

**Registration  
opens  
January 5th,  
2026**

**EVERYTHING  
IS FREE!**



**Winter 2026  
Professional Development**

YMCA Child Care  
Resource & Referral



scan to register!

# Important Workshop Policies and Information

## Registration Policies and Procedures

- **NEW: Workshop registration for YBC CCRR programs has moved to a new online platform!**

Visit [mycommunity.bc.ymca.ca/s/ccrr](http://mycommunity.bc.ymca.ca/s/ccrr) to create your account, view and register for upcoming workshops, access professional development certificates (for workshops starting after February 1st, 2026), submit workshop feedback, and download workshop handouts. If you need help navigating the new portal, let us know!

- Register online via [mycommunity.bc.ymca.ca/s/ccrr](http://mycommunity.bc.ymca.ca/s/ccrr) or by phoning either [604-931-3400](tel:604-931-3400) or [604-294-1109](tel:604-294-1109).
- Payment options include American Express, MasterCard, Visa or Debit.
- Refunds will only be given to registrants who provide a minimum of 3 working days notice.
- 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.ccrr@bc.ymca.ca • 604-294-1109

#### Coquitlam CCRR

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

#### New Westminster CCRR

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

#### 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.

**FREE**

# ONLINE WORKSHOPS

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## RESPONSIBLE ADULT: 20 HOUR CHILD CARE TRAINING COURSE

Friday, January 30th - Friday, February 13th (weekdays, no session on Friday, February 6th), 2026 • 10:00AM-12:00PM • Online • FREE! • 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



## EARLY LEARNING FRAMEWORK: OVERVIEW AND CONVERSATION

Thursday, February 19th & Thursday, February 26th, 2026 • 7:00-9:00PM • Online • FREE!

• Suitable for child care providers, child care workforce, and parents.

Two online sessions learning about and discussing the Early learning Framework, with ECPN Pedagogists Lorna Grant and Gloria Albarracin. Please bring your questions and curiosities. Our first session will be an overview of the Early Learning Framework and our second session will be spent thinking on your questions and thoughts regarding the framework.

Presenters: Lorna Grant and Gloria Albarracin

Lorna Grant and Gloria Albarracin are ECPN Pedagogist based in Lheidli T'enneh, Prince George. They have both been in the field for over 15 years. Gloria's practice is grounded in a commitment to belonging in difference—nurturing spaces where educators and children can encounter one another across histories, perspectives, and ways of being, with curiosity, care, and a willingness to stay with the trouble. Lorna is committed to working through processes of relationality, collectivity, and ethical response-ability, creating conditions where different ways of being and living together can emerge, not predefined, but shaped through ongoing encounters and situated practices. She has been an ECE for 15 years, in programs, in management and as a pedagogist.

This is a 4-hour, two part professional development course.

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



# BULLYING AMONG CHILDREN

Where it comes from and how to support all children towards social compassion and resilience

## Dr. Vanessa Lapointe — WEBINAR —

Bullying extends beyond playgrounds into homes via social media, leading to severe mental health issues, suicidality, and social isolation. Dr. Vanessa Lapointe explores the causes of bullying, its effects on victims and bullies, and how to prevent children from becoming involved. She is a parenting educator, author, speaker, and psychologist with nearly 20 years of experience, and she founded The North Star Developmental Clinic to support children. A Q&A will follow her talk.

Registration begins  
January 5<sup>th</sup>



Register at:  
[mycommunity.bc.ymca.ca/s/ccrr](https://mycommunity.bc.ymca.ca/s/ccrr)

**SATURDAY**  
**FEB 7TH, 2026**  
**10:00AM – 12:00PM**  
**Online Webinar**  
**FREE!**

# CAREGIVER MENTAL HEALTH

Building Resilience and Well-Being



WEBINAR



SATURDAY  
March 14<sup>th</sup>, 2026  
10:30AM - 12:00PM  
Online Webinar  
FREE!

Registration begins  
January 5<sup>th</sup>

Caring for others can be rewarding, but emotionally challenging. This workshop, led by Registered Psychologist Tammy Schamuhn, offers caregivers practical tools to enhance mental health and resilience. It addresses the psychological impacts of caregiving, such as stress and burnout, emphasizing self-care, healthy boundaries, and recognizing emotional exhaustion. Participants will learn evidence-based techniques to manage stress and maintain balance in their personal and professional lives.



Register at:  
[mycommunity.bc.ymca.ca/s/ccrr](http://mycommunity.bc.ymca.ca/s/ccrr)



TAMMY SCHAMUHN  
 Institute of  
Child Psychology

 ccrr  
Child Care Resource & Referral  




# LISA MURPHY ON... PLAY

## THE IMPORTANCE OF EARLY EXPERIENCES

**SATURDAY  
MARCH 28,  
2026**

**9:30AM – 12:45PM**

**\*15 min break inc.**

**Online  
FREE!**

**Registration begins  
January 5<sup>th</sup>**



Register at:  
[mycommunity.bc.ymca.ca/s/ccrr](http://mycommunity.bc.ymca.ca/s/ccrr)

Join renowned early childhood educator and play advocate Lisa Murphy for a dynamic online event featuring two engaging workshops that celebrate the power of play. In LISA MURPHY ON... PLAY! The Importance of Early Experiences, Lisa explores the seven essential things children need each day, showing how play forms the critical foundation for lifelong learning. Then, get ready to sing, clap, and laugh in 10 Little Hot Dogs Fryin' in the What?!?, an interactive session packed with fingerplays, songs, and chants that offer joyful, practical tools for transitions, circle time, or any time. With over 35 years of experience, multiple award-winning books, and an energetic, inspiring presentation style, Lisa Murphy delivers a must-attend experience for child care providers, the child care workforce, and parents alike.

**FREE**

# IN-PERSON WORKSHOPS

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## NETWORKING: THE SORRY PLANE

Wednesday, February 4th, 2026 • 6:30-8:00PM • Coquitlam CCRR • 1130C Austin Avenue • FREE! • Suitable for child care providers and child care workforce.

Come join us as we explore "The Sorry Plane" By Deborah Macnamara. We will reflect on experiences and ideas for acknowledging children's feelings and having children find their authentic Sorry. We will explore ideas to bring back to your program to promote and share kindness and empathy with children.

Presenters: CCRR Consultants

Light refreshments will be provided.

A one hour professional development certificate will be issued.

## KOREAN CIRCLE TIME

This workshop will be presented in Korean.

Wednesday, February 18th, 2026 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • FREE! • Suitable for child care providers, child care workforce, and parents.

Would you like to make your circle time more engaging and enjoyable for both you and the children in your care? Join us for this interactive workshop designed especially for the Korean speaking workforce! Discover how to build your circle time around music and storytelling. We will also explore activities using CCRR's rich collection of resources.

Presenter: Bo Lee (CCRR Consultant)

Bo Young Lee is a consultant at YMCA Child Care Resource & Referral (CCRR). She has over 15 years of experience working with young children and families. Bo studied Child Development and Education and has worked in places like Family Drop-In programs, Gymboree Play & Music, and child care centres. At CCRR, she leads fun music programs such as Mother Goose and Tiny Tunes and enjoys helping families and children learn and play together.



## EMERGENCY CHILD CARE FIRST AID / CPR LEVEL B

Saturday, February 21st, 2026 • 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.



## NETWORKING: MESSY SENSORY EXPLORATION

Thursday, March 5th, 2026 • 6:30-8:00PM • Burnaby CCRR • 4460 Beresford Street • FREE! • 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 one hour professional development certificate will be issued.



## EXPLORING SCIENCE WITH CHILDREN

Saturday, March 7th, 2026 • 9:30AM-2:00PM (30 min. lunch break) • Coquitlam CCRR • 1130C Austin Avenue • FREE! • Suitable for child care providers, child care workforce, and parents.

### Bubble and Fizz

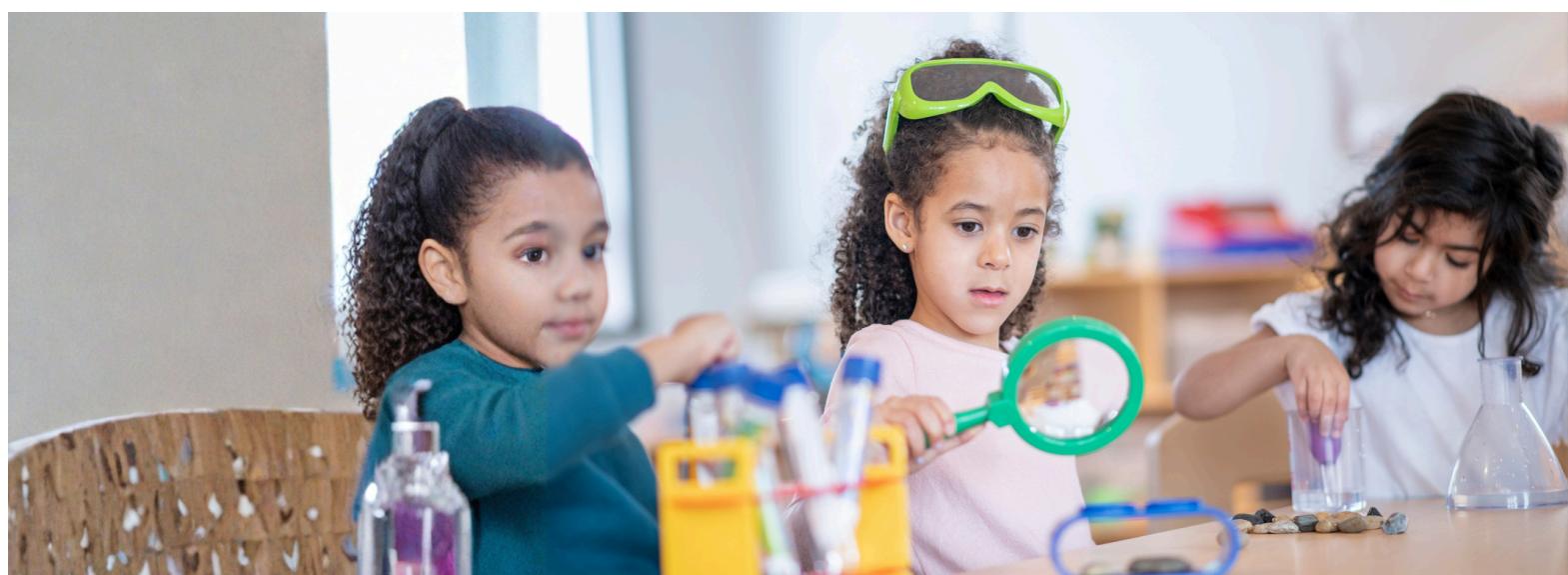
Get a little bit messy as we explore all kinds of bubbly fizzy mixtures! While making soap bubbles with surprising tools, filling balloons with fizzy gas, investigating the bubbles in soda, and making bubble art, you'll discover ways to get early learners exploring the basics of chemistry.

### Feathered Flyers

From learning how flight works to observing birds in the outdoors, you'll learn tools to help children 3 to 5 years old understand the world around them. By combining science, art, and movement, you'll learn to help early learners take simple measurements, chart their findings, and even choreograph their own bird dance!

Presenter: Hilary Foster-Wilson

Hilary Foster-Wilson is an Experiential Learning Specialist at Science World, who creates fun, experimental, hand-on STEAM learning experiences for kids! As a fan of the scientific process, she makes predictions, tests things out on her own kiddo, analyses, and makes conclusions followed by continual improvements. She has a love for the environment, early childhood music, travel, and of course science.



## FROM REACTION TO RESPONSE: BUILDING WORKPLACE RELATIONSHIPS

Tuesday, March 3rd, 2026 • 7:00-9:00PM • New Wesminster CCRR • 10-620 Royal Ave • FREE! • Suitable for child care providers, child care workforce, and parents.

This two-hour workshop offers participants the opportunity to reflect on their own responses to workplace differences, gain insight into group dynamics, and learn practical ways to engage in difficult moments without escalation. Through guided self-assessment and real-life examples, participants will explore how to move from reactivity toward more thoughtful and constructive responses, and work towards becoming accountable for positive impacts on team culture.

**Presenter: Michelle Srđanovic**

Michelle Srđanovic is a Registered Clinical Counsellor in private practice in New Westminster. Since 2008, she has worked with adults, children & parents struggling with anxiety, the impact of historical or recent trauma, & problems in interpersonal relationships. She is a certified Trauma Informed Stabilization Treatment Therapist & is trained in Sensorimotor Psychotherapy, Emotion-Focused Therapy for Couples and Families, Gottman Couple's Therapy, Expressive Play Therapy & Narrative Therapy.



## COURAGEOUS CONVERSATIONS ABOUT RACE AND RACISM WITH CHILDREN

Wednesday, March 18th, 2026 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • FREE! • Suitable for child care providers, child care workforce, 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 in the public school system for 25 years. She taught elementary intermediate for 7 years, held a K-12 District Anti-racism and Diversity Consultant position for 7 years and a District Mentoring position to support K-12 early career teachers for 7 years. She was seconded to SFU as a Faculty Associate to mentor student teachers in the Indigenous Perspectives Teacher Education Module for 3 years.

# MAKING THE MOST OF MOE THE MOUSE



BC Aboriginal  
Child Care Society

Saturday, March 21st, 2026 • 9:00AM-3:00PM (45 min. lunch break) • Burnaby CCRR • 4460 Beresford Street • FREE! • Suitable for child care providers, child care workforce, and parents.

Moe the Mouse® Curriculum Box is an innovative early speech and language resource that uses Indigenous toys and stories to enhance speech and language development in young children. The program is intended for use in childcare or school settings by caregivers and teachers. Activities in the program assist children with development of speech sounds, language skills, vocabulary, early literacy, social skills and imaginary play. Participants attending the "Making the Most of Moe" workshop will learn about speech and language development, how and why to use the curriculum box materials, and the importance of books, music and play to help children learn. This workshop is interactive and fun!



A light lunch will be provided. Participants will receive a five-hour professional development certificate upon completion.

**Presenter: Margaret Chesterman**

Margaret Chesterman has a master's degree in Speech-Language Pathology. As an employee of Vancouver Coastal Health for over 30 years, she provided speech and language services to adults, school-aged children and preschoolers. She also worked extensively with the Sechelt First Nation as well as the First Nations Education Steering Committee. Margaret is a co-author of "Moe the Mouse" Speech and Language Program and the "Making the Most of Moe" training workshop.

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



Child Care Resource & Referral



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  
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