



**ABBOTSFORD**

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# **CHILD CARE RESOURCE & REFERRAL**

**April-June  
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.

Apr-Jun 2026

## WORKSHOP 1



# 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 April 8, 2026

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

**Cost:** Free

**Location:** Online via Zoom

## WORKSHOP 2

# PROMOTING WELLNESS AND STRESS MANAGEMENT WITH MINDFULNESS IN THE ECE WORKPLACE

Join our workshop to explore practical strategies for promoting wellness and managing stress in the early childhood education (ECE) workplace through mindfulness. Through interactive discussions and experiential exercises, educators will gain valuable insights and tools to support their well-being and create a positive work environment. Don't miss this opportunity to prioritize self-care and nurture a healthy mindset!

**Presenter:** Lobna Ajaini is a pedagogist, ECE professor, and the founder of Childhood Empowerment, inspiring creativity, leadership, and innovation in early childhood education. Holding a Master of Professional Education (MPED) from Western University and an engineering background, she blends problem-solving with imaginative pedagogy. An award-winning leader, Lobna advocates for equity, diversity, inclusion, and environmental care. Through her workshops and curriculum work, she empowers educators and children to co-create inclusive, creative, and meaningful learning experiences.

**Date:** Thursday April 9, 2026

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

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

**Location:** Online via Zoom

WORKSHOP 3

# MATERIAL EXPLORATIONS

In these hands on, in person, small group workshops we will be exploring a variety of materials at the CCRR. Creatively engage with many different materials in open-ended ways. Different materials will be explored every month.

Spending time experimenting with a variety of materials will help educators build confidence in presenting materials to children. Educators will also have an opportunity to expand their own creativity and network with others ECE's.

**Presenter:** Wanda Cole has been working in the ECE field since 1998 and has been a consultant at the CCRR since 2019. She is passionate about offering art experiences to children of all ages and encouraging educators to explore their own creativity.

**Group size is limited to 10 participants, so register early!**

**Date:** Saturday April 11, 2026

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

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

**Location:** Abbotsford CCRR - #102-246g Montrose Avenue, Abbotsford V2S 3T2



## WORKSHOP 4

# EARLY MATH CONCEPTS: PLAYFUL APPROACHES TO DEVELOPING MATHEMATICAL THINKING

In this workshop we will explore the important early math concepts of number, pattern, and spatial reasoning. Ideas will be shared about how to develop these math concepts in playful and inclusive ways using a range of materials and approaches. Instructional routines, games, and connections to place and story will be shared as ways to playfully engage young children in mathematical thinking. Please bring a small collection of loose parts (cubes, buttons, coins, etc.) to play along with during the session.

**Presenter:** Janice Novakowski is a retired BC teacher and has taught preschool, kindergarten, and primary grades as well as being a teacher-librarian and learning resource teacher. Janice is an adjunct professor at UBC where she teaches mathematics education courses. Her graduate studies focused on mathematics with young children in different places, spaces, and contexts. Janice is part of the Indigenous Mathematics Education Network and she facilitates the BC Reggio-Inspired Mathematics Project.

**Date:** Thursday April 16, 2026

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

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

**Location:** Online via Zoom



WORKSHOP 5

# QUALITY SLEEP IN GROUP CHILD SETTINGS: INFANT AND TODDLER FOCUS



As societal changes increase the demand for group child care, sleep issues among infants and toddlers in these environments have become more common. This workshop prepares educators with the knowledge, skills, and attitudes needed to support young children's sleep in group settings, utilizing a behavioral approach.

**Presenter:** Dr. Minnie Mossop specializes in early childhood development and early childhood mental health, especially in group child care settings, using a relationship-based approach that guides her work. As a coordinator and faculty member at Douglas College, she supports and mentors future educators. Her work focuses on brain development, responsive caregiving, and children's well-being. She provides workshops and consultations internationally to help educators and families create high-quality early childhood environments.

**Date:** Saturday April 18, 2026

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

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

**Location:** Online via Zoom



WORKSHOP 6

# LOVING THE OUTDOORS THROUGH LITERATURE

Books can take us far away from our homes and schools into the wilderness of our imaginations. But how can you bring stories outdoors, especially in rainy Vancouver? This workshop introduces a variety of storytelling techniques that are suitable for the outdoor classroom, and it also showcases books and activities to read indoors and out to inspire children to explore nature.

**Presenter:** Tricia Edgar has been involved in nature-based education for the past thirty years as an educator at the Lynn Canyon Ecology Centre. As a lifelong resident of North Vancouver, she loves misty forests, rushing rivers, and banana slugs. She's the co-founder and program director of Fresh Air Learning, a forest school based in Metro Vancouver, and she has facilitated professional development for many teachers as they explore the possibilities of forest school.

**Date:** Thursday April 23, 2026

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

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

**Location:** Online via Zoom



WORKSHOP 7

# 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 8

# WHAT IS PEDAGOGICAL NARRATION AND WHY IS IT AN IMPORTANT COMPONENT OF CURRICULUM MAKING?

In this workshop, Behnaz invites early childhood educators to join her in this transformative session to enhance our teaching skills make a meaningful impact on children's lives and make a change together. Behnaz will share her knowledge of what is pedagogy. She will demonstrate how pedagogical narration and documentation can enrich the learning experience for both children, their families and teachers.

Through engaging activities, participants will explore the significance of pedagogy in ECCE and uncover the power of pedagogical narration. They will learn how to create an environment that fosters growth and change. By the end of the workshop, educators will have a deeper understanding of pedagogical narration and be equipped to implement it effectively in their practice.

**Presenter:** Behnaz Lotfi has been involved in ECCE since 1978. After a break dedicated to raising her two children, Behnaz returned to studying and became a passionate Early Childhood Educator who continues her studies at Capilano University. She is interested in what is new in this beautiful profession and loves to share her knowledge. Her workshops are informative and full of passion for the field of education, and advocated for inclusion and supports families and students who are new to Canada in her role as a mentor.

**Date:** Thursday April 30, 2026

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

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

**Location:** Online via Zoom



WORKSHOP 9



## INDIGENOUS STORY TIME

Discover meaningful ways to bring Indigenous culture into your classroom through story time. Join CCRR consultant Christine Kopp for an engaging workshop where she will share songs, stories, and games using Indigenous toys, books and materials for CCRR's borrowing library. Participants will join in circle time and hands on activities and leave with practical ideas and inspiration to enrich their own centres.

**Presenter:** Christine Kopp has worked for Abbotsford CCRR for 2 years and has more than 25 years experience in the field as an Early Childhood Educator. Teaching young children and mentoring other teachers is her passion. Storytelling is such an important part of childhood, it sparks imagination, builds connection, and nurtures a lifelong love of learning.

**Date:** Saturday May 2, 2026

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

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

**Location:** Abbotsford CCRR - #102-2469 Montrose Avenue, Abbotsford V2S 3T2

# ART AND CRAFT IN A PEDAGOGICAL PRACTICE

During this workshop we will try to understand why art and craft have traditionally been placed in opposition to one another, and how this impacts the way we engage children in creative processes. By demonstrating that art and craft are on a non-hierarchical continuum, we will come to appreciate how every creative experimentation, both guided and naturally occurring, has value and potential.

Objectives:

- Identify how our attitudes towards the creative processes may affect how children engage in it.
- Understand different approaches: while some children need a structure to their engagement, others may require a loose, independent approach to their experience of the proposed material.
- Explore how understanding the nature and properties of material informs boundaries for free experimentation.
- Discuss how to facilitate experimentation of material and creative process without stifling creativity.
- Art and Craft in the context of ELF (Early Learning Framework, 2019)

**Presenter:** Ana Vojnovic MA, BA – works as an educator (UBC Child Care), artist, and a research-based designer. Her pedagogical and creative practices are an integrated interdisciplinary response to basic questions of how built/designed environments affect our ways of being.

**Date:** Thursday May 7, 2026

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

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

**Location:** Online via Zoom



WORKSHOP 11



# CHILD CARE START-UP INFORMATION SESSION

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

**Date:** Wednesday May 13, 2026

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

**Cost:** Free

**Location:** Online via Zoom



## WORKSHOP 12

# UNDERSTANDING CHILDREN'S BEHAVIOURS

Contributing to a child's development is deeply rewarding, yet it often comes with challenges. As children build expressive language skills, they first communicate their emotions through behaviour. Caring adults play a key role in becoming curious about the intentions behind these behaviours and responding with understanding. It is normal to feel frustrated while trying to make sense of children's emotional and behavioural reactions, especially as each child has unique needs and personalities. In this presentation, Nikkol Adams, MA, RCC explores the meaning behind challenging behaviours to help adults better support and redirect them. Participants will learn about brain development for emotional regulation, the role of the autonomic nervous system, the goals behind children's behaviour, and practical strategies for guidance. This session is designed for individuals working with children aged 3–12 in diverse settings.

**Presenter:** Nikkol Adams, MA, RCC is a Registered Clinical Counsellor with extensive experience working with children and families. Her work is grounded in an understanding of child development, emotional regulation, and the nervous system. Nikkol supports children in expressing emotions, navigating challenging behaviours, and building resilience through developmentally appropriate, compassionate approaches. She collaborates closely with caregivers and professionals to create supportive environments that foster emotional growth, safety, and connection for children across diverse settings.

**Date:** Thursday May 14, 2026

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

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

**Location:** Online via Zoom



# TRAUMA INFORMED PRACTICES IN EARLY CHILDHOOD PROGRAMS

This interactive workshop introduces early childhood educators to Trauma Sensitive Pedagogy (TSP) for creating safe, supportive, and predictable learning environments. Participants will learn how trauma affects young children's behavior and development, and explore practical strategies—such as co-regulation, sensory supports, and trauma-sensitive communication—to respond to challenging moments with empathy and effectiveness. Through real-world scenarios, educators will practice applying TSP strengthen relationships, build trust, and promote emotional regulation in the early childhood classroom.

**Presenter:** Pooja Kalsi has a Master's degree in early childhood education from State university of New York. She has 27 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 support their social emotional health. She currently teaches at Langara College in the ECE department. She is a mother of two children and believes that she continues to learn from the world around her.

**Date:** Thursday May 21, 2026

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

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

**Location:** Online via Zoom



WORKSHOP 14

# MATERIAL EXPLORATIONS



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**Presenter:** Wanda Cole has been working in the ECE field since 1998 and has been a consultant at the CCRR since 2019. She is passionate about offering art experiences to children of all ages and encouraging educators to explore their own creativity.

**Group size is limited to 10 participants, so register early!**

**Date:** Saturday May 23, 2026

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

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

**Location:** Abbotsford CCRR - #102-2469 Montrose Avenue, Abbotsford V2S 3T2



WORKSHOP 15

# 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:** Wanda Cole, Christine Kopp & Brenda Herrera - Child Care Consultants at Abbotsford CCRR

**Date:** Wednesday May 27th, Thursday May 28th & Friday May 29th, 2026

**\* must attend all three days to receive certificate**

**Time:** 9:00 am - 4:00 pm

**Cost:** \$100

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



## WORKSHOP 16

# 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 May 30, 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



Apr-Jun 2026

WORKSHOP 17

# COFFEE & CONVERSATIONS BOOK CLUB

Join us in reading **Loose Parts 4: Inspiring 21<sup>st</sup> Century Learning** by Miriam Beloglovsky & Lisa Daly. Each participant will receive a copy of the book to read. We will meet for coffee, conversation, & hands-on activities to make our reading come to life. Participants will receive a certificate at the end of the 4 sessions.

**Register by April 1st.**

**Presenter:** Wanda Cole

**Date:** Saturday's May 30<sup>th</sup>, July 25<sup>th</sup>, September 26<sup>th</sup> & November 28<sup>th</sup>, 2026

**Time:** 10:00 am - 11:00 am

**Cost:** \$50 (Includes Book)

**Location:** Abbotsford CCRR - #102-2469 Montrose Avenue, Abbotsford V2S 3T2



# EXPLORING CONNECTIONS: LIVING INQUIRIES AND OUTDOOR EDUCATION

Join us for an inspiring and thought-provoking workshop that explores how The Living Inquiries within the BC Early Learning Framework naturally align with Outdoor Education and the Forest School philosophy. Together, we will dive into how learning in nature nurtures curiosity, relationships, and a sense of belonging for both children and educators.

**Presenter:** Belva Stone has been working with children for close to 30 years. She spent 12 years as a private nanny specializing in children aged 0-5yrs. She has been an early childhood educator for 15 years working in all manners of childcare programs. She found outdoor education in 2015 and hasn't looked back since. Belva has long been an advocate for getting outdoor education licensed in BC.

**Date:** Thursday June 4, 2026

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

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

**Location:** Online via Zoom



## WORKSHOP 19

# WEAVING TOGETHER THE HEALTH AND WELLBEING OF THE CHILDREN WITH THE HEALTH AND WELLBEING OF THE LAND.

Inspired by these worldviews, in this session, you will be invited to listen and discuss ideas on how to include the health and wellbeing of land (as well as air, water) within your early years program. Together we will consider how the creation of respectful, reciprocal relationships with the land will help children grow & learn in a healthier way.

Cree Elder, Mr. Joseph Masty asked: "If the land is not healthy, then how can we be?" Medical Health Officer with Vancouver Island Health and a member of Stz'uminas First Nation, Dr. Shannon Waters says: "We are the land, and the land is us" Indigenous worldviews include ethnics of respect, reciprocity, and responsibility to the land and other beings inhabiting the land.

**Presenters:** Danielle Alphonse, my traditional name is Qwui'stun'a'wat, which was passed down to me by my late grandmother, Philomena Alphonse. My second name, Tthlulmia, is in honour of my great-grandmother, Helin Alphonse. Currently, I am in my eleventh year as the BC Regional Innovation Chair for Aboriginal Early Childhood Development at Vancouver Island University, where I also teach in the Early Childhood Education and Care program.

Sheila Grieve, VIU Sheila is a Metis early childhood education and is grateful to the Snuneymuxw people; she currently learns, lives and works on their unceded traditional territory. Sheila is low vision, legally blind and believes everyone has a right to thrive outdoors. Her passion is learning from the land and spending time with plants and children. Sheila believes that plants are a way to create connections to land and self.

**Date:** Saturday June 6, 2026

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

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

**Location:** Online via Zoom



Apr-Jun 2026

WORKSHOP 20



# 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 June 10, 2026

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

**Cost:** Free

**Location:** Online via Zoom



# EMPOWERING CHILDREN: NURTURING CONSENT, RESPECT AND AUTONOMY



In this workshop participants will have the opportunity to reflect on and better understand their own feelings around children and consent. We will investigate how stories, songs, movies, and other forms of media influence our views about consent in children and how these influences affect children's views of consent. Participants will learn ways in which they can teach children about consent, respect and bodily autonomy.

**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 spaces 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, a registered 200-hour Yoga Teacher, a 95-hour Children's Yoga Teacher and a certified Prenatal Yoga Teacher

**Date:** Thursday June 11, 2026

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

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

**Location:** Online via Zoom

# CREATING SUPPORTIVE ENVIRONMENTS FOR 2SLGBTQ+ CLIENTS AND STAFF

This virtual workshop is designed for Early Childhood Educators who want to foster more inclusive, welcoming spaces for 2SLGBTQ+ children, families, and staff. We'll explore practical strategies for developing policies and procedures that ensure queer parents and staff feel safe and valued in your setting. You'll learn how everyday choices—like the language you use, holidays you celebrate, and classroom stories or songs—can help parent, staff and children feel seen and respected. Leave with tools and resources to help your centre.

**Presenter:** Steph Wiggins (they/them) joins you from unceded Sinixit territory, in what is colonially known as Nelson, BC. With over 15 years in early childhood education and a strong background as a Health and Relationship Educator, Steph brings a blend of professional expertise and lived experience. Their work centers on helping people of all ages and backgrounds reflect deeply and empathetically on how everyday choices shape lasting support and true belonging in our relationships and communities.

**Date:** Saturday June 13, 2026

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

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

**Location:** Online via Zoom



# WIGGLES AND GIGGLES: INCORPORATING MUSIC AND MOVEMENT INTO CURRICULUM

Learn ways to incorporate developmentally appropriate, playful, accessible physical activities into daily early years program, using music and movement. Come for a workshop fun filled with simple and fun music and movement ideas, as well as tips and strategies. Workshop suitable for ECEs, FCC, Multi-age provider, and Early Years facilitators.

**Presenter:** Cheryl Song has 25 years of experience working with children and families. She is licensed early childhood educator and family educator. She has special interest in ECE include infant/toddler education, multicultural education, and families studies. Cheryl works on the front line with children and families in variety of programs, such as Strong Start and Mother Goose program.

**Date:** Thursday June 18, 2026

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

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

**Location:** Online via Zoom

## WORKSHOP 24

# MATERIAL EXPLORATIONS

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**Presenter:** Wanda Cole has been working in the ECE field since 1998 and has been a consultant at the CCRR since 2019. She is passionate about offering art experiences to children of all ages and encouraging educators to explore their own creativity.

**Group size is limited to 10 participants, so register early!**

**Date:** Saturday June 20, 2026

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

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

**Location:** Abbotsford CCRR - #102-2469 Montrose Avenue, Abbotsford V2S 3T2

# BIG FEELINGS, CALM GUIDANCE: SUPPORTING EMOTIONAL REGULATION

This interactive workshop supports educators in understanding and responding to children's big emotions with calm, connection, and confidence. Participants will explore emotional regulation through a relationship-based lens, learning how children develop self-regulation through co-regulation with trusted adults. The session offers practical tools for validating feelings, setting boundaries with compassion, and responding rather than reacting during emotionally charged moments. Through real-life examples, reflection, and simple language shifts, educators will learn how their own presence, tone and nervous system play a key role in supporting children's emotional safety and resilience. Participants will leave with strategies they can use immediately in early learning environments.

**Presenter:** Reena K Kukreja is a children's life coach, keynote speaker, and ECE with over a decade of experience working with children, families, and educators. She specializes in mindful communication, emotional regulation, and connection-based guidance. Through storytelling, practical tools, and a calm, reflective approach, Reena supports educators in creating emotionally safe environments where children can thrive. Her work is grounded in presence, compassion, and real-life early childhood practice.

**Date:** Thursday June 25, 2026

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

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

**Location:** Online via Zoom



WORKSHOP 26

# 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 June 27, 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





April - June  
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)