



**ccrr**  
Child Care Resource & Referral



**ChildCareBC**

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



**Winter 2025**

**Professional Development**

YMCA Child Care  
Resource & Referral



scan to register!

# Important Workshop Policies and Information

## Registration Policies and Procedures

- Register online via [myymca.ca](http://myymca.ca) or by phoning either 604-931-3400 or 604-294-1109.
- Payment options include American Express, MasterCard, Visa or Debit.
- Refunds will only be given to registrants who provide a minimum of 5 working days notice and are subject to a \$5.00 administration fee per workshop.
- Workshops may be cancelled due to insufficient enrollment and other factors outside of our control. In the event of cancellation, a full refund will be issued.

### In Person Courses/Workshops Policies

- Workshops start promptly at the time indicated.
- Late arrivals will not be permitted 15 minutes after the start time.
- Participants leaving early will have their certificates adjusted.
- If you are feeling unwell or exhibiting flu like symptoms, please do not attend and risk infecting others.
- We cannot guarantee a scent-free environment.
- We are unable to accommodate children during courses, workshops, or networking events.

### Online Courses/Workshops Policies

- Workshops start promptly at the time indicated and will be held on Zoom or MS Teams.
- It is recommended to use a laptop or computer.
- Late arrivals will not be admitted 15 minutes after the start time.
- Participants leaving early will have their certificates adjusted.
- Cameras need to be on and participants need to be in view for the entire duration of the course/workshop to receive a certificate of completion.
- Refunds will not be given due to technical difficulties with your equipment.

## Workshop Locations

### Burnaby CCRR

4460 Beresford St., Burnaby  
[ygv.crr@bc.ymca.ca](mailto:ygv.crr@bc.ymca.ca) • 604-294-1109

### Coquitlam CCRR

1130 C Austin Ave., Coquitlam  
[ygv.crr@bc.ymca.ca](mailto:ygv.crr@bc.ymca.ca) • 604-931-3400

### New Westminister CCRR

10 - 620 Royal Ave., New Westminister  
[ygv.crr@bc.ymca.ca](mailto:ygv.crr@bc.ymca.ca) • 604-931-3400

### Inn At the Quay

900 Quayside Drive, New Westminister

### Online

Zoom or MS Teams

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

The YMCA Child Care Resource and Referral provides certificates of completion for all courses and workshops. When claiming a workshop or course for training hours it is the responsibility of the participant to check with the ECE Registry or Community Care Licensing.

# Responsible Adult

## 20 Hour Child Care Training Course



This course meets the requirements of 20 hours training to become a “Responsible Adult” as stipulated by Child Care Licensing Regulations. The content covers child development, guiding behaviour, health, safety, nutrition and programming. The course is live and interactive, so participants must have video and audio capabilities, as well as participate and attend all sessions in order to receive the certification at the end of the course.

To sign up for this course participants must:

- Be 19 years of age
- Have minimum Grade 8 English written and oral skills
- Attend all scheduled sessions

Once the training is complete, participants are eligible to work as a Responsible Adult in:

- School-age Child Care Programs
- Licensed Family Child Care
- As additional support or substitute in Licensed Preschool and Licensed Child Care Programs
- Summer Camps

Dates: Mondays to Fridays, February 3rd to 14th, 2025

Time: 10:00AM - 12:00PM

Location: Online via MS Teams

Cost: \$20

Presenter: Crystal Bunnett

Crystal currently works as a consultant at the YMCA CCRR where she plans engaging and inspiring professional Development opportunities. She has been an Early Childhood Educator for over 25 years. Crystal has her diploma in ECE, I/T and Extra Needs Support. She has supervised in a variety of inclusive settings including preschool, infant toddler, and school age care. She is passionate about providing quality child care programs, and supporting families and child care providers in the community.

## TINY STEPS, GIANT LEAPS: SHAPING DEVELOPMENT IN INFANTS & TODDLERS

Saturday, January 18th, 2025 • 9:30AM-12:45PM (15 min. break)  
• Online via Zoom • Fee: \$15.00 • Suitable for child care providers, child care workforce, and parents.

This workshop promises an invigorating deep-dive into the most formative stages of human life - the first three years. The goal goes beyond sharing information; the workshop aims to spark passion, curiosity, and a renewed sense of purpose in your important role. By blending academic theories with real-world applications, participants will have an opportunity to explore the tools to foster an optimal environment for early childhood development.

**Presenter:** Minnie Mossop

Dr. Minnie Mossop is a specialist in infant and toddler care, deeply committed to early childhood education. She holds a Ph.D. and MA in Infant and Early Childhood Development, and an M.Ed. in Early Childhood Education. Her research covers attachment, brain development, and co-regulation, applied to group childcare settings. Currently, she is a faculty member at Douglas College, offering expert guidance to families and educators across North America through consultations and workshops.



### Dates & Times

- Saturday, Jan. 25th, 9:30AM-2:00PM (30 min. lunch break)
- Saturday, Feb. 8th, 9:30AM-2:00PM (30 min. lunch break)
- Saturday, March 8th, 9:30AM-2:00PM (30 min. lunch break.)

- 12 hours of professional development! Participants are to attend all sessions.
- Join us for refreshments 9:00-9:30AM prior to each session!

## BEING WITH AMERICAN SIGN LANGUAGE (ASL) (3 DAY COURSE)

Coquitlam CCRR • 1130C Austin Avenue • Fee: \$50.00 • Suitable for child care providers, child care workforce, and parents.

An Imaginative Education approach to learning ASL and Introducing it to young children. This workshop series will introduce participants to ASL through the lenses of the theories of Imaginative Education and Unswaddling Pedagogy. Children learn through embodiment, their senses, emotions, rhythms, curiosity, wonder, metaphors, etc. Dr. Annabella Cant, an ASL learner herself, will introduce the language through "cognitive tools" that are very familiar to educators. She will engage the participants holistically, through song, movement, play, emotion, humour, and imagination. The participants will learn important facts about inclusion, about how to stay respectful toward the deaf community, and how to approach this new language in an ethical way.


The workshop series will also approach all the principles of the BC Early Learning Framework. So, let us enter together this wonderful world of ASL!

- Session 1: introduction, theory, history of ASL, communication to parents about learning ASL, alphabet, and numbers.
- Session 2: frequently used words with young children, sentence and question formation.
- Session 3: ASL through songs, stories, transitions, and games.

**Presenter:** Dr. Annabella Cant

Dr. Annabella Cant is a professor in Early Childhood Education at Capilano University. In 2022 Annabella was nominated for the BCTLC West Coast Teaching Excellence award. She has previously received the 2019 Teaching Excellence Award from Capilano University. Annabella has been practicing ECCE since 1994; in 1999 she started opening her own childcare centres in Europe (her schools were dedicated to children with very diverse backgrounds and abilities).





**Guiding,  
Caring &  
Discipline**

**Free webinar!**

When a child causes hurt, we've got to do something but what is the most effective thing to do without making the situation worse or potentially damaging the child? Disciplining a child has become such a taboo topic these days and many people have found that the common disciplinary techniques such as timeouts, punishments and consequences don't even work anymore. We will discuss exactly **WHAT** to do, **WHEN** to do it, **WHY** and **HOW** to do it all while maintaining the connection and promoting self-regulation.

Wednesday, January 22nd, 2025 • 10:00-11:30AM

**Online via Zoom • Cost: FREE!**

Everyone is welcome to attend!



Julie Romanowski is a certified, trained and licensed early childhood consultant - specializing in children's behaviour & discipline. With over 25 years of experience of working with children & families, Julie is one of the best 'Parenting experts', 'Parenting Educators' & 'Parenting Coaches' in Canada. As the founder and Executive Director of Miss Behaviour: Parenting Coach & Consultant Services, Julie has shared her knowledge and expertise internationally on various news & media stations.

## NETWORKING: BEHAVIOUR IN THE EARLY YEARS: A CONVERSATION

Thursday, January 23rd, 2025 • 6:30-8:00PM • Burnaby CCRR • 4460 Beresford Street, 3rd Floor • Fee: \$5.00 • Suitable for child care providers and child care workforce

Join us in discussion on how to build knowledge and capacity within our child care community to reduce the number of children excluded from programs in response to their behaviour. Together we will share ideas and strategies to create an inclusive child care program where children with a range of skills and abilities are able to reach their full potential – in their own way and at their own pace.

Presenters: CCRR Consultants

Light refreshments will be provided.

A one-hour professional development certificate will be issued.

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## HOW TO INTEGRATE NATURE EDUCATION INTO YOUR EXISTING CURRICULUM

Thursday, January 30th, 2025 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

In this workshop, we will focus on how to integrate safe and comfortable Nature Education Programming into your practice, which you can start incorporating into your program immediately. In doing so, we will begin by discussing the definition, history, philosophy and benefits of Nature Education, requirements for a successful Nature Education Program, policies & procedures (weather, wildlife, First Aid, etc.), program supplies, recommended gear, team building activities, group cooperative games, processing & reflection circles, risky play, site assessment & risk management. Come join us for a fun and engaging presentation, where our goal is to inspire you to learn these tools and activities to take back with you to your practice.

Presenter: Jarrett Krentzel

Jarrett Krentzel is the Founder/Director of Hand-In-Hand Nature Education. He has over 25 years of experience teaching environmental education and outdoor learning from preschools to universities in British Columbia, Yukon, New York, Oregon and California. His mission with Hand-In-Hand Nature Education is to create an outdoor learning environment where their forest friends feel safe and comfortable while playing, learning and connecting in nature!



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## SLOW HANDS, CARING EYES: RESPONSIVE CURRICULUM IN INFANT/TODDLER ROOMS

Saturday, February 1st, 2025 • 9:30AM-12:45PM (15 min. break) • Online via Zoom • Fee: \$15.00 • Suitable for child care providers, child care workforce, and parents.

This session invites you pause, reflect, and critically assess caregiving practices for children aged 0-2. Examine the profound role of responsive curriculum and ethics of care in nurturing our youngest citizens. View these practices through the lens of ethical care for this age group and ignite new ideas about integrating your daily routines with a responsive curriculum, thereby crafting a nurturing and supportive environment for infants and toddlers.

Presenter: Monica Chan

Monica Chan is a parent educator and early childhood specialist with expertise in early years learning and child development. Drawing on her background in the RIE® approach, Monica empowers early childhood educators to foster emotional resilience, responsive care, and ethical teaching practices. With experience guiding parents and educators, she is dedicated to nurturing the next generation of confident, compassionate learners.

# BULLY PREVENTION: THEIR MAKING, UNMAKING & PROTECTION

Coquitlam CCRR • 1130C Austin Avenue • Fee: \$20.00 • Suitable for child care providers, child care workforce, and parents.

## Bullies: Their Making and Unmaking

The bully is an enigma. Because of this, we mistakenly think a child who is bullying is strong, where they are very insecure and fragile. We attribute intention and choice of the bully, when really what drives the behaviour is a deep-rooted instinct and a hardened heart. Because of common misperceptions and misunderstanding of the root causes, we proceed to battle against the symptoms, exacerbating the very syndrome we wish to confront. We cannot effectively address a problem we do not understand. Colleen will trace the bully syndrome to its roots and pave the way for change that is deep and lasting. She will offer stories and examples to bring theory to life.

## Protecting Children Against Bullying

As educators and parents, we want to protect children from the wounding, harm and even trauma that happens when a child is bullied. Parents, educators, and caregivers often wonder: is there a way we can prevent children from being bullied? Are there skills that can be taught so that kids in our care can learn how to deal effectively with a child who is bullying? And if one of the children has been mistreated, what can we say and do to lessen the hurt and foster resilience? In this presentation, Colleen will address these questions and will discuss three key factors that are imperative for educators and parents to understand if they hope to protect children. Through theory, stories, and examples she will address how educators and parents can best equip their children against bullying and cultivate resilience in the face of it.

**Presenter:** Colleen Drobot

Colleen Drobot is a registered professional counsellor with a private practice. She provides therapy for adults and also offers parent consulting using a developmental, attachment-based approach. She also works with school districts and other professionals to help make sense of children and adolescents. She is an educator with over 20 years of experience working with children in the regular classroom or in special needs settings. She is an adjunct faculty member of the Neufeld Institute.

### Dates & Times

Wednesday, Feb 5th: 7:00-9:00PM

Wednesday, Feb 19th: 7:00-9:00PM

- Two part workshop. Participants are to attend both sessions.
- Join us for refreshments 6:15-7:00PM prior to each session!



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## NETWORKING: COMMUNITY PANEL Q & A

Wednesday, February 12th, 2025 • 6:30-8:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$5.00 • Suitable for child care providers and child care workforce.

Join us for a Question & Answer session with various community programs and agencies. A chance to connect with each other and learn more about resources that support childcare programs and families. Come with your questions and be ready to learn about how these programs can support you and the children you work with.

**Presenters:** CCRR Consultants & Community Agency Panel

Light refreshments will be provided.

A one-hour professional development certificate will be issued.



**Free webinar!**



## **Childhood Brain Development**

Join Institute of Child Psychology's co-founder, Tania Johnson, as she takes you through 10 concrete lessons to better understand the developing brains of children and teens. This course was designed to easily make sense of, and nurture, optimal childhood brain development.

### **Objectives:**

- Identify the various components of the brain and their neurological function in terms of childhood development
- Examine ways to foster healthy brain development
- Explore the sequential stages of growth of the child and teen brain
- Connect mental health issues with the neurochemistry of the brain

**Wednesday, February 12th, 2025 • 10:30AM-12:00PM**

**Online via Zoom • Cost: FREE!**

**Everyone is welcome to attend!**



Tania Johnson was born in South Africa, where she received an Honours degree in psychology. She spent several years teaching in Taiwan before adventuring to places like Mount Everest base camp and the Andes in Peru and Bolivia. She then completed a one-year internship at Cancer Treatment Centres of America in Chicago, where her focus was on supporting patients in the stem cell unit. Tania then earned her Master's degree in counselling from City University of Seattle.



# Lisa Murphy on... Being Child Centered!



**Webinar!**

This session is an in-depth exploration of the nine points outlined in the framework Lisa presents in her book, *Lisa Murphy On... Being Child Centered*. Via interactive lecture, true-to-life examples, anecdotes and her signature “learning and laughing” style, this workshop debunks the myth that being child centered means kids running around naked all day and instead outlines what it really means to be a child centered program. The Q & A time is included at the end.

Saturday, March 1st, 2025 • 9:30-11:30AM

**Online via MS Teams • Cost: \$5.00**

Everyone is welcome to attend!



Lisa Murphy has been involved in early childhood education for over 35 years. She has written five books, produced numerous training videos, serves on several early childhood advisory boards, lectures both domestically and internationally, is a frequent guest on various early childhood podcasts and is the founder and CEO of Ooey Gooley, Inc.

## EMERGENCY CHILD CARE FIRST AID / CPR LEVEL B

Saturday, March 1st, 2025 • 8:30AM-5:30PM (30 min. lunch break, and two 15 min. breaks) • Coquitlam CCRR • 1130C Austin Avenue

This course will include choking skills, breathing emergencies, and CPR for babies and children. It will also covers basic first aid for common injuries such as bleeding, burns, falls, fractures, poisons and some medical conditions. AED certification is also included.

Presenter: Pacific First Aid

Please bring your own lunch, wear comfortable clothing and arrive 10 minutes before the course begins.

Payment and Registration: online at [www.pacificfirstaid.ca](http://www.pacificfirstaid.ca) or by phone at 604-638-1228.



## THE IMPORTANCE OF WORDS AND COMMUNICATION: ARE YOU STILL SAYING, "GOOD JOB"?

Thursday, March 6th, 2025 • 7:00-9:00PM • Online Via Zoom • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Discover how the way we praise can shape children's mindsets and influence their growth. This workshop explores the nuances of effective praise and feedback, offering insights into how these simple yet powerful tools can foster resilience and a love of learning in children.

Presenter: Hanako Shimamura

Hanako completed an M.Sc. in Child Development and Education and a Ph.D. in Education at the University of Oxford. She has been involved in Early Childhood Education for the past 17 years. She is a best-selling author in Japan and conducts workshops for parents and teachers on guiding child behaviour. She is a faculty member in the ECE program at Douglas College.





# Understanding Sensitive Children

**Free webinar!**

In this online workshop parents, caregivers, and professionals will learn to better understand highly sensitive children [HSC] and ways to help them manage in the home and the classroom.

## Objectives:

- Identifying whether a child is highly sensitive
- Exploring struggles that accompany these types of children and possible solutions
- Understanding how parenting style can impact HSC
- Develop strategies to build resiliency in HSC

Wednesday, March 5th, 2025 • 10:30AM-12:00PM

**Online via Zoom • Cost: FREE!**

Everyone is welcome to attend!



Tammy Schamuhn is a Registered Psychologist and Registered Play Therapist Supervisor. Tammy also has a Bachelors of Education from the University of Alberta and practiced as an elementary teacher in Edmonton before going on to complete her Masters degree in Psychology. Tammy is the Founder and former Executive Director of Family Counselling Centres, and the Co-Founder and Director of the Institute of Child Psychology.

## SUPPORTING CHILDREN'S OUTDOOR RISKY PLAY

Wednesday, March 12th, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Research is clear on the importance of regular and repeated access to outdoor risky play. Early learning and child care centres are important environments for the early years, and experiences in these settings provide essential opportunities for children's outdoor risky play that they may not have at home. Learn the key concepts that support outdoor risky play and how you can begin to incorporate these into your programs and plans. This interactive workshop will work through real examples from early learning and child care environments, focusing on how to support children's outdoor risky play. Recent research from British Columbia will showcase how child care centres are supporting outdoor risky play through policy, practice and environment modifications.

**Presenter:** Hebah Hussaina

Hebah Hussaina is a recent MSc. graduate in the Women+ and Children's Health Sciences Program supervised by Dr. Mariana Brussoni. Hebah has a strong background in pediatric health sciences research in a variety of settings and is passionate about supporting healthy child development and communities. Hebah's research interests lie in the intersection of pediatric mental health and outdoor & risky play, especially through the lens of health promotion initiatives and knowledge translation.



## NETWORKING: LIBRARY RESOURCE EXPLORATION & PROVOCATION

Tuesday, March 25th, 2025 • 6:30-8:00PM • New Westminster CCRR • 620 Royal Ave • Fee: \$5.00 • Suitable for child care providers and child care workforce.

Join us as we unpack a few of the YMCA CCRR Early Learning Library's beautiful resources! We will provide extensions using the Early Learning Framework and incorporate Loose Parts to enhance the resource and extend the learning! Get creative along with us using ideas generated from the resources and each other.

**Presenters:** CCRR Consultants

Light refreshments will be provided.

A one-hour professional development certificate will be issued.

## Authentic Indigenous Solidarity: A Holistic Approach for ECE

**Lunch provided!**

This 5-hour workshop, "Authentic Indigenous Solidarity: A Holistic Approach for Early Childhood Educators," empowers educators to embrace culturally responsive education and decolonization in the classroom. Through interactive activities, participants explore their internal responsibility, heal from colonial wounds, and connect with the Land for personal and collective growth. The workshop also equips educators with somatic practices to develop healing, navigate difficult conversations around Indigenous history, and create inclusive, community-driven learning environments. Participants will leave with actionable strategies and a commitment to authentic solidarity.

Saturday, March 15th, 2025 • 9:00AM - 3:00PM (1 hour break) • Inn at the Quay • 900 Quayside Drive, New Westminster • \$5 • Suitable for child care providers and child care workforce.



Candace Linklater, a Moose Cree First Nation member and Ph.D. candidate, is a trailblazer in advocating for Indigenous children's rights. With deep roots in her community and extensive experience as an educator, Candace's work focuses on creating safe spaces for Indigenous queer youth and transforming colonial education practices. As the founder of Relentless Indigenous Woman Co. and a prominent social media influencer, she guides educators towards meaningful solidarity and change.

# YMCA CCRR Supportive Site Visits

We now offer Supportive Site Visits to child care providers and the child care workforce! Do you need support with any of the following?



- Library Resource Pick-Up & Drop-Off: Conveniently access YMCA CCRR Early Learning Library resources without the hassle of travel.
- Event Support: Extra (out-of-ratio) hands for holiday or graduation events; let us know if you need help!
- "Unboxing the Resources" Visits: YMCA CCRR consultants bring materials from our Early Learning Library to set up engaging provocations in your child care program.
- Story and Circle Time Sessions: YMCA CCRR consultants visit your child care program to lead an engaging story or circle time.
- Professional Development Workshops: Delivered by YMCA CCRR consultants at your child care, our office, or online. All participants receive a certificate!
- CCRR Services Presentation: Explore YMCA CCRR services for child care providers and the child care workforce, available at your program, our office, or online.

Interested? Visit our [Support Visit Request Form](#).



## Come visit us!



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

### YMCA Child Care Resource & Referral

1130 C Austin Avenue, Coquitlam BC V3K 3P5  
604-931-3400

4460 Beresford Street, Burnaby BC V5H 0B8  
604-294-1109

10 - 620 Royal Avenue, New Westminster, BC V3M 1J2  
604-931-3400

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



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