

### Upcoming Workshops & Events

[Caregiver Mental Health: Building Resilience and Well-Being](#) - Mar 14, 10:30AM - 12:00PM, Online, Free

[LISA MURPHY ON... PLAY! The Importance of Early Experiences](#) - Mar 28, 9:30AM - 12:45PM, Online, Free

For workshop/networking event descriptions and to register visit [mycommunity.bc.ymca.ca](http://mycommunity.bc.ymca.ca)

### YMCA CCRR Event Photos

Here are a few snapshots from the High Tea Networking Event and the Workshop on Creative Dance Experiences hosted by Lorraine White-Wilkinson.



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



As winter melts away, the world feels lighter and hearts grow warmer. Love and emotions seem to blossom like early spring buds, bringing joy and connection to every moment. Children laugh and play, their happiness a reminder of life's simple beauty and the promise of brighter days ahead. With the chill fading and hope in the air, it's a season to celebrate kindness, togetherness, and the gentle warmth that love brings.

### Professional Development

Great News! All our Winter Professional Development opportunities are FREE for February and March! Sign up soon as spaces are going to fill up quickly! Please note: our 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!



### Métis Language and Culture Tour

It was an honor to visit the Amelia Douglas Institute with the Burnaby ECD table. Special thanks to Chandni, the Métis Family Connections Navigator, for organizing the tour and providing wonderful gifts. Everyone left with an enhanced understanding of Métis culture and heritage.

### YMCA CCRR Program Features

Regularly introducing new resources and loose parts materials into your child care program enriches children's experiences and helps stretch your program's resource budget. Our Child Care Resource and Referral (CCRR) program offers an Early Learning Resource Library to support your needs. Watch this [video](#) for a tour of our Early Learning Resource Library! Browse our [online library portal](#) for ideas and inspiration...Not a member yet? Sign up [here!](#)



### Child Care Providers: Did You Know?

The CCRR provides enhanced Child Care Referrals with a database of licensed facilities, assessing parent requests for special needs, hours, ages, locations, and schools. Parents receive customized information about available child care options. Child care providers can share details about their services, including their programming, qualifications, hours, languages, and schools served. Keeping this information updated is crucial for parents seeking care. Changes can be made by calling the Coquitlam office at 604-931-3400 or completing the [Program Information Form](#).

### Self - Paced Free Online Learning

Y Ignite is now YMCA BC Learn! A new account is required to access the online Child Care Resource & Referral (CCRR) course series and Responsible Adult course, which moved to a new platform on January 1, 2026. For access, click [here](#). Questions? Call us!

Do you have a child care job opening you would like to advertise? Please fill out our [form](#) and we will post your opening on the EYPD Website for you!

### ATTENTION:

When signing up for any [Professional Development](#) workshops or events, be sure to take the workshop location into account! We now offer venues in Burnaby, New Westminster, Coquitlam, Prince George, and Vanderhoof!

## 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!

### Lunar New Year - February 7<sup>th</sup>

12:00 - 3:00PM, Mackin House, Free!

### Family Day @PDA - February 8<sup>th</sup>

1:00 - 3:00PM, Place des Arts, Free!

### Central Parkrun - February 7<sup>th</sup>

9:00 - 11:00AM, Central Park, Free!

### Coldest Night of the Year Walk - February 28<sup>th</sup>

4:00 - 7:00PM, Marlborough Elementary School, Fundraiser!

### Family Day Skate - February 16<sup>th</sup>

5:00 - 8:15PM, Kensington Complex, Free 0-4 years!

### Farmer's Market - Sundays

10:00AM - 2:00PM, Rec Centre, Free!

### Family Art in the Gallery - February 14<sup>th</sup>

10:00AM - 12:00PM, Michael Wright Art Gallery, Free!

### Sensory Story Time - February 9<sup>th</sup> 10:30-

11:00AM, Main Branch NWPL, Free!



## Family Resources

You can connect with other families at our Bettie Allard Family Drop-In on Mondays, Tuesdays & Thursdays from 9:00AM - 12:00PM. Have a look [here](#) for more information.

Each season, YMCA CCRR publishes a schedule of [Drop-in Programs](#) offering fun, engaging activities for families with young children in the Tri-Cities, Burnaby, and New Westminster—at no cost!

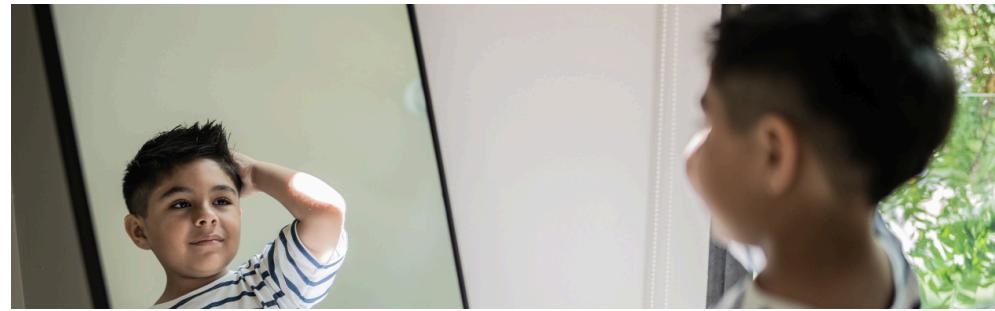
The community programs include both in-person and online sessions, designed for children up to 6 years old. Explore all this season's Drop-in Programs and join in for learning, play and connection!

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

- Check out the latest Bulletin from [ChildCareBC](#)
- Feelings First E-Learning module** for parents and caregivers: The social and emotional health of a child is as vital as their physical health, affecting their emotional expression, stress management, and social connections. The Feelings First initiative aims to strengthen children's social and emotional foundations through everyday interactions. Its free e-learning modules for early years professionals, educators, parents, and caregivers cover social and emotional development from birth to age five, featuring expert insights, short videos, real-world examples, and practical strategies for early learning environments.
- ECPN December Newsletter**: Over the past months, the [Early Childhood Pedagogy Network](#) (ECPN) has been sharing monthly reading recommendations on social media. These recommendations are invitations to think alongside others, to bring questions back to our centers, and to (perhaps) meet unfamiliar language. For many, reading is for joy and pleasure. While this matters, reading can also be a pedagogical practice that nourishes how we meet and respond to that which is unfolding in our work with children, families, materials, and place in the 21st century.
- Former B.C. child-care minister Katrina Chen and other advocates warn in an open letter to Premier David Eby that the government is failing to deliver on its \$10-a-day child-care promises, with stalled investment, limited affordable spaces, rising costs, and unfulfilled commitments to early childhood educators. Read more [here](#).
- B.C. premier says 'significant decision' coming from Ottawa on \$10-a-day child care** Eby says both B.C. and Ottawa are struggling to fund affordable child care sustainably, while critics accuse him of backing away from the \$10-a-day universal child-care promise.

## Articles of Interest



### What is Emotional Literacy?

Emotional Literacy is one's ability to recognize, understand, label and express feelings. This also includes the ability to identify others emotions expressed through spoken language, body language and facial expressions. Read full article [here](#).



### How to teach your kids the real meaning of Valentine's Day

It's not just candy hearts! Learn how to share the real meaning of Valentine's Day with the kids in your life, and 8 ways you can celebrate the day of love with them. By focusing on these activities, you can help your children understand that Valentine's Day is about far more than just exchanging gifts—it's fundamentally about expressing feelings. Read more [here](#).

### Creating Inclusive Outdoor Experiences

Children with disabilities in Canada face significantly reduced access to child care and high levels of exclusion, prompting a national project to identify and address the major physical, social, and knowledge-based barriers educators encounter when supporting inclusive outdoor play and learning in natural spaces. Read more [here](#).

### Through a Child's Eyes: Lessons in Growth and Connection

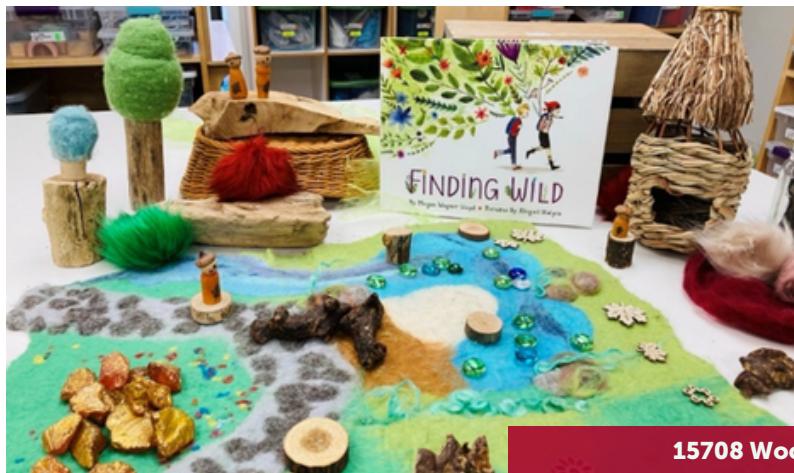
A toddler's fall becomes a powerful reminder of how validating children's emotions—and using supportive language—helps them build confidence, resilience, and positive self-beliefs. Read more [here](#).



## Early Learning Library Corner: Crystal's Picks!

A Resource That Sparks Outdoor Imagination!

Nature and outdoor play are some of her favourite ways to give children the time and space to express themselves through imaginative play. Unstructured environments open the door for creative storytelling, and when you add loose parts to your provocation, it deepens a child's connection to nature.



15708 Wooden Playscape

These two amazing resources will inspire endless adventures and imaginative moments. They're perfect for creating opportunities where children can explore, invent, and connect with the natural world in meaningful ways.



32372 Fairy Tale Play



If you're not able to 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!

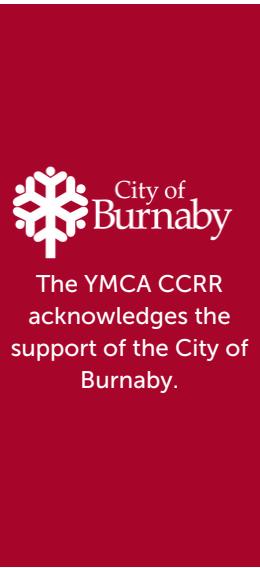
CLICK  
here



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The YMCA CCRR  
acknowledges the  
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