

**Abbotsford**

# CHILD CARE RESOURCE & REFERRAL

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**Training Calendar**

**Sept - Dec 2024**



**September - December 2024**

# PLEASE NOTE

## **Training certificates**

Training certificates will be issued via email within 5 business days of the workshop attended. **To receive a certificate you must arrive on time, participate, stay for the entire session and have your video on (if online).** If you have not received your certificate after 5 business days, please call us. If you require a copy of your certificate after 30 days of the workshop you will incur a \$10 reissuing charge.

## **Late Arrivals**

Late arrivals of more than 15 minutes will not be admitted to the workshop.

## **Registration/Payment**

Prepayment is required for all workshops.

### **Online Registration**

Online registration is available on our website ([www.abbotsfordccrr.ca](http://www.abbotsfordccrr.ca)). When you register for workshops online it will keep a record of all your upcoming and past workshops.

### **In Person Registration**

Credit card payment can be taken over the phone. Debit and credit payments are taken in office.

### **Methods of payment**

Credit (Visa or MasterCard), debit, cash, or cheque (payable to Archway Community Services).

### **Workshop cancellations (regular workshops)**

Registrants can cancel up until **two full business days** prior to the scheduled workshop date. Cancellations received before the deadline will be given a workshop credit (not a refund) to be used towards future workshops at Abbotsford CCRR. Workshop credits are valid for one year from the date of the cancelled workshop. Due to unforeseen circumstances, workshops may be subject to change or cancellation, in this case we will issue a refund.

### **Course cancellations (First Aid and Responsible Adult)**

Registrants must cancel **one week (5 business days)** prior to the course/class start date in order to receive a refund. The original receipt must be provided at the time of refund.

### **Workshop location (In Person)**

Workshops will be held at Archway Community Services in the Jasbir Saran Room (B100), unless otherwise stated.

### **Workshop location (Online)**

Online workshops will be held via Zoom. You do not need to make an account for Zoom, as we will send you a link to the workshop. You will need a laptop, computer or smart phone with access to internet, video and audio. **We require your video to stay on for the entire workshop to receive your certificate.**

#### **Phone**

604-850-7934

#### **Email**

[ccrr@archway.ca](mailto:ccrr@archway.ca)

#### **Cost**

\$15 Members, \$20 Non-Members

#### **CCRR Office**

#102 - 2469 Montrose Avenue

Abbotsford, BC V2S 3T2

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

#### **Archway Community Services**

2420 Montrose Ave.

Abbotsford, BC V2S 3S9

## Workshop 1

# USING LOOSE PARTS FOR CREATIVITY IN ECE PROGRAMS

This workshop will help educators to understand the importance of loose parts and how to use them in various ways to promote the creativity in young children and implement a child friendly curriculum. In this workshop we will also discuss the image of the child and the role of the educator. We will also explore the importance of relationships with materials and how to promote inquiry and investigation in the classroom.

**Presenter:** Pooja Kalsi has a Master's degree in Early Childhood Education from State University of New York. She has 23 years of experience in the Early Childhood field as a teacher, facilitator, supervisor, director and instructor. She is very passionate about finding ways to promote children's creativity and expression of discovery. She is currently teaching at Langara College in the ECE department. Pooja is a mother of two children and believes that she continues to learn from the world around her.

**Date:** Thursday September 12, 2024

**Time:** 6:30 pm - 8:30 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom





## Workshop 2

# SPARKING SELF-REFLECTION THROUGH EXPLORING FAMILY SYSTEMS

The intention of this workshop is to introduce a systems perspective on the complex emotional functioning of families by exploring the Bowen Family Systems (BFS) theory, a leading family therapy theory, and to increase awareness of how our own experiences may impact our work. Families have the most important role and influence on their children's well-being and learning. Participants will be introduced to the concepts of families as an emotional unit, emotional systems, anxiety binding behaviors families can fall into to manage emotions, how these patterns can affect family systems and the individuals in them along with much more. In the Early Learning field we are constantly engaging in family systems, an awareness of how family systems may be functioning emotionally can help us be more intentional in our work. All concepts in BFS theory apply to non-family groups such as work and social groups. This workshop will provide opportunities for both self-reflection and active engagement. Although this workshop introduces a therapeutic theory it is meant for awareness only and is not meant to provide a therapeutic experience.

**Presenter:** Michelle Milne has 20 years as an ECE and has taught her to highly value knowledge acquired through a combination of lived experience and education. She has trained in the Bowen Family Systems Theory and The Principles of Collective Trauma Healing along with training as a facilitator for Roots of Empathy, MAPS & PATHS, and Non-violent Crisis Intervention. She looks forward to learning from participants' lived experiences.

**Date:** Saturday September 14, 2024

**Time:** 9:30 am - 11:30 am

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom





## Workshop 3

# ALERT EMERGENCY CHILDCARE FIRST AID CPR - LEVEL C

This fun and interactive 8 hour course trains people how to react and improvise when dealing with life threatening emergencies. This course includes initial assessment, disease prevention, secondary survey, airway obstruction, adult, child and infant CPR and AED (level C). Recognition and first-aid treatment for head and spine injuries, shock, burns, bleeding, seizures, broken bones, anaphylactic shock, small wound management, poisoning, heat exhaustion and heat stroke will also be addressed. Participants spend the majority of the course doing hands on first-aid and participating in first-aid scenarios. By practicing with scenarios students gain confidence, learn to improvise, and react in emergency situations. This course meets Child Licensing guidelines.

**Presenter:** Alert First Aid Facilitator

**Date:** Saturday September 21, 2024

**Time:** 8:30 am - 4:30 pm

**Cost:** \$100

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.



## Workshop 4

# BREATHWORK FOR KIDS: FOUNDATIONAL BREATHING TECHNIQUES FOR SELF REGULATION

Discover techniques and props to establish daily practices for children of all ages. Confidently share proper breathing techniques, which will give children effective tools they can use on a daily basis. Breathing practices for kids work beautifully to calm children and supports them to learn how to bring themselves back into the present moment. You will learn ways to teach children not only how to breathe correctly and efficiently, but also to enjoy breathwork and want to independently use breathing techniques when difficult feelings arise.

**Presenter:** Jennie Abbot is the Founder and Director of Harmony Kids Yoga & Mindfulness Company, the creator of YogaBREAK for Classrooms, Harmony at Home Kits, various Parenting and Educator Workshops and The My Peaceful Play Game for Kids. Jennie has worked with children, families, government, non-profit organizations and educators for over 20 years sharing her passion of bringing happiness and peace into the lives of children through yoga and mindfulness.

**Date:** Tuesday September 24, 2024

**Time:** 6:30 pm - 8:30 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom

## Workshop 5

# FOUNDATIONS IN AFTER SCHOOL CARE

Participants will explore why After School Care is vital to a child's development and social well-being. They will learn how to create an inclusive and engaging environment, how to support social and emotional development and how to navigate the complex challenges that school age providers may encounter in their practice. We will explore the value of risky play and how to incorporate it into a School Aged program.

**Presenter:** Karen LeSage has 30 years of experience working with children from birth to nineteen years of age in childcare and community settings. She is passionate about creating a space where all people are welcome. She uses yoga, mindfulness and gratitude practices as a platform to help people connect with themselves and others and find their place in the world. She is a licensed Early Childhood Educator, Infant/Toddler Educator and Special Needs Educator, a certified Community Resiliency Model® Teacher and a registered adult and kids' yoga teacher.

**Date:** Saturday October 5, 2024

**Time:** 9:30 am - 11:30 am

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom

## Workshop 6

# PROJECTS ARE SPUN FROM AUTHENTIC INQUIRY

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Would you like to learn more about Inquiry Based Learning? In this workshop we will take a deep dive into projects that were ignited by the curiosities of preschoolers which became long term investigations and projects. Whether you refer to it as Responsive or Emergent Curriculum or Inquiry Based Learning, join us to discover how observing an ordinary moment has potential to evolve into a long term project. Goal: Demonstrate the multiple ways children learn when their inquiries are sparked from their authentic interests.

**Presenter:** Sue Woodward and Caren Eigenmann are co-teachers and the co-owners of Childgarden Preschool & Discoveries in Port Moody, BC, which opened in 2007. Our image of the child aligns with one of the underlying principles of Reggio Emilia, in which we see the child as 'rich in potential, strong, powerful, competent, and most of all connected to adults and other children' (Malaguzzi, 1993, p. 10). Educators work alongside the children and their natural curiosity to observe and develop in-depth investigations that reflect and are built upon authentic interests of the children, making their preschool experience fun, exciting and relevant to them and their learning. Educators extend and expand these interests to create deep, meaningful learning opportunities which lay the foundation for future learning. Both Sue and Caren are recipients of the Prime Minister's Award of Excellence in Early Childhood Education, in 2012 and 2017 respectively.

**Date:** Thursday October 10, 2024

**Time:** 6:30 pm - 8:30 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom





## Workshop 7

# IMPORTANCE OF CREATIVITY, OPEN ENDED PLAY & EMOTIONAL DEVELOPMENT

During this workshop, we will explore various ways to inspire children to share their understanding, knowledge and thoughts. Creativity and Open ended play that is age appropriate and intentional enhances, communication, emotional well being and social skills! I look forward to collaborating with you!

**Presenter:** Paula Milbradt has been serving children, family and community for over 30 years. She is passionate about connecting both the heart and the mind. Paula was a foster parent for 4 boys in 2001 and continues to land in the importance of healthy attachment and connection. She is currently a Pyramid model coach in Nova Scotia and continues to facilitate workshops that hopefully leave you curious and inspired.

**Date:** Saturday October 19, 2024

**Time:** 9:30 am - 11:30 am

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom

## Workshop 8

# ALERT EMERGENCY CHILDCARE FIRST AID CPR - LEVEL C

This fun and interactive 8 hour course trains people how to react and improvise when dealing with life threatening emergencies. This course includes initial assessment, disease prevention, secondary survey, airway obstruction, adult, child and infant CPR and AED (level C). Recognition and first-aid treatment for head and spine injuries, shock, burns, bleeding, seizures, broken bones, anaphylactic shock, small wound management, poisoning, heat exhaustion and heat stroke will also be addressed. Participants spend the majority of the course doing hands on first-aid and participating in first-aid scenarios. By practicing with scenarios students gain confidence, learn to improvise, and react in emergency situations. This course meets Child Licensing guidelines.

**Presenter:** Alert First Aid Facilitator

**Date:** Saturday October 26, 2024

**Time:** 8:30 am - 4:30 pm

**Cost:** \$100

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

## Workshop 9

# CONNECTING WITH CHILDREN TO RE-ROUTE DIFFICULT BEHAVIORS

This workshop draws from interpersonal neurobiology, Emotion Coaching, and Teacher-Child Interaction Therapy treatments that are aimed at addressing disruptive behaviour in children. You will learn how to connect with children in a way that fosters deeper understanding, enhances emotion regulation, and creates better cooperation. The reasons behind children's behaviour come from a number of sources, but the ways to address them are simple and logical if they are applied with consistency and predictability. We will focus on positive discipline strategies, including how to pay more attention to children when they are behaving well, than when they are not.

**Presenter:** Kate Saunders has over 20 years of experience as a counsellor and educator, specializing in working with children and families. Kate is a Registered Clinical Counsellor in BC. She works therapeutically with children in play therapy, with parents/adults, and with parents and children together to address challenging behaviours and emotion regulation. Kate is a sought-after presenter for the practical and effective strategies she offers, as well as her lively presentation style. She focuses particularly on supporting healthy attachment and emotional development with all of her clients.

**Date:** Tuesday October 29, 2024

**Time:** 6:30 pm - 8:30 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom



## Workshop 10

# REGGIO BEYOND PINTEREST: CREATING A PERSONAL PEDAGOGY

This workshop empowers educators to take ownership in their practice and recognize the underlying theories that uphold their actions. After a brief introduction to the Reggio Emilia Approach, we look closely at the idea of “The Image of the Child” as a framework for our own values-based pedagogy. We practice looking beyond the aesthetics to identify drivers behind pedagogical choices. Participants are guided through a social constructivist, Reggio- inspired framework of critical thinking, collaboration, and creativity to discover more about their own guiding principles. We consider action steps participants can take to closer align their practice with their beliefs. Participants will leave feeling confident, clear in their purpose, and inspired with new ideas.

**Presenter:** 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.

**Date:** Saturday November 2, 2024

**Time:** 9:30 am - 12:00 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom

## Workshop 11

# AUTISM STRATEGIES FOR SUCCESS

Autism Spectrum Disorder (ASD) is a complex condition that impacts brain development and affects a person’s social relationships, communication, interests, and behavior. Caregivers play a very important role in the detection of developmental concerns, early diagnosis and targeted supports. They may be the first people to notice any developmental challenges. Although sharing concerns about a child’s development is a very emotional experience for parents, it is of utmost important to communicate it with them in a professional and supportive way. This workshop will provide ECE with information on Autism, how to identify early warning signs, and how to successfully support children with ASD and their parents.

**Presenter:** Malgosia Tomanik, M.Ed., is a Family Consultant who specializes in supporting children from preschool to high school age and their parents/caregivers in a variety of environments, including homes, school, and childcare settings. Malgosia is experienced in addressing concerns associated with the daily challenges of caring for a child/youth who requires support, helping to make sense of difficult behavior and supporting adults for each child in finding a way through.

**Date:** Thursday November 7, 2024

**Time:** 6:30 pm - 8:30 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom



## Workshop 12

# 20 HOUR RESPONSIBLE ADULT COURSE

This course was developed to meet the requirements for 20 hours of training for “Responsible Adult” as stipulated by Child Care Licensing Regulation. Through interactive sessions, it covers basic concepts about child development from birth to 12 years of age, child guidance, health, safety, nutrition and programming. Participants must be at least 19 years old to register, attend all sessions, and pass all open book quizzes with a satisfactory mark in order to receive a certificate of completion. The workbook is included in the course fee. This is a non-credit course (cannot be applied towards the completion of an ECE Certificate).

Instructors: Lori Brown, Wanda Cole & Christine Kopp - Child Care Consultants at Abbotsford CCRR

Date: Wednesday Nov 13th, Thursday Nov 14th & Friday Nov 15th, 2024

**\* MUST ATTEND ALL THREE DAYS TO RECEIVE CERTIFICATE**

Time: 9:00 am - 4:00 pm

Cost: \$75

Location: Archway Community Services | Board Room | 2420 Montrose Ave.



## Workshop 13

# EMBRACING TENSIONS: ENCOUNTERS WITH TOUGH TOPICS IN ECE SETTINGS

In educational settings we often encounter tough topics, topics such as death, divorce, global warming, racism, sexism, colonial histories, disability awareness, and LGBTQ2S+ topics. How do we respond when tensions around tough topics arise? This workshop addresses why it's important to critically engage with children, how to have conversations with families, and ways to engage with tough topics. We will look at what it means to embrace the tensions in our educational settings and what can grow from engaging with said tensions. The goal of this workshop is that educators will leave feeling more confident in their abilities to engage with tensions and tough topics within their settings.

**Presenter:** Ashleigh Davies is an early childhood educator with her bachelors in ECCE and has worked with children in a variety of roles over the last decade. Ashleigh has worked as a post-secondary instructor, leading ECE post-basic courses, and currently is the assistant manager and municipal consultant with the North Shore CCRR. Ashleigh presents her workshops throughout Canada, bringing her passion for ECE into every session.

**Date:** Thursday November 21, 2024

**Time:** 6:30 pm - 8:00 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom



## Workshop 14

# ALERT EMERGENCY CHILDCARE FIRST AID CPR - LEVEL C

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**Presenter:** Alert First Aid Facilitator

**Date:** Saturday November 23, 2024

**Time:** 8:30 am - 4:30 pm

**Cost:** \$100

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

## Workshop 15

# EATING FOR ENERGY: HOW TO EAT WELL TO MANAGE STRESS

Join us for a two hour workshop with Certified Nutritionist Sidney Shindle. Sidney will explain why food affects stress levels, how to read labels to make better choices and how to make a balanced and delicious plate to keep you energized all day.

**Presenter:** Sidney Shindle is a Certified Nutritional Practitioner who runs a private practice in New Westminster. She is a lead faculty member at the Institute of Holistic Nutrition and co-founder of Valeo Wellness, a local workplace wellness initiative. With a decade of coaching experience in the sports realm, she applies similar approaches to her wellness seminars and to her individual client work. She believes that by providing the right knowledge and tools, individuals are able to develop and sustain their own foundation of good health.

**Date:** Tuesday November 26, 2024

**Time:** 6:30 pm - 8:30 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom



## **Workshop 16**

# **BASIC BRAIN DIFFERENCES & SENSORY PROCESSING/ SELF-REGULATION**

We explore brain differences and how these affect learning, including areas of brain function and of the stress response system. How Sensory Processing works is explored, particularly with regard to modulation and the neurological threshold continuum. This helps in understanding self regulation, sensory diet, heavy work, and stress management techniques.

**Presenter:** Marc Landry worked as an occupational therapist for 37 years. I have been in private practice since 2010. I lived in Vancouver for 20 years, where workshops and training were a big part of my work. I've always worked with children, in a variety of settings including public schools, preschools, families' homes, daycares, and institutions. I have one grown son, a 13 year old grandson and an 9 year old grand daughter, who live not far from me in Hawaii.

**Date:** Saturday November 30, 2024

**Time:** 9:30 am - 12:30 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom

## **Workshop 17**

# **WINTER WONDERLAND: MATCHING WINTER THEMED BOOKS WITH LEARNING ACTIVITIES**

This workshop will help refresh and rejuvenate your planning process with new ideas that support winter themed play-based, early learning activities. Plenty of rhymes and songs with books and hands-on activities will be shared. A variety of literacy extension ideas based on the rhymes, songs and books presented will be provided as a resource after workshop completion. This workshop is ideal for those working with preschool aged children.

**Presenter:** This workshop will be presented by a Bookmates Facilitator. Bookmates is a non-profit organization based in Winnipeg with over 40 years' experience in supporting early learning educators. Bookmates stays current with emerging research and themes related to healthy child development and uses a literacy lens to share strategies, information, resources and practical experiences.

**Date:** Thursday December 5, 2024

**Time:** 6:00 pm - 8:00 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom

## Workshop 18

# WHAT TO DO WHEN IT FEELS LIKE A ZOO!

During this interactive on-line workshop, we will investigate the underlying roots of some of the most common negative behaviors we see in our centres and classrooms today. Together we will explore the means to address the triggers, and discover how to replace frustration with effective, compassionate, and supportive management skills. Through engaging activities, demos, and discussions, you will acquire an array of practical strategies that can prevent or defuse disruptive behaviors, while bringing a loving sense of joy, productivity, respect, and calm into your program.

**Presenter:** Simmy Zaret is an educator for both the school and public health systems, Simmy feels privileged to have worked with, taught, counselled, and supported children with special needs and their families for over 30 years. Through an array of workshops and speaking engagements, she is delighted to now bring her extensive experience to teachers, ECEs, administrators, parents, and healthcare professionals across the country. Simmy is currently working on a book which will encapsulate her training workshops and provide practical, well-honed strategies for promoting success for children of all ages. Besides Simmy's active teaching and consulting career, she enjoys a busy family life in Toronto Ontario, where she is a well-known local storyteller, avid painter, and the proud mom of two wonderful young men.

**Date:** Saturday December 7, 2024

**Time:** 9:00 am - 12:00 pm

**Cost:** Members \$15, Non-Members \$20

**Location:** Online via Zoom



Abbotsford Child Care Resource & Referral Program  
Training Calendar

September - December 2024

[www.abbotsfordccrr.ca](http://www.abbotsfordccrr.ca)

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