

# ABBOTSFORD CHILD CARE RESOURCE & REFERRAL PROGRAM



## TRAINING CALENDAR April - June 2021

- Supporting Children with Anxiety: Building Your Toolkit - Online
- Relationship Based Positive Guidance - Online
- Emergency Child Care First Aid
- Guiding Children's Behavior in the School Age Years -Online
- Thinking about how to Support Resilience and Stand in Solidarity with Indigenous Children – Online
- 20 Hour Responsible Adult Course
- Understanding and Guiding Social Behaviors in Young Children - Online
- Navigating Typical Preschooler “Problems” - Online
- Alert Emergency Childcare First Aid with CPR C
- How to Tell a Story in Many Different Ways - Online
- Cultivating Calm in Child Care – Online
- Emergency Child Care First Aid

## PLEASE NOTE:

- **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 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-dollar charge.
- **Late Arrivals** of more than 15 minutes will not be admitted to the workshop.
- **Registration** - Prepayment is required for all workshops. Credit card payment can be taken over the phone. Debit and credit payments are taken in office.
- **Methods of payment** - Credit (Visa or MasterCard) and debit. We are not accepting cash or cheques at this time.
- **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 would issue a refund.
- **Course cancellations (First Aid and Responsible Adult)** - Registrants must cancel **one week (5 business days)** prior to the course/class start date in order to receive a refund. The original receipt must be provided at the time of refund.
- **Workshop location (In Person)** - Workshops will be held at Archway Community Services in the Jasbir Saran Room (B100), unless otherwise stated.
- **Workshop location (Online)** - Online workshops will be held via Zoom. You do not need to make an account for Zoom as we will send you a link to the workshop. You will need a laptop, computer or smart phone with access to internet, video and audio. We require your video to stay on for the entire workshop to receive your certificate.

**Phone:** 604-850-7934

**Email:** ccr@archway.ca

**Office Hours:**

- Monday to Friday
- 8:30 am - 4:30 pm
- Tuesday
- 8:30 am - 7:00 pm
- Saturday
- 8:30 am - 3:30 pm

**Cost:**

\$10 Members, \$15 Non-members

**Archway Community Services:**

2420 Montrose Ave.  
Abbotsford, V2S 3S9

**CCRR Office:**

#1B - 33820 South Fraser Way  
Abbotsford, V2S 2C5

## IN PERSON WORKSHOPS AND COURSES COVID-19 PRECAUTIONS

### **What to expect when you arrive:**

- Before admittance to class a self-assessment questionnaire will be done with a CCRR staff member.
- All participants/instructors must sanitize their hands upon entry to the building.
- We ask that you arrive no more than 15-minutes early.
- Masks are mandatory.

### **First Aid Course:**

- All non-disposable equipment and mannequins used during the class will have been cleaned and sanitized prior to the student use according to manufactures directions.
- All surfaces in the classroom will have been cleaned prior to the start of each training session.
- All participants must maintain a physical distance of at least two meters from other people during training.
- In person training classes will be a limited number to accommodate classroom size and meet physical distancing requirements.
- Hand hygiene should be performed at the beginning and end of the class, before and after breaks, after use of the restroom, before and after skills practice sessions and when wearing gloves, hand hygiene should be done before putting on gloves and after removing them.
- Gloves will be worn during skill practice.
- Pocket masks will be used for mannequin use to avoid direct contact with the mannequin.
- 1 to 1 student to mannequin ratio will apply.
- Please bring your own food and beverages for the day.

### **Responsible Adult Course:**

- In person training classes will be a limited number to accommodate classroom size and meet physical distancing requirements.
- We require masks to be worn at all times.
- All surfaces in the classroom will have been cleaned prior to the start of each training session.
- All participants must maintain a physical distance of at least two meters from other people during training.
- Hand hygiene should be performed at the beginning and end of the class, before and after breaks and after use of the restroom.
- Please bring your own food and beverages for the day.

## SUPPORTING CHILDREN WITH ANXIETY: BUILDING YOUR TOOLKIT - ONLINE

Interested in learning how to help children with anxiety? This presentation will provide an overview of anxiety and how it presents across childhood. Attendees will learn the basics of Cognitive Behavioural Therapy (CBT) and will be offered evidence-based, practical strategies to help children manage anxiety.

**Presenter:** Christine M. Yu has worked extensively in the field of anxiety as a researcher and a practitioner. She has been working as a Registered Clinical Counsellor in private practice for several years, providing evidence-based treatment for children, teens and families. In addition to therapeutic work, she is a PhD Candidate at UBC and a SSHRC Doctoral Fellowship recipient. Christine also serves as a doctoral student member on Anxiety Canada's Scientific Advisory Committee.

**Date:** Saturday April 10, 2021

**Time:** 10:30 am - 12:30 pm

**Cost:** members \$10, non-members \$15

**Location:** Online

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## RELATIONSHIP BASED POSITIVE GUIDANCE - ONLINE

The BC Early Learning Framework is a piece of government policy that sets forth best practices for working with children in the early years age group. According to the BC ELF (2019), "supporting the holistic development of children with care and empathy is a strategic priority for reducing inequalities and enduring children well-being" (OECD, 2018, p. 4). In this workshop participants will be presented with information on the qualities of empathy and positive relationship-based guidance while also being asked to critically reflect on their personal guidance philosophy. We know 'time out' does not work but in ways this practice is still being used by simply changing the word 'time out' to something else. In this workshop participants will be asked to think about the difference between 'time out' and other strategies that would foster a sense of well being and belonging.

**Presenter:** Ana Valle Rivera is an Early Childhood Educator and has a degree in Child and Youth Care from the University of Victoria. Ana works as a contract Instructor and Facilitator. She is also a parent and children's book author.



**Date:** Tuesday April 13 and Tuesday April 20, 2021 (To receive a certificate you must attend both dates)

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

**Cost:** members \$10, non-members \$15

**Location:** Online

## EMERGENCY CHILD CARE FIRST AID

Red Cross first aid course for people working with children. Meets licensing requirements. This course covers choking, breathing, CPR, AED, wound care, burns, head and spine, bone muscle and joint injuries, environmental illnesses, sudden medical emergencies, poisons and caring for children.

**Instructor:** Karen Clark: I've been teaching first aid for 30 years and run The Vital Link for 28 years, I teach a lot of the Red Cross first aid/CPR courses. My background is in Early Childhood Education.



**Date:** Saturday April 17, 2021

**Time:** 9:00 am - 6:00 pm

**Cost:** \$110 (Includes First Aid Book, Gloves and a Pocket Mask)

**Location:** Archway Community Services; Jasbir Saran Room (B100)

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## GUIDING CHILDREN'S BEHAVIOR IN THE SCHOOL AGE YEARS - ONLINE

Behaviour is a form of communication, children will communicate in the most effective and efficient manner available to them at any given time. How we communicate with children both verbally and non-verbally can and does influence their behavior. During this workshop we will explore some of the factors that influence a child's behaviour and help us to work with the child in ways that contribute to their growth and development in positive ways.

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

**Date:** Saturday April 24, 2021

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

**Cost:** members \$10, non-members \$15

**Location:** Online

## THINKING ABOUT HOW TO SUPPORT RESILIENCE AND STAND IN SOLIDARITY - ONLINE

As Early Childhood Educators it is our ethical duty to think about how we begin to decolonize ourselves, our spaces and our pedagogies. In this workshop participants explore aspects of the Indigenous Early Years Cultural Safety Resource Guide (2019) published by the Government of BC. Ana and Jessica will share information on how to be an ally and stand in solidarity with the BIPOC community through taking a social justice and decolonizing perspective to practice.

**Presenters:** Ana Valle Rivera and Jessica Nadeau are sisters who work at Early Years Training Ltd. Ana is an Early Childhood Educator and has a degree in Child and Youth Care from the University of Victoria. Jessica is learning about her Indigenous heritage through her resilient history.

**Date:** Saturday May 8, 2021

**Time:** 9:00 am - 10:30 am

**Cost:** members \$10, non-members \$15

**Location:** Online

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## 20 HOUR RESPONSIBLE ADULT COURSE

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

**Instructors:** Lori Brown, Outreach, Abbotsford CCRR, Wanda Cole, Child Care Consultant, Abbotsford CCRR and Cathy LaHaise, Child Care Consultant, Abbotsford CCRR.



**Dates:** Tuesday May 11, Wednesday May 12 and Thursday May 13, 2021

**Times:** 9:00 am – 4:00 pm

**Cost:** \$75 for community or \$50 for new Abbotsford CCRR RLNR's

**Location:** Archway Community Services - 2420 Montrose Ave. Room: Jasbir Saran Room (B100)

## UNDERSTANDING AND GUIDING SOCIAL BEHAVIORS IN YOUNG CHILDREN - ONLINE

During this 3 hour workshop, the participants will have an opportunity explore Social and Emotional Brain development and why we may be witness to certain behaviours in young children. We will also explore ways to support social development by looking at our own communication styles and why we may get triggered with certain types of behaviours. Children are enhancing skills and we are there to guide and nurture those with modeling and providing opportunities for them to succeed.

**Presenter:** Paula Milbradt has over 27 years of experience working with all ages of children. She currently is the Early years support coordinator for an Indigenous community in Stoney Plain Alberta. Her passion is to empower and support all with social and emotional well being and is a firm believer that we all are learners for life, however carry our own knowledge that is to be shared with one another.



**Date:** Saturday May 15, 2021

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

**Cost:** members \$10, non-members \$15

**Location:** Online

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## NAVIGATING TYPICAL PRESCHOOLER “PROBLEMS” - ONLINE

Navigating Typical Preschooler Problems.

This talk will focus on common troubling childhood behaviours. These include: resistance and defiance, tantrums and tears, and bossy behaviour. Typically, adults try and tackle these concerns by attempting to prune out socially unacceptable behaviour without realizing that when we battle against the symptoms of immaturity, we undermine children's ability to grow out of these transient problems. Understanding what's going on for the child within the context of relationship shows us the way to guide and nurture them through it all.

**Presenter:** Bridgett Miller is a preschool and elementary teacher, remedial therapist, presenter, author and parent consultant. She is an Authorized Facilitator of the Neufeld Institute, the creator of the popular social media account @look.with.love.bridgett on Facebook and @lookwithlove\_bridgett on Instagram, and the author of What Young Children Need You to Know: How to see them so you know what to do for them. For more information visit: [www.bridgettmiller.com](http://www.bridgettmiller.com)

**Date:** Tuesday May 18, 2021

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

**Cost:** members \$10, non-members \$15

**Location:** Online

## ALERT EMERGENCY CHILDCARE FIRST AID WITH CPR C

This fun and interactive 8 hour course trains people how to react and improvise when dealing with time priority, 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.

**Instructor:** Austin Crystal Canadian Red Cross First Aid and CPR Instructor certified.

**Date:** Saturday May 29, 2021

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

**Cost:** \$100

**Location:** Archway Community Services; Jasbir Saran Room (B100)

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## HOW TO TELL A STORY IN MANY DIFFERENT WAYS - ONLINE

From felt stories to magnetic stories; from hand puppets to stick puppets; theater to musical stories - these are just a few ways of telling a story. Join us in discovering a multitude of ways of telling one story. We will dive into the world of story telling and embrace our imagination. Goldilocks and the Three Bears will be the story we will discuss and challenge ourselves to see in how many ways we can tell it.

**Presenter:** My name is Oana Nisto. I am an Early Childhood Educator, Montessori teacher and storyteller. I've been working in the ECE field for over 19 years. I worked most of my ECE career in Langley. I presently manage a childcare centre in Maple Ridge and teach the Early Childhood Education program at Ridge Meadows College. I am passionate about children and I am passionate about stories and their teaching power. I am fascinated by the power of stories and more importantly the benefits and the lessons we can learn from them.



**Date:** Saturday June 5, 2021

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

**Cost:** members \$10, non-members \$15

**Location:** Online



## CULTIVATING CALM IN CHILD CARE - ONLINE

Participants will learn strategies to create a calming environment and to promote relaxation in their programs. Learn why mindfulness, meditation and gratitude practices are important to children. Leave with mindfulness and gratitude activities that you can implement right away.

**Presenter:** Karen LeSage has been working with children and youth for over 25 years. Her main focus has been on creating safe and inclusive spaces for all children. Her goal is to help children develop self-awareness, self-management, social awareness, relationship and responsible decision-making skills through yoga, mindfulness and gratitude practices. She is a registered 200-hour Yoga Teacher, a registered 95-hour Children's Yoga Teacher, a certified Kidding Around Yoga Teacher and a licensed ECE, I/T and Special Needs Educator.



**Date:** Tuesday June 15, 2021

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

**Cost:** members \$10, non-members \$15

**Location:** Online

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## EMERGENCY CHILD CARE FIRST AID

Red Cross first aid course for people working with children. Meets licensing requirements. This course covers choking, breathing, CPR, AED, wound care, burns, head and spine, bone muscle and joint injuries, environmental illnesses, sudden medical emergencies, poisons and caring for children.

**Instructor:** Karen Clark: I've been teaching first aid for 30 years and run The Vital Link for 28 years, I teach a of the Red Cross first aid/CPR courses. My background is in Early Childhood Education.

**Date:** Saturday June 26, 2021

**Time:** 9:00 am - 6:00 pm

**Cost:** \$110 (Includes First Aid Book, Gloves and a Pocket Mask)

**Location:** Archway Community Services; Jasbir Saran Room (B100)

**Abbotsford Child Care Resource & Referral Program**

Training Calendar

April - June 2021

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