN EARLY CHILDHOOD CLASSROOMS

Thursday, July 31st, 2025 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Building on the principles of Polyvagal Theory, this workshop focuses on practical, Polyvagal-informed strategies for creating emotionally supportive and engaging early childhood classrooms. Participants will explore the critical role of co-regulation—the process through which educators support children’s nervous system states—and learn how to foster safety, connection, and resilience.

Participants will:

- Discover practical strategies to support children’s co-regulation and nervous system states.
- Learn how to create classroom environments that nurture co-regulation and emotional well-being.
- Gain actionable insights on fostering a sense of safety and belonging in every classroom interaction.

**Presenter:** Julia Black

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.



# SUPPORTING FAMILIES WITH EMOTIONAL AND MENTAL HEALTH CHALLENGES: UNDERSTANDING THE IMPACT ON YOUNG CHILDREN

Wednesday, August 6th, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

This workshop explores how a family's emotional well-being and mental health challenges can impact a young child's development, sense of identity, and behavior. We will discuss practical, compassionate strategies for building trusting relationships with families, supporting children who may be navigating these complexities, and creating inclusive environments that promote resilience and emotional regulation. This session will also include reflective dialogue, real-world scenarios, and time for discussion.

**Presenter:** Negar Kaviani

Negar Kaviani is a faculty member in the Early Childhood Education department at Langara College, with over 16 years of experience working with children and families as an ECE. Her work is deeply rooted in the values of relationships, inclusion, and resilience-building, and is informed by developmental psychology, trauma-informed practices, and a commitment to equity and inclusion. In addition to her academic role, Negar has worked extensively as both a parent coach and a Behavioral Interventionist (BI), supporting children with diverse needs and helping families navigate complex emotional and behavioral challenges. She brings a grounded, compassionate lens to conversations around child development and educator-family relationships.



## HELPING CHILDREN THRIVE THROUGH LIFE TRANSITIONS AND "TOUGH STUFF"

Thursday, August 14th, 2025 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

What is tough stuff for young children? Sharing, sitting at circle time, and putting on shoes to go outside can seem challenging for some little bodies. Now imagine being a little one whose parents are struggling to put food on the table, or a child who recently moved or just had a younger sibling born. Now add to these daily struggles and life transitions, the impact of going through a pandemic for most of your life. That is exactly what our 3-5 years olds are going through right now. Not only are many children facing an increased risk for adversity, but many may also be going through their daily lives with additional stress and trauma that could be impacting their ability to participate in regular childcare routines without us knowing. In this workshop, participants will go through common and not-so-common challenges children may face. Participants will also discuss how the childcare environment and curriculum may impact children who are dealing with tough stuff at home. Participants will also be given strategies that are inclusive and trauma-informed to best support all children.

**Presenter:** Ana Valle Rivera

Ana is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007 Ana has worked with diverse children and families with complex needs using inclusive and trauma-informed approaches. Ana has a background in ECE, a Bachelor's Degree in Child & Youth Care, and is currently completing a Master's Degree in Professional Education in ECE.

## EARLY INTERVENTION FOR COMMUNICATION DEVELOPMENT: WHAT TO LOOK FOR & STRATEGIES TO SUPPORT

Wednesday, August 20th, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

Come join us for an overview of milestones in areas of communication (i.e., play, social skills, receptive language, expressive language, speech sound production), literacy development, interactive case studies, and evidence-based strategies to enhance your knowledge, skills and support for your population..

**Presenters:** Osamu Takai & Michelle Le (Share Society)



**Michelle Le** - Registered Speech-Language Pathologist: Born and raised in British Columbia, Michelle completed her Bachelor of Arts at Simon Fraser University (SFU) and Masters of Speech-Language Pathology at the University of British Columbia (UBC). She has previous experience working with adults in the acute care and rehab setting and currently works with children aged birth to kindergarten at SHARE Family & Community Services. She spends all her time with her husband and tuxedo cat named Torpy (because he was found on "Torpy Rd" in Prince George).

**Osamu Takai** - Registered Speech-language Pathologist: Originally from Japan, Samu is a landed immigrant and former early childhood educator (preschool teacher) in the Lower Mainland. He earned his PhD from the University of British Columbia. Samu has provided public speech therapy for children under age five at SHARE Family & Community Services for seven years and has offered private speech therapy for school-aged children for 14 years. His clinical interests include multilingual development, Autism Spectrum Disorder, reading development and disorders, and brain impairments. He lives with his wife, two daughters, and three cats.



## CREATING CALM AND COMMUNITY: THE POWER OF ENVIRONMENT AND SOCIAL EMOTIONAL LEARNING IN CHILD CARE

Thursday, August 21st, 2025 • 7:00-9:00PM • Online • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

Participants will explore how to create a calm and nurturing childcare environment that promotes emotional well-being. We will also look at the environment as the third teacher, examining how thoughtfully designed spaces can enhance learning and foster a sense of belonging. Lastly, we will discuss the principles of Social Emotional Learning (SEL) and how they can be integrated into daily practices of your program, helping children feel valued and included. Through interactive activities and practical strategies, attendees will leave equipped to implement strategies and promote community in their program.

**Presenters:** Adelle Fassler & Jesica Wiens  
(BC Centre for Ability)



**Adelle** is a Supported Child Development Consultant in the Burnaby community from the BC Centre for Ability. She is a community partner and works conscientiously with many programs in the community. She visits and supports childcare programs, to provide inclusive strategies, and training to increase the overall participation of diverse learners. She has a Bachelor of Arts in PSYC, & Fine Arts, as well as a Bachelor of Education in primary education. She has over 25 years of experience working in three different communities with diverse learners, including Squamish, Vancouver, and Burnaby.

**Jessica** has a Bachelor of Applied Science in Early Childhood Education and over 25 years of experience in the field of child development and inclusive practice. She's owned her own daycare, managed childcare centres including the YMCA, and taught Kindergarten for over eight years. She enjoys supporting other ECE's in their efforts to participate in child centred pedagogy and inclusive practice.



# NEURODIVERSE-AFFIRMING BEHAVIOURAL DETECTIVES

**SATURDAY  
SEPTEMBER 13TH, 2025**

**9:00AM-3:00PM\***

**Executive Plaza Hotel  
Coquitlam**

**All for just  
\$10.00**

**Lunch Provided  
Door Prizes  
Participant Bags**



Kim Barthel is an occupational therapist, speaker, mentor, and best-selling author dedicated to supporting individuals globally. She focuses on neurobiology, complex behavior, trauma-sensitive practices, sensory processing, attachment, and mental health. In 2019, she received the Award of Merit from the Canadian Association of Occupational Therapy. With years of experience, Kim continues to learn and aims to support the conscious evolution of the human spirit. More information can be found at [www.kimbarthel.ca](http://www.kimbarthel.ca).

In today's diverse child care settings, this 5-hour workshop aims to empower educators to adopt a mindset of curiosity, compassion, and neurodiverse-affirming practices. It emphasizes understanding children's behaviors as communications rather than problems. Participants, including educators and support workers, will learn to become "behavioral detectives," fostering holistic and inclusive approaches that celebrate individuality and build strong relationships, while addressing both neurodivergent and neurotypical development.

Practical strategies can foster resilience and belonging by understanding children's behaviors as communications rather than problems. Child care educators and support workers will act as "behavioral detectives," using a holistic, inclusive approach that celebrates individuality and builds strong relationships. They will learn to address both neurodivergent and neurotypical development without relying on labels or diagnoses.

Participants in this workshop will learn to:

- Value neurodiverse-affirming practices
- Identify neurobiology behind "challenging" behaviors
- Differentiate sensory, emotional, and cognitive behavior components
- Explain effects of developmental trauma and attachment patterns
- Support regulation and social engagement with informed strategies
- Enhance self-awareness and self-regulation for their work.

**\*Registration starts at 8:15AM**  
**5-hour P.D. certificate**  
**Visit [myymca.ca](http://myymca.ca) to register**





## RESPONSIBLE ADULT: 20 HOUR CHILD CARE TRAINING COURSE

Monday, September 15th, 2025 - Friday, September 26th, 2025 (weekdays) • 10:00AM-12:00PM • Online • Fee: \$20.00 • Suitable for child care providers and child care workforce.

This course fulfills the 20-hour training requirement to become a "Responsible Adult" as stipulated by Child Care Licensing Regulations. The content covers topics such as child development, behaviour, health, safety, nutrition, and programming. The course is live and interactive, so participants must have both video and audio capabilities.

Participants are required to: be at least 19 years old at the time of registration, demonstrate Grade 8 proficiency in both written and spoken English (or an equivalent level) to engage actively in class, and attend all sessions to earn a certificate of completion.

Upon successfully completing this course, participants will be qualified to work as a Responsible Adult in various environments, including School-age Child Care Programs, Licensed Family Child Care, as additional support or substitutes in Licensed Preschool and Child Care Programs, as well as Summer Camps.

Presenter: YMCA CCRR Consultant



## WORKING EFFECTIVELY IN MULTICULTURAL AND MULTI-CARE TEAMS IN EARLY CHILDHOOD EDUCATION (4 DAY COURSE)

Online • Fee: \$25.00 • Suitable for child care providers and child care workforce.

This course will equip early childhood educators to work more effectively within multicultural and multi-care teams, including therapists and paraprofessionals. It focuses on understanding team roles, navigating differences in professional perspectives, and enhancing communication. Educators will explore strategies for culturally responsive practice, conflict resolution, and advocating for their professional insights. This workshop series emphasizes the educator's role in coordinating care, fostering collaboration, and supporting child-centered, inclusive approaches in team settings. This is an interactive and highly participatory workshop series, so come prepared to share and learn together.

Presenter: Debra Smith

Deb received her ECE from Douglas College and later completed a Bachelors Degree in CYC and a Masters in Education; Counselling Psychology. Deb has worked extensively with a range of children in diverse programs and is passionate about working with children with diverse abilities, physical literacy, learning environments and advocacy in early childhood education. Deb continues to work at Douglas College in the ECE Program and enjoys her connections with the ECE community through workshops.

### Dates & Times

- Saturday, September 20th:  
9:30AM-12:45PM (15 min break)
- Saturday, October 4th:  
9:30AM-12:45PM (15 min break)
- Thursday, October 9th: 7:00-9:00PM
- Thursday, October 23rd: 7:00-9:00PM

Participants will need to be available for all 4 sessions.

A ten-hour professional development certificate will be issued at the end of the last session.



## **PATHOLOGICAL DEMAND AVOIDANCE (PDA)**

Wednesday, September 17th, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

This is a relatively new term for a profile of traits under the Autism umbrella. Autistic children often need extra support when processing requests or demands especially for things that may be unfamiliar. Those with a PDA profile experience severe anxiety over similar situations but also include everyday 'demands' such as hygiene, eating, dressing, and attending school. Parents and educators often hear "I can't" and interpret it as "I won't". Let's see what is really happening for these children, why they respond as they do and how we can support them.

**Presenter:** Pam Collins

Pam Collins is a late-identified neurodivergent parent of two amazing multiple 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 25 years.



## **INDIGENOUS RESOURCES, INDIGENOUS PEDAGOGIES AND RELATIONSHIPS! OH MY!**

Thursday, September 18th, 2025 • 7:00-9:00PM • Online  
• Fee: \$5.00 • Suitable for child care providers and child care workforce.

As an early childhood educator, you might be the first point of contact for many Indigenous families who are entering an educational setting for the very first time. You play a critical role. It's a big responsibility and it is also a gift!

In this workshop, we will explore the following key themes:

- Where can I find authentic Indigenous resources that celebrate and reflect the diversity of Indigenous communities throughout Canada? How can I use them effectively?
- How can I use Indigenous pedagogies like storytelling, circle, land-based teachings in my program? Can I use a drum if I am not Indigenous?
- What is an elder/knowledge keeper and how can I invite them to visit my program?
- What are best practices for connecting and building strong relationships with Indigenous families?

You will leave this session understanding that you are already doing so many things right and more importantly, you'll leave with ideas that you can start using right away.

**Presenter:** Nadine McSpadden

Nadine McSpadden is a retired teacher with over 22 years of experience in Indigenous education. She is a proud member of the Secwepemc Nation and currently serves as a Faculty Associate at UBC. Nadine also works as a consultant with Len Pierre Consulting and partners with WildCraft Dyeing to offer workshops on natural dyeing, grounded in Indigenous ways of knowing and being. She is a passionate advocate for embedding Indigenous perspectives into education, and her work reflects a deep respect for culture, community, and land.



## NETWORKING: BENEFITS OF FELT STORIES MAKE & TAKE

Tuesday, September 23rd, 2025 • 6:00-8:30PM • New Westminster CCRR • 620 Royal Ave • Fee: \$5.00 • Suitable for child care providers and child care workforce.

This networking offers an opportunity to get comfortable telling stories to children as well as ways to become more creative in presenting stories and concepts at circle time. We will look at incorporating felt stories in the classroom so children have an opportunity to explore and play with them enhancing their own imagination and creativity. Felt stories can be used to provide learning opportunities such as counting, learning colours, letter and number recognition and so much more. Each participant will also choose a felt story kit and make a story to take home.

**Presenter: Christine Kopp**

Christine Kopp is an Early Childhood Educator with over 21 years experience working, teaching and mentoring in ECE classrooms. She is currently still working in the field and has also started her own business sharing the love of storytelling through felt boards. She challenges teachers to see felt stories as a fun encouraging hands on activity for more than just circle time.

Light refreshments will be provided.

A two hour professional development certificate will be issued.



## COMMUNITY OF PRACTICE: ILLUMINATING CARE BOOK CLUB

Online • Fee: \$10.00 • Suitable for child care providers and child care workforce.

Join CCRR and a group of fellow Child Care Providers and Workforce as we explore and discuss Carol Garboden Murray's ground-breaking book "Illuminating Care: The Pedagogy and Practice of Care in Early Childhood Communities". We will engage in pedagogical narrations to discuss and challenge ideas and practices and how they relate to BC's Early Learning Framework, in this 12 hour Community of Practice.

**Presenter: YMCA CCRR Consultant**

### Dates & Times

- Wednesday, September 24th, 2025: 7:00-9:00PM
- Wednesday, October 8th, 2025: 7:00-9:00PM
- Wednesday, October 22nd, 2025: 7:00-9:00PM
- Wednesday, November 5th, 2025: 7:00-9:00PM
- Wednesday, November 19th, 2025: 7:00-9:00PM
- Wednesday, December 10th, 2025: 7:00-9:00PM

This is a 12-hour Community of Practice professional development. A certificate will be issued at the end of the last session.

Participants will need to be available for all 6 sessions.

The book will be provided to you prior to the first session.



## POSITIVE GUIDANCE IN SCHOOL AGE CARE

Thursday, September 25th, 2025 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

The range of social and emotional development within the school age years is broad and varied. The most appropriate ways to guide behavior may differ from child to child and will depend on the child's age, developmental abilities and life context. With a greater understanding of each child's life context comes a greater potential to guide their behavior towards positive outcomes. During this workshop we will explore some of the factors that influence a child's behaviour and help us to work with the child in ways that contribute to their growth and development in holistic and positive ways.

**Presenter:** Christine Hibbert

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



## EMERGENCY CHILD CARE FIRST AID / CPR LEVEL B

Saturday, September 27th, 2025 • 8:30AM-5:30PM (30 min. lunch break, and two 15 min. breaks) • Coquitlam CCRR • 1130C Austin Avenue

This course will include choking skills, breathing emergencies, and CPR for babies and children. It will also cover 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.

# Discover Free Self-Paced Workshops on the YMCA CCRR's Y Ignite Platform

The YMCA CCRR's Y Ignite platform offers 12 different self-paced workshops, all available online and at no cost! These workshops range from 2 to 3 hours in duration and can be completed at your convenience. Upon finishing, all participants will receive a certificate of completion.

Are you interested? Would you like to browse our catalog of offerings? If so, visit Y Ignite today!

## Explore Y Ignite



<https://tinyurl.com/yxy6zs6a>

## Y Ignite Workshop Titles

- A Deep Dive into Loose Parts
- A Peek Inside BC's Early Learning Framework
- Children and Literature
- Children at Play
- Exploring Outdoor Early Learning
- Helping to Foster Self Awareness and Regulation in Children
- How to Guide and Support Children's Behaviours
- Literacy Beyond Worksheets
- Programming for School Age Children
- Respectful Caregiving
- Supporting Physical Development with Infants and Toddlers
- The Impact of Environment in Child Care

We would be delighted to have you visit us! :)



ChildCareBC

*Funding for the CCRR is provided by the Province of British Columbia.*

## YMCA Child Care Resource & Referral

1130 C Austin Avenue, Coquitlam BC V3K 3P5  
604-931-3400

4460 Beresford Street, Burnaby BC V5H 0B8  
604-294-1109

10 - 620 Royal Avenue, New Westminster, BC V3M 1J2  
604-931-3400

[ygv.crr@bc.ymca.ca](mailto:ygv.crr@bc.ymca.ca)  
[www.gv.ymca.ca/ccrr](http://www.gv.ymca.ca/ccrr)

[www.gov.bc.ca/ChildCareResourceReferralCentres](http://www.gov.bc.ca/ChildCareResourceReferralCentres)



[x.com/  
YMCACCRR](https://x.com/YMCACCRR)



[facebook.com/  
YMCACCRR](https://facebook.com/YMCACCRR)



[instagram.com/  
YMCACCRR](https://instagram.com/YMCACCRR)

Follow us & join our  
newsletter to stay up  
to date!



[gv.ymca.ca/  
ccrr-updates](http://gv.ymca.ca/ccrr-updates)