

# ABBOTSFORD CHILD CARE RESOURCE & REFERRAL PROGRAM



## TRAINING CALENDAR January - March 2021

- Alert Emergency Child Care First Aid
- Yoga and Mindfulness for Self-Regulation
- Moving Beyond “Tolerance and Inclusion” to “Anti-Biased and Anti-Racist” approaches in early years
- ABC's of Childhood Mental Health
- Precipitation Education: Practical Ideas for Embracing the Rain with Children
- Take it Outside: Integrated Literacy and Nature (Adapted Online Version)
- Indigenous World View in Early Childhood Settings
- Signs and Gestures for Child Care
- 20 Hour Responsible Adult Course
- Emergency Child Care First Aid
- Connections in Nature for All Children
- Emotional Development and Regulation
- Alert Emergency Childcare First Aid
- Nurturing the Natural Roots of Self-Esteem

## 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 for the entire workshop.
- **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 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 Cisco Webex. You do not need to make an account for Webex 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.

**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.

### **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 recommend wearing a mask at all time.
- 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.

## ALERT EMERGENCY CHILDCARE FIRST AID

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.

**Presenter:** Austin Crystal has been a Canadian Red Cross instructor since 2016.

**Date:** Saturday, January 9, 2021

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

**Cost:** \$100

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

---

## YOGA AND MINDFULNESS FOR SELF-REGULATION - ONLINE

Yoga and Mindfulness for Self-Regulation is a 90 minute interactive virtual experience sharing yoga and mindfulness tools and techniques for the classroom. Children's yoga helps to develop essential tools such as self-regulation, a stronger mind-body connection, and introduces skills that help children to find a sense of inner-calm. These yoga tools are gifts that can transform the lives of the children that receive them. Each participant will receive a pdf of the Harmony Kids Yoga Guide for Educators with exercises and applications for classroom use.

The workshop also meets a variety of core competencies including:

- Thinking (including Creative Thinking and Critical & Reflective Thinking);
- Communication (including Communicating and Collaborating);
- Personal & Social (including Personal Awareness & Responsibility, Positive Personal & Cultural Identity and Social Awareness & Responsibility)

**Presenter:** Jennie Abbot is the founder and director of Harmony Kids Yoga, bringing yoga and mindfulness to over ten thousand children to date, between the ages of 1 to 18 years throughout the lower mainland. Jennie is a Registered Yoga Teacher (CYA-RYT200), Registered Children's Yoga Teacher (CYA-CYT), and is trained in Color Me Yoga for Children, Rainbow Kids Yoga for Children, Trauma Informed Yoga for Children and Youth and offers 95 Hour Registered Yoga Teacher Training through the International Yoga Alliance.

**Date:** Tuesday, January 12, 2021

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

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

**Location:** Online



## MOVING BEYOND “TOLERANCE AND INCLUSION” TO “ANTI-BIASED AND ANTI-RACIST” APPROACHES IN EARLY YEARS - ONLINE

In this workshop participants will think about bias and racism in an open, safe, and nonjudgmental way. Participants will be asked to think about the words ‘tolerance,’ and ‘inclusion.’ What do these words mean, where do they come from? Who do they privilege and who do they marginalize? Through this open dialogue the hope is that participants begin to move past uncomfortable feelings to think about how they can continue conversations to support anti-biased and anti-racist approaches in ways that are meaningful.

**Presenters:** Ana Valle Rivera works as a contract Instructor and Facilitator. She is a parent and children's book author. Ana is completing a degree in child and youth care at the University of Victoria.

**Date:** Saturday, January 16, 2021

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

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

**Location:** Online

---

## ABC'S OF CHILDHOOD MENTAL HEALTH - ONLINE

The ABCs of Childhood Mental Health: Mental health has taken a central place in the minds of parents, caregivers, educators and other “big people” due to the significant number of children who are struggling. This workshop will explore the reasons for this struggle, the way mental health challenges typically present in children, and most importantly, what can be done to support children towards healthy development and actualizing their fullest potential.”

**Instructor:** Dr. Vanessa Lapointe is a mom, registered psychologist, parenting educator, best-selling author, international speaker, and a regularly invited media guest. Founder and director of The Wishing Star Lapointe Developmental Clinic, she has been supporting families and children for almost 20 years, and has previous experience in community mental health and the school system. She is also a connoisseur of all things to do with stunning footwear. While navigating the journey of parenting her own two children, including the restructuring of her family through divorce, Dr. Vanessa has been challenged to grow herself up. Rather than hiding behind the glossy façade, she acknowledges how much she is in the muck of it just like everyone else. From this awakened place she journeys along on a path that lands for herself and her family, all of which has profoundly changed her life and is a significant influence on her speaking and practice.



**Date:** Tuesday, January 19, 2021

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

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

**Location:** Online



## PRECIPITATION EDUCATION: PRACTICAL IDEAS FOR EMBRACING THE RAIN WITH CHILDREN - ONLINE

Wanting to feel more excited about learning and playing outside during the rainy months? Join us for a lighthearted and practical conversation about the opportunities, challenges, and logistics about programming in wet, cold, and soggy situations. We'll talk about how to shift mindsets about the rain, how to dress to stay warm and dry, play invitations involving puddles, potential inquiry studies that may emerge when being in the rain, and more.

**Presenter:** Karen Begley supports and empowers educators to feel fantastic about the work they are already doing by making connections between their underlying values, everyday programming, and pedagogical theory. Her playful style makes for interactive workshops that generate new ideas and increase participants' confidence and competency to bring practical and enriching experiences to the children in their care.



**Date:** Saturday, January 30, 2021  
**Time:** 9:30 am - 12:00 pm  
**Cost:** members \$10, non-members \$15  
**Location:** Online

---

## TAKE IT OUTSIDE! INTEGRATING LITERACY AND NATURE (ADAPTED ONLINE VERSION)

Young children are innately connected to the natural world but require opportunities to develop this connection. Using children's books that focus on the outdoors, participants will discover ways of extending the story, focusing on inquiry based learning while enhancing children's language and literacy skills. Extension ideas presented will include hands on learning using natural loose parts, environmental rhyme and sensory circles, oral storytelling relating to nature, and developmentally appropriate risky play opportunities. This workshop is geared towards those working with children in the early years and the ultimate goal is to provide information, tools and resources for participants to then share in their own early learning environments. Book lists and supporting resources will be shared by email.

**Presenters:** Nancy Tovell is a Program Coordinator at Bookmates and has a wide range of experience in facilitating workshops with a focus on sharing strategies, tools and resources to support those working with families and young children. As the mother to two girls, she believes in the importance of fostering a connection to nature by tasting the earth and playing in the rain.

**Date:** Tuesday, February 2, 2021  
**Time:** 6:30 pm - 8:30 pm  
**Cost:** members \$10, non-members \$15  
**Location:** Online

## INDIGENOUS WORLD VIEW IN EARLY CHILDHOOD SETTINGS - ONLINE

How do you make a community that understands and realizes the importance of creating an environment that shares the worldview of Indigenous people in your centres? Indigenous world view is more than a day, more than a book or drums in a childcare centre. It is a centre that brings in Elders and Knowledge Keepers to share real stories, real memories of days gone past. Indigenous world view encompasses land, air, seas and all life. Do you know the territory you are on? Do the children know what community they come from? Do you learn from them what they know about being an Indigenous person? Do they feel pride? If they do not feel pride, how do you make them feel proud? We will explore ways to increase your ability to do this in this workshop. You will hear some stories of the places and the territories in which you live.

**Presenter:** Jennie Roberts, Provincial Aboriginal Child Care Advisor.

**Date:** Saturday, February 6, 2021

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

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

**Location:** Online

---

## SIGNS AND GESTURES FOR CHILD CARE - ONLINE

In this workshop participants will learn how to use basic signs and gestures to promote language in their child care programs. You will learn and practice a variety of signs for everyday use and ways to use signs in songs and stories. Please note that this is not an American Sign Language course

**Presenter:** Karen LeSage has over 25 years of experience working with children from birth to nineteen years of age in child care and community settings. Throughout her career her focus has been on inclusion for all children. She is a licensed Early Childhood Educator, Infant/Toddler Educator and Special Needs Educator. She has taken college level ASL courses throughout her career and was a volunteer teacher at a school for the deaf in Fiji.



**Date:** Saturday, February 20, 2021

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

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

**Location:** Online

## 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).

**Presenters:** Lori Brown, Outreach, Abbotsford CCRR  
Violeta Savic, Child Care Consultant, Abbotsford CCRR  
Wanda Cole, Child Care Consultant, Abbotsford CCRR



**Dates:** Tuesday, February 23, Wednesday, February 24 & Thursday, February 25, 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)

---

## EMERGENCY CHILD CARE FIRST AID

Emergency Child Care first aid course covering 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.

**Presenter:** Karen Clarke: I've been teaching first aid for 30 years and have run my company The Vital Link for 28 years. I teach all of the Red Cross first aid courses and have taught locally, with the province and internationally. My background is in Early Childhood Education.

**Date:** Saturday, February 27, 2021

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

**Cost:** \$100

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



## CONNECTIONS IN NATURE FOR ALL CHILDREN - ONLINE

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

**Presenter:** Karen Begley supports and empowers educators to feel fantastic about the work they are already doing by making connections between their underlying values, everyday programming, and pedagogical theory. Her playful style makes for interactive workshops that generate new ideas and increase participants' confidence and competency to bring practical and enriching experiences to the children in their care.



**Date:** Saturday, March 6, 2021

**Time:** 9:30 am - 12:00 pm

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

**Location:** Online

---

## EMOTIONAL DEVELOPMENT AND REGULATION - ONLINE

Learning to recognize, express and manage our feelings is what emotional development is all about. This learning takes place at different stages of our life and our emotional maturity is largely determined by our relationships with our caregivers and peers. Let's see how emotions develop in our bodies and how our mind learns to interpret, label and integrate them in our experiences.

**Presenter:** Pam Collins is the very proud parent of two very different thinking young adult sons! She is also a Neurodiversity/Autism Consultant/Parent Educator for Reach Child and Youth Development Society. She is a recognized educational speaker for families and teaching staff of exceptional children. She is a co-founder of the Richmond Autism Interagency Committee – a group dedicated to increasing opportunities for people with autism to be accepted and celebrated in their communities.

**Date:** Saturday, March 13, 2021

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

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

**Location:** Online

## ALERT EMERGENCY CHILDCARE FIRST AID

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.

**Presenter:** Austin Crystal has been a Canadian Red Cross instructor since 2016.



**Date:** Saturday, March 20, 2021

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

**Cost:** \$100

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

---

## NURTURING THE NATURAL ROOTS OF SELF-ESTEEM - ONLINE

Self-esteem has become a popular concept, with varying ideas on how to cultivate it in our children. There are two main strategies used to develop self-esteem, one built on shaky grounds and another that is more sustaining and enduring. The developmental roots of natural self-esteem will be discussed, along with strategies for providing for its growth. Parents are ideally positioned to nurture an intrinsic sense of self worth in their child which will help grow them into their full human potential.

**Presenter:** Dr. Deborah MacNamara is a Clinical Counsellor and the author of *Rest, Play, Grow: Making Sense of Preschoolers* (or anyone who acts like one), and a children's picture book, *The Sorry Plane*. She is on the Faculty at the Neufeld Institute. For more information see [www.macnamara.ca](http://www.macnamara.ca)

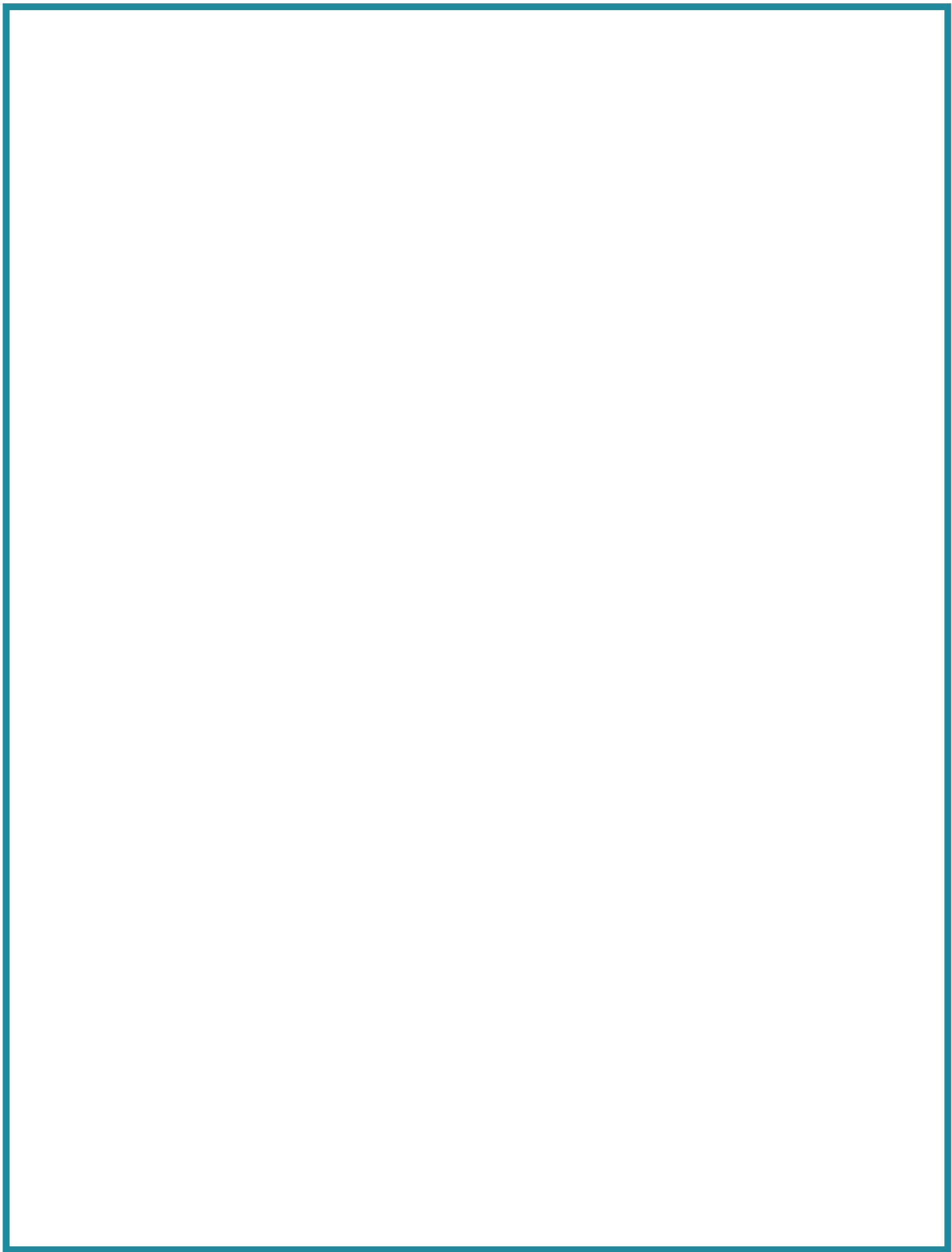
**Date:** Tuesday, March 30, 2021

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

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

**Location:** Online





**Abbotsford Child Care Resource & Referral Program**

Training Calendar

January - March 2021

V.2

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