



ccrr
Child Care Resource & Referral



ChildCareBC

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



Fall 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 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.crr@bc.ymca.ca • 604-294-1109

Coquitlam CCRR

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

New Westminister CCRR

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

Inn At the Quay

900 Quayside Drive, New Westminister

Online

Zoom or MS Teams



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

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.



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

This is a 10-hour professional development course.

Participants will need to be available for all 4 days and will receive a certificate at the end of the last session.

BEYOND THE PLAYGROUND: OUTDOOR EDUCATION AND INDIGENOUS WAYS OF KNOWING

Wednesday, October 1st, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

In this 2-hour, in person workshop, participants will explore the importance of outdoor education as it relates to child development, health and well-being. We will investigate how to create a meaningful and authentic relationship with place, and brainstorm ways for young children to gain a deeper connection to the land. This session will uncover strategies to support children's success in learning and consider the educator's vital role in providing time, materials, and space for children to investigate their natural world. The presenter has been given permission by multiple Indigenous researchers and community members to share Indigenous ways of knowing and will do so with deep respect for its origins and cultural significance.

Presenter: Amy Flanigan

Amy Flanigan is faculty in Langara College's Early Childhood Education program and an alum of the same. With 20+ years in ECE, she brings deep experience and passion to her teaching. Amy holds a BA in ECCE from Capilano University and an MEd from UBC. Her interests include Indigenous ways of knowing, and exploring gender and power discourse in education.





NETWORKING: BENEFITS OF FELT STORIES MAKE & TAKE

Thursday, October 2nd, 2025 • 6:30-9:00PM • Burnaby CCRR • 4460 Beresford Street • 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.

FAMILY CHILD CARE ADMINISTRATION: 16 HOUR COURSE

Tuesdays, October 7th, 14th, 21st & 28th, 2025 • 9:30AM-12:30PM • Online • Fee: \$20.00 • Suitable for child care providers and child care workforce.

This 16-hour course utilizes interactive sessions to guide participants through best practices in family child care, alongside fundamental business practices such as projecting a family child care budget, maintaining records, organizing expenses, and preparing for tax season. We will identify and review the necessary policies and procedures in family child care. As a final project, participants will either create or update their own Parent Package, which includes their center's policies, contracts, daily schedule, programming, and more. Participants are required to have a basic understanding of word processing to complete the Parent Package document.

Objectives:

- Familiarize yourself with CCRR best practices in family child care.
- Identify and review policies and procedures, and create or update a Parent Package that must be approved before the final session.
- Explore basic business practices.
- Gain basic knowledge about the Affordable Child Care Benefit.
- Learn effective strategies for building positive relationships with families.

This course is designed for registered or licensed family child care providers who wish to enhance their administrative skills or review their Parent Package. It is intended for participants who have completed the Responsible Adult course and want to advance their careers in child care by starting their own family child care business. Please note that this 16-hour course (which includes both class time and independent learning) does not qualify participants to become a licensed family child care provider or to open a family child care business. For further information, please contact your local Child Care Resource and Referral Office (CCRR) or Licensing Office.

Participants are additionally 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.

Presenter: YMCA CCRR Consultant





SLEEP HEALTH FOR CHILDREN

Thursday, October 16th, 2025 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Join Certified Nutritionist Sidney Shindle as she explains the short term and long term health benefits of sleep for children. You will learn about what happens when a child doesn't sleep enough, as well as what may cause kids to skip out on naptime. From changes to routine, to upgrading their nutrition, this seminar will equip you with tips and tricks to help children get the sleep they need. She will also share a few tips for adults to make sure they are sleeping too!

Presenter: Sidney Shindle

Sidney Shindle is a Certified Nutritional Practitioner who runs a private practice in New Westminster and Burnaby. She helps people find balance and wellness in their lives by teaching them how to find balance on their plates. She works with a variety of clients including those with IBS, diabetes, autoimmune conditions and more.

EXPRESS YOURSELF: THE ARTS FOR YOUNG CHILDREN

Saturday, October 18th, 2025 • 9:30AM-2:00PM (30 min. lunch break) • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$20.00 • Suitable for child care providers, child care workforce, and parents.

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

Presenter: Karen Begley

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

NETWORKING: MESSY SENSOY EXPLORATION

Wednesday, October 29th, 2025 • 6:30-8:30PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$5.00 • Suitable for child care providers and child care workforce.

Squishing, digging, stretching, pouring, molding, filling, Oh My! Join us for a Messy sensory exploration night! Connect with other childcare providers and workforce as you create your own messy explorations to share and learn the importance of Messy Play for children's development. Come prepared to play and explore different materials and mediums that will foster your own comfort and curiosity around messy play.

Presenters: CCRR Consultants



Light refreshments will be provided.

A 1.5 hour professional development certificate will be issued.

SUPPORTING ONE, SUPPORTING ALL: Collaborative Support Models for Inclusive Communities



**Only
\$10!**

Saturday, November 1st, 2025 | 9:00 AM – 3:00 PM
Registration starts at 8:15 AM; includes 1-hour break
Inn at the Quay - 900 Quayside Dr, New Westminster

Breakfast & Lunch
Included!
Exciting Door Prizes!
Participant Goodie Bags!
5-Hour Professional
Development Certificate!

The goals of inclusion continue to shift and evolve as our understanding of diversity and identity deepens. In this full-day session, participants will begin by exploring what inclusion means and why it matters in today's classrooms and communities. The morning session will introduce Universal Design for Learning principles and examine how planning for a child with a disability can lead to supports that benefit many children. In the afternoon, the focus will turn to the connection between place and purpose, and how place can be a meaningful starting point for planning within inclusive communities. The session is facilitated by Shelley Moore—educator, consultant, coach, and author of *One Without the Other*. Shelley brings extensive experience working with K–12 students, schools, and teacher candidates, and is widely known for her engaging and thought-provoking work on inclusive education.

(Parking is available @ the Inn at the Quay – pay with your card, cash, or parking app.)



Shelley
MOORE PH.D.

Register
today at
myymca.ca!



SUPPORTING CHILDREN'S SOCIAL AND EMOTIONAL WELLNESS IN THE EARLY YEARS

Coquitlam CCRR • 1130C Austin Avenue • Fee: \$30.00 • Suitable for child care providers and child care workforce.

This 12-hour course will provide an opportunity for participants to identify the impact of healthy attachment on young children's mental health. By engaging in the hands-on sessions, participants will explore attachment theory, brain development in the early years and will learn practical ways to support children's wellbeing.

- Session 1: Intro to the course. What is Healthy Development? Relationships at the center of early childhood mental health. Attachment and the impact across the lifespan.
- Session 2: The Developing Brain. Impact of early experiences on brain development.
- Session 3: The stress response system. Outcomes of chronic stress in early years.
- Session 4: Creating curriculum to support children's mental health.

Presenter: Andrea Dawson

Andrea has taught in the Early Childhood Education programs at Langara College in Vancouver, BC since 2007. She is currently the Department Chair. With a strong educational background in early childhood psychology, Andrea plans her courses to include interactive learning opportunities and a variety of ways to engage students with the theory presented in class.

Dates & Times

- Saturday, Nov 8th, 9:30AM–2:00PM (includes 30-minute break)
- Saturday, Nov 15th, 9:30AM–2:00PM (includes 30-minute break)
- Wednesday, Nov 26th, 7:00PM–9:00PM
- Wednesday, Dec 3rd, 7:00PM–9:00PM



This is a 12-hour professional development course.

Participants will need to be available for all 4 days and will receive a certificate at the end of the last session.



WHAT IS PEDAGOGICAL NARRATION AND WHY IS IT AN IMPORTANT COMPONENT OF CURRICULUM MAKING?

This workshop will be presented in Farsi.

Wednesday, November 12th, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$5.00 • Suitable for child care providers and child care workforce.

In this workshop, Behnaz invites early childhood educators to join her in this transformative session to enhance our teaching skills make a meaningful impact on children's lives and make a change together. Behnaz will share her knowledge of what is pedagogy. She will demonstrate how pedagogical narration and documentation can enrich the learning experience for both children, their families and teachers. Through engaging activities, participants will explore the significance of pedagogy in ECCE and uncover the power of pedagogical narration. They will learn how to create an environment that fosters growth and change. By the end of the workshop, educators will have a deeper understanding of pedagogical narration and be equipped to implement it effectively in their practice.

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. Her workshops are informative and full of passion for the field of education.

FAIR WORKING ENVIRONMENTS FOR ECE: LEARN ABOUT YOUR RIGHTS

Thursday, November 13th, 2025 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers and child care workforce.

Are you looking to better understand your rights to a fair and just workplace, this session is for you.

The Justice Education Society (JES) has designed a workshop to help ECEs, and their employers/managers navigate their legal rights and responsibilities. JES conducted a survey of over 200 ECEs to identify common concerns and questions. Based on this feedback, a JES team of lawyers and ECE experts have created a series of workshops for employees and employers/management.

Objectives:

- Human rights in the workplace.
- How to create an inclusive workplace.
- What to do if you experience discrimination or harassment at work.
- How to provide a safe, fair, and compliant workplace for employees.

Learn through our engaging interactive 2-hour session and get a chance to ask your questions.

Presenter: Nora Bergh

Nora Bergh is a non-practicing lawyer with over 10 years of experience in public legal information and education. Known for her plain language approach, Nora helps British Columbians understand the law and confidently manage their legal challenges.



RESPONSIBLE ADULT: 20 HOUR CHILD CARE TRAINING COURSE

Monday, November 17th - Friday, November 28th, 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



NETWORKING: GINGER, SPICE & EVERYTHING NICE

Thursday, November 27th, 2025 • 6:30-8:30PM • Burnaby CCRR • 4460 Beresford Street • Fee: \$5.00 • Suitable for child care providers and child care workforce.

Run, run as fast as you can, can't catch me I'm the Gingerbread Man... Come explore The Gingerbread Man story as we celebrate the season. This evening will be a blend of tea, gingerbread cookies, imagination, festive fun and door prizes. Join us as we share ideas and activities on how the children can explore and experience this story while enhancing their own imagination and creativity.

Presenters: CCRR Consultants

Light refreshments will be provided.

A one hour professional development certificate will be issued.

DR. JOAN DURRANT

WHAT IS 'DISCIPLINE' THROUGH THE LENS OF CHILDREN'S RIGHTS?



WEBINAR

**SATURDAY
NOVEMBER 22ND, 2025
9:30 AM – 12:45 PM*
ONLINE WEBINAR
*INCLUDES A 15-MINUTE BREAK.
COST: \$5.00!**



We often hear the phrase, “Children need discipline!”—but what does that really mean? The word “discipline” can carry many interpretations, from physical punishment like spanking to emotional punishment like time-out. In this webinar, Dr. Joan Durrant will explore discipline through various lenses to help us understand why the term is so often misunderstood and controversial. She will offer a framework for thinking about discipline in the childcare context—one that centres children’s rights to protection, dignity, and participation in their learning. Drawing on her extensive background in developmental psychology and her work as the creator of Positive Discipline in Everyday Parenting, Dr. Durrant brings valuable insight into respectful, rights-based approaches to guiding children’s behaviour.

Register
today at
myymca.ca!



EMERGENCY CHILD CARE FIRST AID / CPR LEVEL B

Saturday, November 29th, 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 or by phone at 604-638-1228.

NETWORKING: COOKIES, TEA AND HOLIDAY GLEE

Tuesday, December 2nd, 2025 • 6:30-8:30PM • New Westminster CCRR • 620 Royal Ave • Fee: \$5.00 • Suitable for child care providers and child care workforce.

We welcome you to join us for a warm and festive evening of networking, tea, and creativity! "Tea's the Season" offers a fun and cozy way to connect with other childcare providers and child care workforce. Decorate your own cookies as you share ideas, tips and experiences baking and decorating treats with children. Come for the cookies, stay for the door prizes!

Presenters: CCRR Consultants

Light refreshments (and cookies!) will be provided.
A one hour professional development certificate will be issued.

NETWORKING: TEA'S THE SEASON: HOLIDAY HIGH TEA

Saturday, December 6th, 2025 • 10:00AM-12:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$5.00 • Suitable for child care providers and child care workforce.

Tea's the Season, join us for a Holiday High Tea Celebration! Connect with other childcare providers as you taste a variety of teas and join in some fun Tea Party Games, with giveaways, prizes and more! Share your experiences and ideas around having tea parties with children and families in your programs.

Presenters: CCRR Consultants



Light refreshments will be provided.
A one hour professional development certificate will be issued.

Administrator's Guide to Hiring and Onboarding and Now What: Supporting Educators in Their First Three Months

WEBINAR

Julie Hansen & Carla Ward

This comprehensive session, tailored specifically for the early years sector, will walk participants through the crucial steps every administrator must master to build a strong team and create a positive work environment. Facilitators Julie Hansen and Carla Ward will share their wealth of experience and practical strategies—covering everything from attracting top talent to crafting effective onboarding programs. Whether your centre has seasoned administrators or those new to the role, this workshop will equip them with the tools and insights needed to recruit, select, and seamlessly integrate new staff members. The goal: to ensure each centre thrives with a skilled, supported, and cohesive team.

SATURDAY

November 29th, 2025

9:30 AM – 12:45 PM*

Online Webinar

***Includes a 15-minute break.**

Cost: \$15.00



Register
today at
myymca.ca!

BEFORE THE WORDS: SUPPORTING COMMUNICATION AND CONNECTION IN THE PREVERBAL YEARS

Thursday, December 11th, 2025 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

What does communication look like before language? This session helps educators understand and support the earliest forms of expression—crying, body movements, gestures, and shared attention. We'll explore how to respond respectfully, encourage turn-taking, and foster rich emotional and social exchanges even before children begin speaking.

Core themes:

- Preverbal communication
- Responsive interactions
- Language-rich environments
- Emotion coaching for infants and toddlers

Presenter: Monica Chan

Monica Chan brings her diverse experience as a parent, educator, coach, and storyteller to her workshops, where she connects deeply with those who care for children. Her focus is on bridging the gap between research and real-world application, making complex developmental science accessible and actionable.



CREATIVE DANCE EXPERIENCES FOR PRESCHOOL CHILDREN

Saturday, December 13th, 2025 • 9:30AM-2:00PM (30 min. lunch break) • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$20.00 • Suitable for child care providers, child care workforce, and parents.

Children love to dance and this workshop will take you through age-appropriate movement elements and show you how to engage children in dance experiences. The first half of the workshop gets participants comfortable dancing themselves, while understanding through experiential learning that presenting dance and dancing with children does not have to be intimidating- in fact, it's loads of fun!

Objectives:

- to become comfortable dancing with children and stretch comfort zones in relation to the idea of incorporating and presenting dance activities to children
- to learn the basic structure of a dance class within various settings
- to understand, through experiential learning, how dance as an expressive medium, has the power to engage the body, mind, and heart.

Presenter: Lorraine White-Wilkinson

Lorraine White-Wilkinson holds an MA in Arts Education and has over 30 years of experience teaching dance to preschoolers. She is dedicated to inspiring young children through creative movement and helps educators bring joyful, imaginative dance experiences into early learning settings with confidence and enthusiasm.





UKULELE FUN! (3 DAY COURSE)

Coquitlam CCRR • 1130C Austin Avenue • Fee: \$35.00 • Suitable for child care providers, child care workforce, and parents.

Want to add more music to your circle times but intimidated by the guitar and sick of egg shakers? Introducing the versatile, easy-to-learn and adorable ukulele! Children will be charmed by this fun instrument that you can't help but smile when you listen to it. At this 6-hour hands-on course, you will learn how to strum, basic chords to some fabulous children's songs. No musical experience required! The class will include a booklet of songs and chords to practice at home.

Free Ukulele to Take Home with You!

Presenter: Corene Brown

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

Dates & Times

- Wednesday, Jan 14th, 2026: 7:00-9:00PM
- Wednesday, Jan 28th, 2026: 7:00-9:00PM
- Wednesday, Feb 11th, 2026: 7:00-9:00PM

This is a 6-hour professional development course.

Participants will need to be available for all 3 days and will receive a certificate at the end of the last session.

CHALLENGING BEHAVIOUR

Saturday, January 17th, 2026 • 9:30AM-12:45PM (15 min. break) • Online • Fee: \$15.00 • Suitable for child care providers, child care workforce, and parents.

This workshop focuses on understanding behaviour as communication. Participants will learn how to dig deeper to understand what children are communicating. We will explore the ways children express universal needs like hunger and tiredness. We will examine how our own feelings provide clues to what motivates a child's misbehaviour and we will be practicing changing our lens to see what children with extra support needs may be trying to tell us.

Presenter: Carrie Liske

Carrie Liske is an Art Therapist and Registered Clinical Counsellor working in private practice in Nanaimo. She is passionate about engaging the creative process to support children and their families struggling with mental health, neurodiversity and challenging behaviours. Carrie also spent several years working in childcare prior to her counselling career. She is the proud mother of three school aged children.



COMMUNICATION STRATEGIES THAT SUPPORT THE WHOLE CHILD

Thursday, January 22nd, 2026 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Participants will enhance their communication skills with young children by guiding, supporting and teaching new skills within their programs. Understanding the power of how language influences emotional and social brain development, and how communication builds relationships with both the family and the children. You will be left feeling more aligned to your image as an educator and more connected to your practice with the children.

Presenter: Paula Milbradt

Paula has dedicated over 30 years to serving children, families, & communities. Her passion for early childhood education shines through her extensive experience as an Educator, Director/Supervisor, Facilitator, Inclusion Coach, & most recently, a Manager. Paula is committed to fostering healthy attachment & a strong sense of belonging. She actively seeks out opportunities to expand her knowledge by attending conferences & workshops focused on enhancing the well-being of both children & adults.

INTRODUCTION TO NEUROPSYCHOLOGY: CHILDREN'S LEARNING AND MEMORY

Saturday, January 24th, 2026 • 9:30AM-2:00PM (30 min. lunch break) • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$20.00 • Suitable for child care providers, child care workforce, and parents.

I love studying the brain, and no, you do not have to be a rocket scientist to explore this fascinating subject of Neuropsychology. This introductory workshop will increase your understanding of how the brain affects behaviour and how behaviour affects the brain. Why do we forget? Why do we remember? How do we learn? And, how can we create fun educational experiences that may enhance long-term memory function? I look forward to your participation in this journey of discovery.

- Introduction to brain anatomy
- Brain damage and behaviour changes
- Neurons: Types, structure and function

Presenter: Kathleen Tonnesen

Kathleen is a Canadian self-taught painter, sculptor, author, poet and inventor, who has carved a professional career as a working artist since 1990. She is respected internationally and is dedicated to the enhancement of public spaces with meaningful and thought provoking art. She holds a Bachelor of Arts, Psychology degree from Thompson Rivers University in B.C., and has a background in Early Childhood Education Special Needs, and acting.

NETWORKING: CONNECTION CIRCLE

Tuesday, January 27th, 2026 • 6:30-8:00PM • New Westminster CCRR • 620 Royal Ave • Fee: \$5.00 • Suitable for child care providers and child care workforce.

"Ongoing collaborative dialogue can enrich and deepen perspectives, and can challenge educators to consider new ways of seeing, thinking, and practicing." — BC Early Learning Framework

Join us for an inspiring evening designed by and for early childhood educators! This is your chance to connect with peers across diverse settings, spark meaningful conversations, and share insights that elevate your practice. Together, we'll co-create a dynamic space for learning, reflection, and professional growth.

You bring the ideas — we bring the space. Let's build community, challenge perspectives, and learn from one another.

Presenters: CCRR Consultants

Light refreshments will be provided.

A one hour professional development certificate will be issued.

CAREGIVER MENTAL HEALTH: BUILDING RESILIENCE AND WELL-BEING



WEBINAR



Saturday, January 31st, 2026 | 10:30am-12:00pm
Online Webinar | Cost: \$5.00!

Caring for others—whether as a parent, educator, or mental health professional—can be deeply rewarding, yet emotionally taxing. This workshop is designed to support caregivers by offering practical tools and strategies to strengthen mental health and build resilience. Led by Registered Psychologist and Play Therapist Supervisor Tammy Schamuhn, the session will explore the psychological impacts of caregiving, including stress, burnout, and compassion fatigue. Participants will learn about the importance of self-care, setting healthy boundaries, and recognizing signs of emotional exhaustion. Drawing from evidence-based practices, attendees will leave with techniques to manage stress, foster emotional well-being, and maintain a balanced lifestyle in both their personal and professional lives.



TAMMY SCHAMUHN



Institute of
Child Psychology

Register
today at
myymca.ca!



BEING WITH AMERICAN SIGN LANGUAGE (ASL) (3 DAY COURSE)

Burnaby CCRR • 4460 Beresford Street • Fee: \$30.00 • Suitable for child care providers, child care workforce, and parents.

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: Dr. 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. 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).

Dates & Times

- Saturday, Jan 31st, 2026: 9:30AM-2:00PM
- Saturday, Feb 21st, 2026: 9:30AM-2:00PM
- Saturday, March 14th, 2026: 9:30AM-2:00PM

All sessions include a 30 minute break.



This is a 12-hour professional development course.

Participants will need to be available for all 3 days and will receive a certificate at the end of the last session.

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



Child Care Resource & Referral



BRITISH COLUMBIA

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.ccrr@bc.ymca.ca
www.gv.ymca.ca/ccrr

www.gov.bc.ca/ChildCareResourceReferralCentres



facebook.com/YMCACCRR



instagram.com/YMCACCRR

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



SUBSCRIBE TO
RECEIVE CCRR
UPDATES!