

### Upcoming Workshops & Events

Bullying Among Children: – Feb 7, 10:00AM – 12:00PM, Online, Free

Childhood Anxiety: Helping Children Heal – Feb 28, 10:00 AM – 12:00 PM, Online, Free

Networking: Messy Sensory Exploration  
Mar 5, 6:30 – 8:00 PM, Burnaby CCRR, Free

From Reaction to Response: Building Workplace Relationships  
Mar 3, 7:00 – 9:00PM, New West CCRR, Free

Visit [mycommunity.bc.ymca.ca](https://mycommunity.bc.ymca.ca) to register!

### YMCA CCRR Event Photos

December was a month full of fun, celebrations and connection! Participants of our networking events welcomed the season with cookie decorating, gleeful games, creative crafts, and shared memories of seasons passed.



Did you get photographed at one of our events? Check out our social media @YMCAccrr to see if you were featured!

### YMCA CCRR Program News



Happy New Year! As we step into this fresh chapter, let's welcome new opportunities, embrace growth, and open our hearts to all the possibilities ahead. It's time to say goodbye to what was—cherishing the lessons learned and leaving behind what no longer serves us. With hope and excitement, we look forward to everything this year can offer, ready to create moments that inspire and experiences that shape a brighter future.

### Bettie Allard Drop-In Program



As of January 2026, our Bettie Allard Drop-In Program has been going strong for 3 years! Based out of the Family Resource Room at the Bettie Allard YMCA in Coquitlam, we host a family drop-in program three mornings a week. Located within walking distance of Burquitlam station, this is an easily accessible and very popular drop-in program in our community. If you haven't yet joined us, we invite you to do so!



### YMCA CCRR Program Features

Feeling uninspired after the holidays? Winter offers countless opportunities for hands-on learning and creativity in early childhood programs. Activities such as freezing toys in ice, adding snow or ice to sensory bins, and catching snowflakes on frozen paper encourage curiosity and exploration. Children can create colorful ice art, build textured sculptures with natural materials, and experiment with melting ice using salt and warm water droppers to learn cause and effect.

Check out our Winter Seasonal Resource Sheet for some fresh new ideas, including a craft to attract and feed the birds!



### Exciting News!

Professional Development registration will be moving to a new platform. You will now be able to register in all our workshops and networking events for **FREE** here: <https://mycommunity.bc.ymca.ca/s/ccrr>

### Self-Paced Online Workshops

The YMCA BC Learn offers virtual workshops lasting two to three hours, with completion resulting in a CCRR professional development certificate.

### Program Evaluation Survey

In other news, our Program Evaluation Survey is still going strong! It only takes four minutes to fill out and it helps us give you the best services and programming!



Looking for child care?  
We can help! Fill out our [Child Care Provider form](#)

## Free Community Events



Celebrate Lunar New Year - February 7<sup>th</sup>  
12:00 - 2:00PM, Coquitlam City Centre Library,  
Rms: 127, 136 & 137, Free!



Sensory Friendly Swim - Tuesdays/Thursdays,  
Port Coquitlam Community Center, Drop-In  
Fees apply!

Pajama Storytime - January 21<sup>st</sup>  
6:30-7PM, Main Branch NWPL, Free!



## Family Resources

This month, we're excited to welcome a special guest at our Bettie Allard Drop-in Program —the Share Society Family Support consultant.

Parents and caregivers of children aged 0–5 are invited to join for fun activities like art, songs, stories, and skill-building. It's also a great chance to socialize, connect with other families, and access helpful resources on child development and parenting.

Sign up for CCRR updates to stay informed about special guests and program availability. Check out the full schedule of our community drop-in programs in Burnaby, New Westminster, and the Tri-Cities [here](#).

## Child Care News

- Starting January 2026, you can renew your Child Care Operating Funding for the upcoming year. To learn more and opt in to each program, please review: Child Care Fee Reduction Initiative Funding Guidelines and Early Childhood Educator Wage Enhancement Funding Guidelines for 2026–27
- Winter emergency preparedness and planning resources As winter approaches, the risk of storms, floods, and other severe weather events increases. Resources are available to support preparedness, response and recovery planning.



## Articles of Interest

Through a Child's Eyes: Lessons in Growth and Connection Read about the author's journey as an educator from burnout through self-care and how the process reconnected her with her purpose to empower children socially and emotionally — reigniting passion and discovering tools to support others experiencing burnout. "To support children, we must first support ourselves and each other. Building a strong community of early childhood educators, sharing stories, and learning from one another is vital. It's in these shared experiences that we find inspiration and strength to keep going" By Reena Kukreja Read full article [here](#).



The Importance of Early Childhood Educator Mental Health & Well-Being: A guide to supporting educators This survey reveals significant public backing for policies aimed at improving the affordability and accessibility of high-quality child care services for preschool-aged children. Click [here](#) to read the full survey.

## YMCA CCRR ... Did you know?

Did you know we offer professional development for child care providers? We host workshops, courses, and networking opportunities to help you stay current with best practices and meet your professional development requirements.

Did you know we provide personalized support for starting a child care business? From understanding licensing requirements to creating policies and setting up your space, we offer step-by-step guidance to help you launch your child care program confidently.

Did you know we have resources to support inclusive child care? We offer information and tools to help child care providers create welcoming, diverse environments—plus referrals to local supports for children with extra needs.

## Early Learning Library Corner

Lunar New Year is just around the corner, and it's the perfect time to join in the fun and celebrate the joy of family! February brings vibrant traditions, delicious food, and meaningful moments that honor togetherness and new beginnings. Let's embrace the spirit of the season and make this Lunar New Year a time to connect, share, and create lasting memories. May this Lunar New Year of the horse be filled with prosperity, health, and happiness for you and your loved ones!

Find these resources on our library portal. Search "New Year" [here!](#)



39419 Korean Lunar New Year



31895 Five Chinese Lanterns



06384 Chinese New Year

### Some of our most borrowed resources for 2025!



#### Here's a list of the resources pictured:

- 10949 Ice Cream, Ice Cream
- 23496 Chime and Rain Sounds
- 10087 Exploring Planets
- 15195 Ball and Coin Box
- 28818 Eating the Alphabet
- 37173 Inuit Babies
- 07697 At the Job Site
- 29642 Pete the Cat and his Four Groovy Buttons
- 57247 BC Land Animals Kit
- 13232 Duck & Goose

Do these insights catch you off guard?  
Share your favorite borrowed resource with us in 2025!



If you can't find what you're searching for in our library, please reach out via email at [ygv.ccrr@bc.ymca.ca](mailto:ygv.ccrr@bc.ymca.ca). We'd be delighted to help you find it, or it might be a resource we can consider adding in the future!

### Social Media & YMCA CCRR Early Learning Library

On our social media platforms, we frequently showcase resources through our Exploring Materials series. Moreover, our Virtual Story Times highlight our resources in use, complete with song suggestions. Follow us to explore these offerings!

click  
here



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