



**ABBOTSFORD**

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# **CHILD CARE RESOURCE & REFERRAL**

January-  
March  
2026

Training Calendar



ChildCareBC

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



# **REGISTRATION POLICIES & PROCEDURES**

## **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.

Jan-Mar 2026

## WORKSHOP 1

# THE ABC'S OF ATTACHMENT: HOW TO NAVIGATE THE BEHAVIORS THAT CHALLENGE ME

In this engaging workshop, Traci will include a discussion on: "What behaviors challenge you the most?", the Dominoe Effect, all behavior has meaning, detective thinking, attachment, the circle of security, how to help children regulate, the importance of self care, helping tools and sensory calming, time-in, parents as partners, and how you do consequences.

**Presenter:** Traci Mainstone has 27 years of experience working with children, youth and their families. Her education includes two college diplomas - Early Childhood Education and Child and Youth Counselling - a Bachelor of Arts Honors degree in Psychology. She is trained in many modalities including EMDR, IFS, Art and Play Therapy.

**Date:** Thursday January 8, 2026

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

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

**Location:** Online via Zoom

## WORKSHOP 2

# CHILD CARE START-UP INFORMATION SESSION

Are you interested in opening your own child care centre and not sure where to start?

Join our CCRR consultants for a 1 hour information session that will provide you the beginning steps of starting and opening your in-home or commercial setting child care centre.

**\*NO CERTIFICATE IS GIVEN FOR THIS INFORMATION SESSION**

**Date:** Wednesday January 14, 2026

**Time:** 5:30 pm - 6:30 pm

**Cost:** Free

**Location:** Online via Zoom



WORKSHOP 3

# CREATING CONNECTIONS: BUILDING A COMMUNITY CLASSROOM



This workshop is created from the developmentally appropriate practice approach that every classroom is a community of learners. This workshop supports educators with effective classroom management techniques to create a classroom community. Getting back to the basics and understanding the role that consistency plays in child development, educators will learn about creating a democratic and positive learning environment for all the children in their care. Educators will have a plan, be motivated, and recognize the significance of fostering a sense of community within the classroom.

**Presenter:** Donna Skea is a full-time faculty member of Vanier College Early Childhood Education department. She has spent the last 22 years teaching, supervising and supporting students on their journey to becoming educators. Donna operates a childcare consulting firm named The Infinite Educator which offers workshops and mentoring for School boards and childcare centers in Montreal and Quebec.

**Date:** Thursday January 15, 2026

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

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

**Location:** Online via Zoom

WORKSHOP 4

# LEARNING THROUGH STORY: HOW TO INCORPORATE INDIGENOUS WAYS OF BEING & KNOWING INTO YOUR LEARNING ENVIRONMENT

Learning through Story is a way to authentically incorporate Indigenous ways of knowing and being into your learning environment. Together, we will unpack what Indigenous ways of knowing and being are and how they can be used as a foundation in the early years. Story, outdoor learning, and play will be the focus of this workshop. Our time together will be interactive, practical, insightful, and fun!

**Presenter:** Lyndsay Smith is a certified educator with Delta School District. For the past 8 years, she has worked in the Indigenous Education Department with Delta. She recently shifted her career to become a Teacher-Librarian at an Elementary school in Delta. Her passion for education lies in outdoor learning grounded in Indigenous ways of knowing and being. If she is not in the Library playing with loose parts, reading stories, and going outside with children you can find her in the forest with her children learning about all the beautiful flora and fauna Delta has to offer.

**Date:** Saturday January 17, 2026

**Time:** 10:00 am - 12:00 pm

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

**Location:** Online via Zoom



WORKSHOP 5

# ABOUT FSI - (FAMILY SUPPORT INSTITUTE)



A detailed description of supports available to families from FSI - including what the supports look like and how to access them.

**Presenter:** Ester King is a regional network coordinator for FSI. She has lived and worked in the disability world for more than 30 years. As a mother and a nurse she has lots of lived experience.

**Date:** Thursday January 22, 2026

**Time:** 6:00 pm - 7:30 pm

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

**Location:** Online via Zoom



WORKSHOP 6

# ATTENTION, ATTACHMENT & ADDICTION: ROLE OF MEDIA IN EARLY DEVELOPMENT

This workshop brings you some of the most compelling research on media overuse and its impact on early development. We'll explore how heavy exposure to screens can interfere with a child's ability to focus, form secure attachments, and grow socially and emotionally — all foundational to healthy learning and relationships.

But this isn't just about what's going wrong. It's also about what we can do.

Educators will leave equipped with current, research-backed knowledge they can share with families, along with practical, classroom-friendly strategies. The workshop also introduces Imaginative Education — a powerful, story- and emotion-driven approach to re-engaging children in a world beyond screens.

**Presenter:** Dr. Kym Stewart holds a PhD in Education and an M.A in Communication Studies from Simon Fraser University. Her PhD thesis explores her decades of media studies research, including the development of media education programming for elementary classrooms in Burnaby and Haida Gwaii. Her M.A research explored youth media culture and is one of the earliest explorations of South Korea's gaming and PC-Bang culture. She has spent the last 15 years as an instructor in the School of Communication at Capilano University.

**Date:** Saturday January 24, 2026

**Time:** 9:00 am - 1:00 pm

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

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9



WORKSHOP 7

# WAYS TO SUPPORT INFANTS AND TODDLERS IN A SAFE ENVIRONMENT

In this workshop we will think about our youngest learners holistically, and discuss ways that we, as educators, can support them in a safe manner. Supporting infants and toddlers safely, means they can learn, grow and thrive in a healthy childcare environment that has been designed specifically for them. Understanding ways to support young children also supports educators to be the best they can be! I encourage dialogue and reflective interaction because I know we all learn from one another.

**Presenter:** Ray-Ann Miller has been in the field of Early Childhood Education for over 40 years. I am still learning things everyday and desire to be the most loving and effective educator I can be. I work 4 days a week in an infant and toddler program and in my spare time, I make imaginative children's play materials out of wood and wool. I live in Nelson, BC on property surrounded by forest and a creek. You can find me online at [andthecarrotcameup.ca](http://andthecarrotcameup.ca)

**Date:** Thursday January 29, 2026

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

**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 January 31, 2026

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

**Cost:** \$110

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9

WORKSHOP 9



## READ, RHYME, SING AND PLAY

In this playful workshop we will read and sing together while sharing a variety of associated literacy extension ideas. Participants will leave the workshop, refreshed with a variety of hands-on, interactive activities and book ideas that can be easily incorporated into programming. This workshop is designed for those working with infants, toddlers and preschoolers.

**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 February 5, 2026

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

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

**Location:** Online via Zoom

# INDIGENOUS DREAM CATCHER WORKSHOP

Asibikaashi, the Spider Woman; In Ojibwe tradition, she would weave intricate webs to catch negative spirits, allowing positive dreams to reach the sleeper. It was believed that the web would catch the bad dreams and hold them until morning when sunlight would destroy them. Over time, the practice was shared and adapted by other Indigenous people. The designs and uses may vary from tribe to tribe, but the core idea of protection whether from bad dreams, bad energy, or harmful spirits remained the same.

- The circle represents the circle of life or the universe.
- The web symbolizes the interconnectedness of all things, that good energy can flow freely, while negative energy gets caught in the web.
- The feathers and beads attached to dream catchers are symbols of protection and a connection to the natural world. Feathers, in particular, were often connected with spiritual guides or ancestors.

People sometimes overlook the cultural significance and treat them as purely decorative items. For many Indigenous people, dream catchers continue to carry deep spiritual meaning and connection to their culture.

**Presenter:** Janet Crockford is a Katzie Elder who lives on the Walnut Grove Langley Reserve #2. She shared her home there with her late husband of 39 years, and together they raised two adult children. Janet dedicated 27 years to the Langley School District's Aboriginal Program and spent an additional 5 years with the Surrey Aboriginal Learning program. Throughout her life, she has remained committed to deepening her understanding of her culture and has spent the past 34 years passionately sharing that knowledge with others. She holds strong values rooted in respect for the land and animals and continues to live by and teach these principles.

**Date:** Saturday February 7, 2026

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

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

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9



WORKSHOP 11



# CHILD CARE START-UP INFORMATION SESSION

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\*NO CERTIFICATE IS GIVEN FOR THIS INFORMATION SESSION

**Date:** Wednesday February 11, 2026

**Time:** 5:30 pm - 6:30 pm

**Cost:** Free

**Location:** Online via Zoom



## WORKSHOP 12

# CHILD CARE LICENSING REGULATION: THE WHAT AND THE WHY

## Childcare Licensing Regulations

**Presenter:** Glenda Burrows has been an Early Childhood Educator (ECE) since 1985 and since receiving her ECE has been a member of Early Childhood Educators of BC, where she has been an active and long term Director of the Board, and continues to advocate for quality childcare and for educators to be appropriately compensated for their work. Glenda has worked in several early year's positions in her career, and these have taken her to many urban and rural communities, including remote fly in only to Indigenous communities. Glenda held several positions as an ECE, Program Manager and Supervisor in licensed childcare programs including a parent participation program in Burnaby, Community Childcare program in 100 Mile House and Prince George. Glenda worked in the Child Care Resource Program as a Coordinator and Training Coordinator in the interior before becoming a Licensing Officer for Northern Health, Interior Health and Vancouver Coastal health for a period of 26 years. When working for Interior Health, Glenda was seconded to the Ministry of Health in Victoria in 2005 to assist with the revision of the Community Care Facilities Licensing regulations for both residential and childcare. Glenda retired from her position as Senior Licensing Officer for Vancouver Coastal Health, North Vancouver, in 2023. Since retirement Glenda has worked for a non-profit agency as a childcare consultant.

**Date:** Thursday February 12, 2026

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

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

**Location:** Online via Zoom



# POSITIVE GUIDANCE IN SCHOOL AGE CARE

Behavior is a form of communication. Children will communicate in the most effective and efficient manner available to them at any given time. During this workshop we will explore some of the factors that influence a child's behavior and help us to work with the child in ways that contribute to their growth and development in holistic and positive ways. The range of social and emotional development within the school age years is broad and varied.

**Presenter:** Christine Hibbert is an ECE and School Age Educator and an experienced facilitator. Christine has worked in the field of childcare for more than 30 years, beginning her career as a teacher in England. She worked in family childcare and pre-schools before becoming Executive Director at Jericho Kids' Club, Out of School Care in Vancouver. Now retired from JKC, Christine continues to be an involved advocate and passionate educator in the childcare community.

**Date:** Thursday February 19, 2026

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

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

**Location:** Online via Zoom



WORKSHOP 14

# CREATING LEARNING STORIES FOR PEDAGOGICAL DOCUMENTATION



Many early childhood educators wonder how to fit in meaningful documentation in their practice with young children. This workshop will remind participants of the purpose of documentation in early childhood programs and will share examples of simple ways to create documentation to make children's learning and exploration visible. Participants will explore how to use their knowledge and perspective as an educator to highlight the extraordinary moments and reveal endless ways that children learn daily through play.

**Presenter:** Andrea Dawson has been an early childhood educator for over 25 years, working in community programs with children and families. With a passion for advocating for the support of children's social and emotional health, Andrea draws from her experiences working as a counsellor with children and families and from her work in non profit family services. Since 2007, Andrea has taught as an instructor and is now the department chair of the Early Childhood Education programs at Langara College in Vancouver, BC.

**Date:** Thursday February 26, 2026

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

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

**Location:** Online via Zoom



## WORKSHOP 15

# ALERT EMERGENCY CHILDCARE FIRST AID CPR - LEVEL C

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**Presenter:** Alert First Aid Facilitator

**Date:** Saturday February 28, 2026

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

**Cost:** \$110

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9



## WORKSHOP 16

# LOOSE PARTS: THE FRAMEWORK YOU NEED TO KNOW

Discover how to harness one of the most powerful and versatile play resources in early childhood education—loose parts! In this engaging and practical workshop, participants will explore the 5Ws of loose parts and gain insight into the #1 mistake educators often make during play. We'll unpack the general course of events in play, discuss the importance of trusting the process, and examine the educator's role in fostering meaningful, child-led exploration. You'll also learn how to design intentional environments, find practical storage solutions, and build excitement and buy-in from your team and families. Whether you're new to loose parts or looking to deepen your practice, this workshop will leave you inspired and ready to take action.

**Presenter:** Carla Ward is an experienced Early Childhood Educator, speaker, and host of The Everything ECE Podcast. As founder of Early Learning Foundations, she empowers educators through practical, play-based training that inspires confidence and professionalism. With over 20 years in the profession, Carla's workshops blend real-world experience with actionable strategies that educators can implement right away. She is also the creator of ECE Podcast Academy and The ECE Latte Lounge.

**Date:** Thursday March 5, 2026

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

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

**Location:** Online via Zoom



Jan-Mar 2026

WORKSHOP 17

# PLAYFUL WONDERS: DESIGNING CREATIVE SENSORY SETUPS

This workshop is designed to empower educators to design sensory experiences that engage young minds and inspire discovery. We'll dive into practical, fun and unique ideas and explore several sensory materials you can take home with you!

**Presenter:** Janel Viaje brings over 18 years of experience in early childhood education, working with children, families, and educators in many roles. She recently launched a sensory play exploration group, combining her love of hands-on learning with her passion for building connections. Janel enjoys sharing playful, practical ideas that inspire curiosity, creativity, and joy in everyday moments.

**Date:** Saturday March 7, 2026

**Time:** 10:00 am - 12:00 pm

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

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9



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**Date:** Wednesday March 11, 2026

**Time:** 5:30 pm - 6:30 pm

**Cost:** Free

**Location:** Online via Zoom



## WORKSHOP 19

# WHAT IS PATHOLOGICAL DEMAND AVOIDANCE (PDA)? WHO ARE THESE PDA'RS?

This is a relatively new term for a profile of traits under the Autism umbrella. Autistic children often need extra support when processing requests or demands especially for things that may be unfamiliar. Those with a PDA profile experience severe anxiety over similar situations but also include everyday 'demands' such as hygiene, eating, dressing, and attending school. Parents and educators often hear "I can't" and interpret it as "I won't". Let's see what is really happening for these children, why they respond as they do and how we can support them.

**Presenter:** Pam Collins is a late-identified neurodivergent parent to two amazing multiply neurodivergent adult sons. She provides Neurodiverse-Affirming parent coaching, consulting and education services to families and community partners and has been supporting families for over 25 years. She is also a volunteer with the Alliance Against Seclusion and Restraint.

**Date:** Thursday March 12, 2026

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

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

**Location:** Online via Zoom

WORKSHOP 20

# CREATING A POSITIVE OUTLOOK WITHIN ECE TEAMS

An engaging workshop designed specifically for early childhood educators and leaders, focused on creating and maintaining a positive outlook within ECE teams.

This interactive session will support you with practical strategies and insights to foster an optimistic work environment, essential for enhancing team cohesion. In this workshop, participants will cover:

- **Cultivating a Growth Mindset:** Strategies to encourage a culture of continuous learning and resilience, helping teams embrace challenges and setbacks as opportunities for growth.
- **Effective Communication Strategies:** The power of clear, positive communication in building trust, reducing misunderstandings, and fostering a collaborative team atmosphere.
- **Recognizing and Celebrating Wins:** The importance of acknowledging achievements, both big and small, to boost team cohesion and motivate excellence.
- **Building Emotional Intelligence:** Strategies to better understand and manage emotions, both your own and your team's, to create a more empathetic and supportive workplace.

**Presenter:** Ana Valle Rivera is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Ana has 18+ years of experience in the childcare field. She has direct experience working with children and families using inclusive and trauma-informed approaches. Ana has 11+ years of experience working in adult education and she currently supports ECE practicum students at the college level. Ana has 9+ years of experience as a workshop facilitator and has facilitated hundreds of professional development workshops for thousands of educators, teachers, and parents. Ana has a Diploma in ECE, a Bachelor's Degree in Child & Youth Care, and is currently completing a Master's of Professional Education in ECE.

**Date:** Thursday March 19, 2026

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

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

**Location:** Online via Zoom



WORKSHOP 21

# CONNECTIONS IN NATURE FOR ALL CHILDREN

Developing a connection with nature is an integral piece of childhood. Through interactions with the natural world, children develop a sense of wonder, calm, joy, and fascination. In this interactive session, we explore place-based learning with children of all ages. We discuss ways of moving past challenges, engaging stakeholders, and exploring simple and meaningful open-ended play ideas and learning invitations that bring children outside and bring nature in. Participants will leave with a nature play idea kit filled with strategies and inspiration, including ideas that require little to no preparation or materials and ideas that include Indigenous perspectives and understandings.

**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. To learn more about Karen, her work, and thoughts on childhood, learning, and care, join her monthly newsletter list at [www.natureplaystudios.com](http://www.natureplaystudios.com).

**Date:** Saturday March 21, 2026

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

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

**Location:** Online via Zoom

WORKSHOP 22

# ADHD CLASSROOM SUPPORTS

A foundational understanding of ADHD, executive functioning, and the impact on early childhood classrooms. We explore the history and stigma behind an ADHD diagnosis, how it fits under the neurodiversity umbrella, as well as how children with ADHD may interact differently with their environment with strategies to support.

**Presenter:** Monica Maddison is an early years consultant, specializing in neurodiversity and inclusion. As a former college instructor, Director of Specialized Education, and a mom of 3, Monica is able to bring complex topics to "real life" understanding where educators and parents need them the most. Speaking across North America, her sessions are accessible and actionable, rooted in family-centered practice, and leaving participant feeling empowered to create lasting change for all children.

**Date:** Thursday March 26, 2026

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

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

**Location:** Online via Zoom

WORKSHOP 23

# ALERT EMERGENCY CHILDCARE FIRST AID CPR - LEVEL C

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**Presenter:** Alert First Aid Facilitator

**Date:** Saturday March 28, 2026

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

**Cost:** \$110

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9





January - March  
2026

## ABBOTSFORD CCRR

### **Address**

#102-2469 Montrose Ave  
Abbotsford V2S 3T2

## Contact Us

### **Phone**

604-850-7934

### **Website**

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