



ccrr
Child Care Resource & Referral



ChildCareBC

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



YMCA Child Care
Resource & Referral



scan to register!

Spring 2025 Professional Development

Important Workshop Policies and Information

Registration Policies and Procedures

- Register online via 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.ccr@bc.ymca.ca • 604-294-1109

New Westminister Public Library (Main Branch)

716 6th Ave, New Westminister

Coquitlam CCRR

1130 C Austin Ave., Coquitlam
ygv.ccr@bc.ymca.ca • 604-931-3400

Inn At the Quay

900 Quayside Drive, New Westminister

New Westminister CCRR

10 - 620 Royal Ave., New Westminister
ygv.ccr@bc.ymca.ca • 604-931-3400

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

Monday, May 26th - Friday, June 6th (weekdays), 2025 • 10:00AM-12:00PM • Online • Fee: \$20.00 • Suitable for child care providers and child care workforce.

This course fulfills the 20-hour training requirement to become a “Responsible Adult” as stipulated by Child Care Licensing Regulations. The content covers topics such as child development, behaviour, health, safety, nutrition, and programming. The course is live and interactive, so participants must have both video and audio capabilities.

Participants are required to: be at least 19 years old at the time of registration, demonstrate Grade 8 proficiency in both written and spoken English (or an equivalent level) to engage actively in class, and attend all sessions to earn a certificate of completion.

Upon successfully completing this course, participants will be qualified to work as a Responsible Adult in various environments, including School-age Child Care Programs, Licensed Family Child Care, as additional support or substitutes in Licensed Preschool and Child Care Programs, as well as Summer Camps.

Presenter: YMCA CCRR Consultant

FAMILY CHILD CARE ADMINISTRATION: 16 HOUR COURSE

April 8th, 15th, 22nd & 29th (Tuesdays), 2025 • 9:30AM-12:30PM • Online • Fee: \$20.00 • Suitable for child care providers and child care workforce.

This 16-hour course utilizes interactive sessions to guide participants through best practices in family child care, alongside fundamental business practices such as projecting a family child care budget, maintaining records, organizing expenses, and preparing for tax season. We will identify and review the necessary policies and procedures in family child care. As a final project, participants will either create or update their own Parent Package, which includes their center’s policies, contracts, daily schedule, programming, and more. Participants are required to have a basic understanding of word processing to complete the Parent Package document.

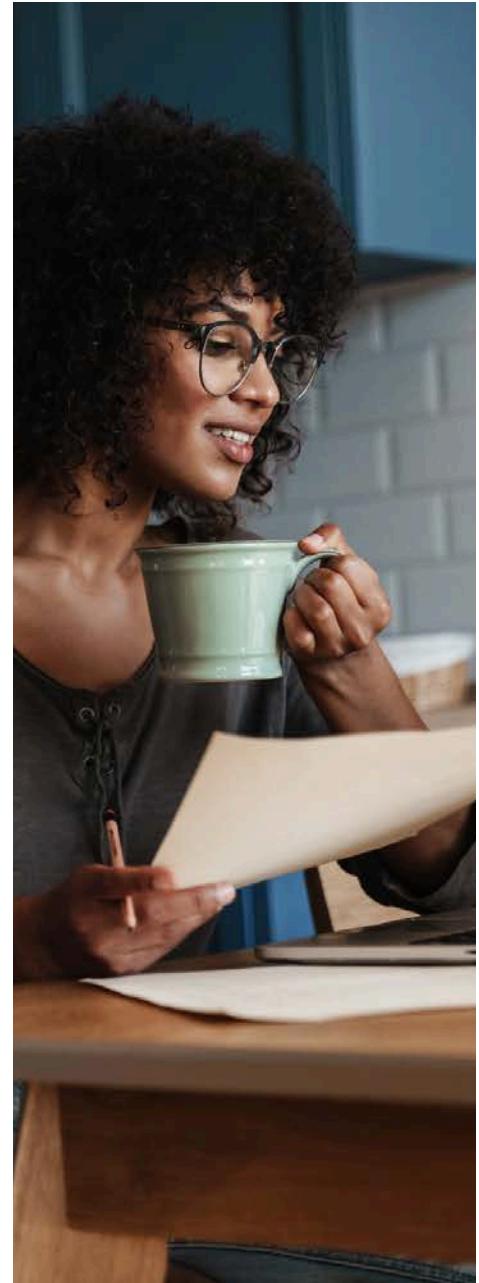
Objectives:

- Familiarize yourself with CCRR best practices in family child care.
- Identify and review policies and procedures, and create or update a Parent Package that must be approved before the final session.
- Explore basic business practices.
- Gain basic knowledge about the Affordable Child Care Benefit.
- Learn effective strategies for building positive relationships with families.

This course is designed for registered or licensed family child care providers who wish to enhance their administrative skills or review their Parent Package. It is intended for participants who have completed the Responsible Adult course and want to advance their careers in child care by starting their own family child care business. Please note that this 16-hour course (which includes both class time and independent learning) does not qualify participants to become a licensed family child care provider or to open a family child care business. For further information, please contact your local Child Care Resource and Referral Office (CCRR) or Licensing Office.

Participants are additionally required to: be at least 19 years old at the time of registration, demonstrate Grade 8 proficiency in both written and spoken English (or an equivalent level) to engage actively in class, and attend all sessions to earn a certificate of completion.

Presenters: YMCA CCRR Consultants



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. Q&A time is included at the end.

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

Online • 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.

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.



Join us 6:15-7:00PM for light refreshments!



NETWORKING: LIBRARY RESOURCE EXPLORATION & PROVOCATION

Tuesday, March 25th, 2025 • 6:30-8:00PM • New Westminster CCRR • 10 - 620 Royal Avenue • 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: YMCA CCRR Consultants

Light refreshments will be provided.

A one-hour professional development certificate will be issued.

Authentic Indigenous Solidarity: A Holistic Approach for Early Childhood Educators

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 • \$5.00 • 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.

CREATING PARTNERSHIPS WITH FAMILIES

Saturday, April 5th, 2025 • 9:30AM-12:45PM (15 min. break) • Online • Fee: \$15.00 • Suitable for child care providers, child care workforce, and parents.

Families are the foundations for working with all children. It allows us to better understand them and make meaningful connections.

Facilitators will guide participants in learning how to create family friendly and policies including an 'Open Door' Policy.

Discover practical ideas that reflect best practice of welcoming families and help participants learn how to implement respectful boundaries.

Learn the goals of the Early Learning Framework and how they apply to relationships with families.

Presenters: Patricia Kuhling & Sali Chippett

Patricia Kuhling and Sali Chippett are long standing Early Childhood Educators with diverse experience in all areas of early education.

Patricia was an Outreach Consultant at the Tri Cities / Burnaby CCRR and an instructor at Sprott Shaw College. She is also the former owner of Hazelwood Early Learning Centre where she passionately created programs that reflected her philosophy of community minded spaces and Inquiry based learning.

Sali has experience with many different educational approaches such as Reggio Emilia, Waldorf, Forest school and Theme based. Sali includes many of the Reggio Emilia principles in her current practice such as Inquiry based, Collaborative and Nature Based Learning. Sali presently works in the Greater Victoria School District implementing Inquiry, Play Based and Inclusive learning for Kindergarten children.



NETWORKING: BENEFITS OF FELT STORIES MAKE & TAKE

Wednesday, April 9th, 2025 • 6:30-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$5.00 • Suitable for child care providers and child care workforce.

This networking offers an opportunity to get comfortable telling stories to children as well as ways to become more creative in presenting stories and concepts at circle time. We will look at incorporating felt stories in the classroom so children have an opportunity to explore and play with them enhancing their own imagination and creativity. Felt stories can be used to provide learning opportunities such as counting, learning colours, letter and number recognition and so much more. Each participant will also choose a felt story kit and make a story to take home.

Presenter: Christine Kopp

Christine Kopp is an Early Childhood Educator with over 21 years experience working, teaching and mentoring in ECE classrooms. She is currently still working in the field and has also started her own business sharing the love of storytelling through felt boards. She challenges teachers to see felt stories as a fun encouraging hands on activity for more than just circle time.

Light refreshments will be provided.

A two-hour professional development certificate will be issued.



COMMUNITY OF PRACTICE: YOU CAN'T CELEBRATE THAT!

Online • Fee: \$10.00 • Suitable for child care providers and child care workforce.

Join us in this Community of Practice as we look deeper into the book "You Can't Celebrate That! Navigating the Deep Waters of Social Justice Teaching." Together we will find inspiration in this compelling story of an educator's social justice journey as she partners with families to explore racial identity, religious celebrations, and racism in response to a biased comment by one child to another in her diverse preschool class.

You Can't Celebrate That! is a beautifully written teacher's story about what it takes to provide children with the tools to act with empathy, respect, and fairness in the face of diversity, teaching with a set of values showing how honesty and openness can build bridges with families and co-workers in the community.

You Can't Celebrate That! reinforces how important it is that we begin talking with children about race and racism at a young age. If it is our mission to prepare children to live and succeed in our diverse and globalized world, our work begins here with intentional teaching about inclusion, equity, and identity.

Presenter: YMCA CCRR Consultant

Dates & Times

Thursday, April 10th, 2025: 7-9PM

Thursday, April 24th, 2025: 7-9PM

Thursday, May 8th, 2025: 7-9PM

Thursday, May 22nd, 2025: 7-9PM

Thursday, June 5th, 2025: 7-9PM

Thursday, June 19th, 2025: 7-9PM

This is a 12-hour Community of Practice professional development. A certificate will be issued at the end of the last session.

Participants will need to be available for all 6 sessions.

The book will be provided to you prior to the first session.



HARMONY IN TUNE: BUILDING EMOTIONAL LITERACY AND SELF-REGULATION

Saturday, April 12th, 2025 • 9:30AM-2:00PM (30 min. lunch break) • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$20.00 • Suitable for child care providers, child care workforce, and parents.

This workshop offers a dynamic exploration of the vital roles of co-regulation and affect attunement in children's development. As participants in this workshop, educators will gain deep insights into how co-regulation lays the groundwork for children to master self-regulation, a cornerstone of their holistic growth. We'll illuminate the concept of affect attunement—the empathic syncing of emotions with a child—which forms the foundation of co-regulation, emotional literacy, and is pivotal in relationship-based education.

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.

MANAGING BIG FEELINGS: AN INTRODUCTION TO EMOTION REGULATION

Tuesday, April 15th, 2025 • 5:45-7:45PM • New Westminster Public Library (Main Branch) • 716 6th Ave • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

What is emotion regulation? And how do we support the growth of these skills in childcare settings, schools and at home? This presentation provide information about emotions, and explain what is happening "under the hood" when a child is struggling. We will also explore concrete strategies for responding to distress, and building regulation skills. In a nutshell, we will practice ways to support children in managing their big feelings, as well as address how to manage our own big reactions in the process.

Presenter: Michelle Srdanovic

Michelle Srdanovic is a Registered Clinical Counsellor in private practice in New Westminster. She works with adults, children and parents struggling with anxiety, the impact of historical or recent trauma, and problems in interpersonal relationships. She is a certified Trauma Informed Stabilization Treatment Therapist (TIST) and is trained in Sensorimotor Psychotherapy, Emotion-Focused Therapy for Couples (EFT) and Families (EFFT), Gottman Couple's Therapy, Expressive Play Therapy and Narrative Therapy.



SPEECH & LANGUAGE DEVELOPMENT IN EARLY YEARS: PARTS 1 & 2

April 17th & June 12th (Thursdays), 2025 • 7:00-9:00PM • Online • Fee: \$20.00 • Suitable for child care providers, child care workforce, and parents.

Participants will gain information on specific communication challenges and strategies to use within their own educational settings. Emphasis will be placed on the following:

- Speech and language milestones
- Disorders of the voice
- Stuttering
- Augmentative and alternative communication
- Feeding and swallowing
- Bilingual and multilingual language development
- Specific strategies to facilitate communication

This is a two part workshop.

A four-hour professional development certificate will be issued at the end of the last session.

Presenter: Shari Linde

Shari Linde is the director of Advantage SLP, a Speech-Language Pathology clinic based out of Richmond, with a team of over 25 speech-language pathologists. Therapists see clients in the Steveston clinic, in clients' private homes, in healthcare or educational facilities, or via teletherapy. Shari has been a SLP for > 30 years. She is on the Registry of Autism Service Providers and has training in Hanen's "It Takes Two to Talk", "More Than Words", and "Talkability". She also has advanced training in pediatric feeding and oral facial myofunctional disorders. Shari was the Chair of the Board of Directors for Speech-Language and Audiology Canada during the 2021-22 term.

THE REMIX EDUCATOR: BLENDING PASSION, PRACTICE & PROGRAM PLANNING

Wednesday, April 23rd, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$10.00 • Suitable for child care providers and child care workforce.

Like DJs adapt to their audience, ECE educators must adjust their plans to fit the needs of the children in their care. This session will guide you in creating dynamic transitions between activities, finding the “beat” of your day, and designing a classroom rhythm that feels natural and fun for young learners.

Presenter: Cris Janicas

Cris Janicas has been a teacher with the Vancouver School Board since 2012. He is currently a District Resource Teacher focused on collaborating with schools to support students with challenging behaviours. He earned his Bachelor of Education from SFU and completed recent graduate programs focused on arts and health & physical education. He has been married for 14 years and has two sons.



LEARNING HOW TO MENTOR THE NEXT GENERATION OF EARLY CHILDHOOD EDUCATORS

Saturday, April 26th, 2025 • 9:30AM-12:45PM (15 min. break) • Online • Fee: \$15.00 • Suitable for child care providers and child care workforce.

As early childhood educators we all had the opportunity to attend practicums to support the growth of our skills. However, no one ever taught us how to mentor the students we would be supporting. This workshop will support your skills in being a practicum sponsor teacher. Using information from the Practice Based Teaching model, you will learn positive concrete strategies to support the practical development in our future early childhood educators.

Objectives:

- Learn effective strategies on how to mentor/coach early childhood education practicum students at your child care program.
- Understand the importance of using positive mentorship strategies to support the development of skills in ECE practicum students.
- Be able to label the steps in Practice Based Coaching.

Presenter: Andrea James

Andrea has been an early childhood educator for over 35 years. She is an ECE Faculty and the Summer Coordinator at Langara College.



ENHANCING COMMUNICATION IN EARLY YEARS

Saturday, May 3rd, 2025 • 9:30AM-12:45PM (15 min. break) • Online
• Fee: \$15.00 • Suitable for child care providers, child care workforce, and parents.

Participants will gain more in-depth information on specific communication challenges, and on strategies that they can use within their own educational settings. Specific emphasis will be placed on the following:

- Review of communication developmental milestones from ages 0 - 5
- Articulation / speech sound production
- Disorders of the voice
- Stuttering
- Augmentative and alternative communication
- Selective / situational mutism
- Communication difficulties and differences in Autism
- Feeding and swallowing
- Hearing-related communication difficulties
- Specific strategies to facilitate communication

Presenter: **Shari Linde**

Please see Shari Linde's bio on page 9.

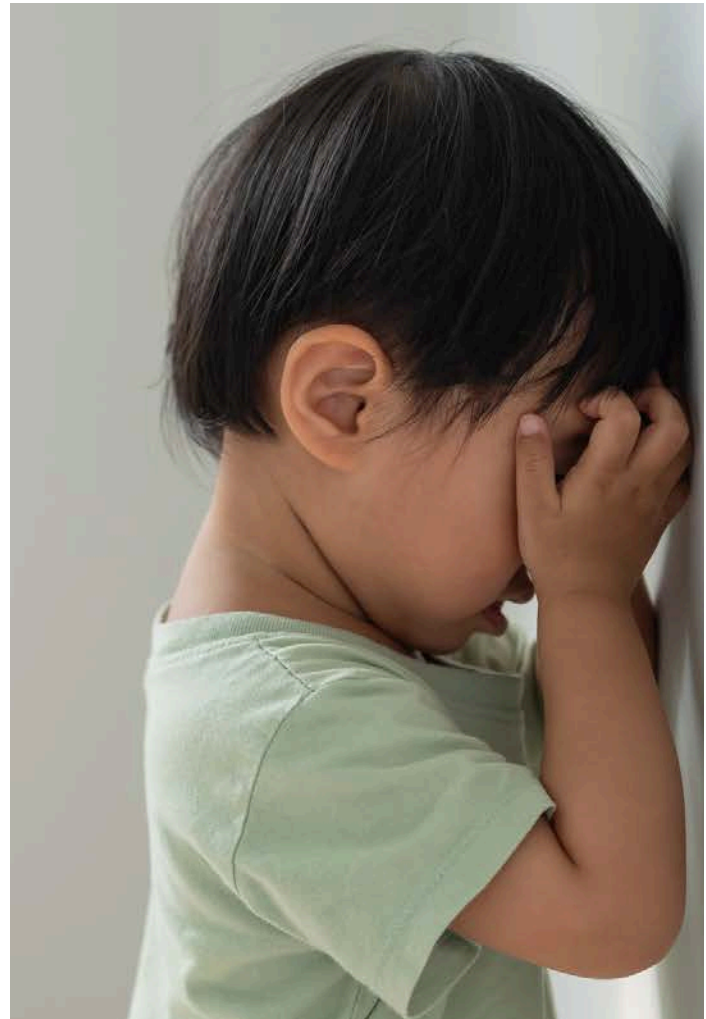
PREVENTING SENSORY OVERLOAD & OVERSTIMULATION IN YOUR CENTRE

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

Have you experienced children with challenging behaviours? What does the environment say when this occurs? Providing children with a safe and inclusive environment can eliminate negative behaviours and allow children to feel a sense of belonging. Providing children with age and developmentally appropriate child care environments allows children to flourish and thrive. Through this workshop, we will discuss what sensory overstimulation looks like within the child care and how the impacts it has on both children and Educators. We will focus on key concepts that participants can apply to their daily practice in the centre.

Presenter: **Prab Gill**

Prab Gill is an Early Childhood Educator with over 15 years of experience in the field. She has Instructed ECE courses for local colleges. Prab has hands-on experience providing care to children through her respective roles as an Educator and Manager of Licensed childcare facilities in the lower mainland. Prab is passionate about building rapport within the community and sharing her knowledge around child development. Prab recognizes the importance of self care and often recharges by spending time in nature.



K-Transition: Supporting Children During Kindergarten Transition

Saturday, May 10th, 2025 • 9:30-11:30AM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Transitions can be challenging. Research on transition identifies both the challenges and opportunities they present for children, families, and educators. This workshop will discuss a major transition of starting kindergarten and how parents/caregivers can best prepare children and themselves to be successful in new environment such as school. Join us for an informative discussion that will discuss strategies, appropriate activities to ease this transition.

Presenter: **Malgosia Tomanik**

Malgosia Tomanik, M.Ed., is a Family Consultant who specializes in supporting children preschool to high school age and their “big people” in a variety of environments, including homes, schools, and child care settings. Malgosia is experienced in addressing concerns associated with the daily challenges of caring for a child who requires support, including helping to make sense of difficult behaviour and supporting the big people for each child in finding a way through. Malgosia also works as a Key Worker with the Fraser Valley Child Development Centre. She provides support to caregivers raising children and youth who are living with FASD, from birth to 18 years of age.



USING CHILDREN'S LITERATURE TO NURTURE SOCIAL AND EMOTIONAL DEVELOPMENT

Thursday, May 15th, 2025 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

This workshop will introduce the idea of using children's literature as a way to nurture children's social and emotional development. Through book sharing with children, educators help children develop healthy expressions of feelings, become familiar with mindfulness, learn to label their feelings, develop personal boundaries and develop social connections. In addition to book sharing, participants will be inspired to create meaningful play-based experiences that extend from the books they explore with children in their care.

Presenter: **Andrea Dawson**

Andrea has worked with young children and their families for the past 25 years working in non-profit early childhood centres as well as Vancouver Coastal Health's Early Childhood Mental Health team. Andrea is the department chair of the Early Childhood Education programs at Langara College, in Vancouver.

FUNCTIONS OF BEHAVIOURS: REDUCING THE UNEXPECTED

Wednesday, May 21st, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$10.00 • Suitable for child care providers and child care workforce.

Explore, in depth, the various potential causes of behaviours, the language we should be using to speak about them, and how we can prevent them from occurring in the future. We will discuss positive and negative reinforcement, and dive into the complexities of responding appropriately. Topics covered: neurodiversity, behaviour, positive language use, antecedents/consequences, reinforcement, classroom strategies, impact of peer relationships.

Presenter: **Monica Maddison**

Monica Maddison is a Director of Specialized Education and Inclusion, former college instructor, and a professional speaker. She brings her 13 years of experience and extensive education background to educate educators on best practices for supporting and caring for neurodiverse learners. When she isn't advocating for her students in the classroom, providing one-to-one therapy for home based clients, or public speaking across Canada and the USA.



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

Saturday, May 24th, 2025 • 9:30AM-12:45PM (15 min. break) • Online • Fee: \$15.00 • Suitable for child care providers and child care workforce.

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'uminus First Nation, Dr. Shannon Waters says: 'We are the land, and the land is us.' Indigenous worldviews include ethics of respect, reciprocity, and responsibility to the land and other beings inhabiting the land.

Inspired by these worldviews, in this session, you will be invited to engage with critical questions such as, How do early childhood educators create a culture of health and wellbeing that includes the land (as well as air, water) and other beings through our pedagogical practice? Can we generate kinship ties and fellowship with all our relations? With the creation of respectful, reciprocal relationships with the land will children grow & learn in a healthier way? These questions are aimed to open up a conversation where health and wellbeing become complex dynamic processes closely related to cultural values and the kind of choices we make in our daily practice.

**Mr. Joseph Masty is cited in Adelson, N. (2000). 'Being alive well': Health and politics of Cree well-being. University of Toronto Press*

Presenters: Danielle Alphonse & Sheila Grieve

DANIELLE ALPHONSE, VIU: BC Regional Innovation Chair for Aboriginal Early Childhood Development at Vancouver Island University since 2013. In this role she has contributed to faculty development in the area of Truth and Reconciliation, Aboriginal education and understandings about First Nations ways of knowing, traditions, protocols and spiritual practices. Danielle has consistently enlisted both Aboriginal and non-Aboriginal (undergraduate and graduate) students to assist in her work related to innovation and research activities. Also, Danielle is passionate about Indigenous worldviews specific to spiritual knowing, relationships with the land and teaching students to be quality educators.

SHEILA GRIEVE, VIU: Sheila is a Metis early childhood educator and is grateful to the Snuneymuxw people; she currently learns, lives and works on their unceded traditional territory. As a professor of early childhood education and care at Vancouver Island University she feels blessed to hear stories from the VIU Elders and students. 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.

CIRCLE OF KINDNESS: BUILDING EMPATHY IN YOUR CHILD CARE

Wednesday, June 4th, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

This workshop you will learn ways to teach children about kindness, empathy, inclusivity, and cooperation in childcare settings. Explore new ways to teach and inspire children to the different ways to learn empathy skills and spread kindness in your child care and community. Participants will learn simple and practical ideas to teach children about how to be kind, ways to show kindness, understanding different perspectives, as well as related stories, songs, and a book list.

Presenter: Cheryl Song

Cheryl is an early childhood educator and Canadian family educator, Cheryl has 25 years of experience working with children and families in variety of early years programs, such as child care centres, and early years program, and Mother Goose program. She also works with educators at a local college, and various agencies facilitating workshops. She especially loves finding creative ways to make circle time engaging and educational.

TOOLS FOR TOUGH TIMES: TIPS WITH WORKING WITH CHALLENGING KIDS, PARENTS & COWORKERS

Saturday, June 7th, 2025 • 9:00AM-2:45PM (45 min. lunch break) • Burnaby CCRR • 4460 Beresford Street • Fee: \$10.00
• Suitable for child care providers and child care workforce.

Some people you serve are challenged in following directions, behave appropriately with others, cross boundaries and are unable to stay within the lines of a planned activity. By the end of the workday, staff can be found exhausted, unsure of what to do next, and discouraged by their unsuccessful efforts. Taming a group full of tigers and settling down Tasmanian Devils is no circus act and definitely not an easy task. Learn and utilize new skills that will bring more balance to a shared environment.

Topics emphasized include:

- Thinking out of the box about barriers and boundaries
- Games and activities that teach while being inclusive to all – for both inside and outside the classroom
- The Big R Words – Routines, Responsibilities, Relevancy, Rights, Rules, and Relationships when working with children and youth
- HALTS
- Personal stories and examples of resources that provide perspective of the teacher, student, family and community worker regarding the need for change, challenge and more direct approach to care

Presenter: Jeff Willis

JEFF WILLIS, FOUNDER & PRINCIPAL CONSULTANT of Creative Toolbox and Fireside Adventures. As an energetic facilitator and speaker, Jeff has spent over 30 years working with a variety of organizations using supportive, innovative and experiential techniques to improve team collaboration and staff effectiveness. His passion is derived from his breadth of understanding of experiential education, his various senior roles within the outdoor recreation industry, education, adventure travel and as a committed community advocate.



Registration starts at 8:30AM.

Lunch will be provided.

This workshop has an outdoor component. Please dress accordingly.

A five-hour professional development certificate will be issued.



NETWORKING: MAKE & TAKE WITH MÉTIS NATION

Tuesday, June 10th, 2025 • 6:30-8:00PM • New Westminster CCRR • 620 Royal Ave • Fee: \$5.00 • Suitable for child care providers and child care workforce.

As National Indigenous Peoples Day approaches on June 21st come join Métis Nation BC for a Make and Take event that focuses on Métis Culture. This is an opportunity to connect with other childcare providers, learn more about Métis Culture and create something to share with the children in your program.

Presenters: YMCA CCRR Consultants

Light refreshments will be provided.

A one-hour professional development certificate will be issued.

NETWORKING: SHARE, CREATE AND LEARN WITH ELDER MARIA REED

Saturday, June 14th, 2025 • 10:00AM-12:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$5 • Suitable for child care providers and child care workforce.

As National Indigenous Peoples Day approaches on June 21st come join Elder Maria Reed for a Make and Take activity. Connect with other childcare provider as Elder Maria shares indigenous stories, history and leads us through a hands-on activity.

Presenters: YMCA CCRR Consultants & Elder Maria Reed

When Maria Reed was a child she had a reoccurring dream that she was being chased on horseback by "wild Indians." Back then, she didn't know she was Indigenous, but now that she knows, the dream makes sense symbolically. Like so many Indigenous people, her parents and grandparents were robbed of their heritage in residential schools and were fearful of discrimination, so they didn't practice their culture. Like the dream she had as a child however, Maria's Indigenous background would eventually catch up to her in her teens when one of her aunts discovered the family's Indigenous roots. Maria hasn't looked back since, immersing herself in the culture. Her great grandmother was from the Batchewana First Nation in Ontario and her great grandfather was French and Métis. Maria is French, Cree and Ojibeway on her father's side and Swedish Sami on her mother's side. The Sami are Sweden's Indigenous people and known as Reindeer Herders. Since finding out about her Indigenous roots in her teens, Maria has immersed herself in learning about her culture. "When I found out it was one of those ah ah moments," says Maria. Her Indigenous name, Waabigekek Ikwe, means White Hawk Woman. Maria loves being an Elder and feels that everything she has done in the fields of wellness - body, mind and spirit, has come together to prepare her to be an Elder.



Light refreshments will be provided.
A one and a half-hour professional development certificate will be issued.

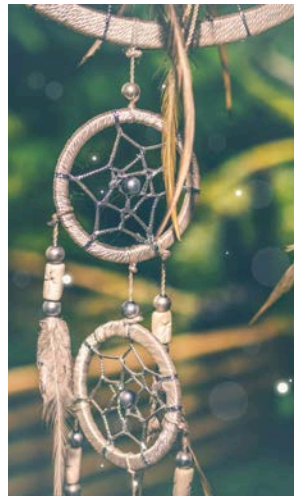
MAKING MUSIC WITH INFANTS & TODDLERS

Wednesday, June 18th, 2025 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Making Music with Infants & Toddlers...connecting with our children. Come join Chris as she shares her passion for making music with young children. During this participatory workshop you will have an opportunity to learn new activities or perhaps breathe life into familiar songs and poems. We will spend the evening speaking, singing, moving, playing rhythm instruments and considering the valuable role music plays in connecting with children and building relationships.

Presenter: Christine Roskelley

Chris Roskelley is an Early Childhood Educator with 40 plus years of experience. For the past 28 years she has worked as a self-employed music enrichment teacher primarily at UBC Child Care. Along with her work with children Chris also teaches the music and movement course in the ECE Continuing Education programmes in Burnaby and Delta.



NETWORKING: HONOURING NATIONAL INDIGENOUS PEOPLES DAY

Saturday, June 21st, 2025 • 10:00-11:30AM • Burnaby CCRR • 4460 Beresford Street • Fee: \$5.00 • Suitable for child care providers and child care workforce.

Come join special guest Elder Maria Reed on National Indigenous Peoples Day. Elder Maria will share indigenous stories, history and lead us through a make and take activity that you can share with your children and families.

Presenters: YMCA CCRR Consultants & Elder Maria Reed

Please see Elder Maria Reed's bio on page 14.

Light refreshments will be provided.
A one-hour professional development certificate will be issued.

EMERGENCY CHILD CARE FIRST AID / CPR LEVEL B

Saturday, June 28th, 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 cover 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 or by phone at 604-638-1228.

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.gv.ymca.ca/ccrr

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