Abbotsford

CHILD CARE RESOURCE & REFERRAL

Training Calendar

January - March 2022

ccrr
Child Care Resource & Referral

ABBOTSFORD Early Childhood

Archway
Community Services

January - March 2022

PLEASE NOTE

Training certificates

Training certificates will be issued via email within 5 business days of the workshop attended. To receive a certificate you must arrive on time, participate, stay for the entire session and have your video on (if online). If you have not received your certificate after 5 business days, please call us. If you require a copy of your certificate after 30 days of the workshop you will incur a $10 reissuing charge.

Late Arrivals

Late arrivals of more than 15 minutes will not be admitted to the workshop.

Registration/Payment

Prepayment is required for all workshops.

Online Registration

Online registration is available on our website **(www.abbotsfordccrr.ca)**. When you register for workshops online it will keep a record of all your upcoming and past workshops.

In Person Registration

Credit card payment can be taken over the phone. Debit and credit payments are taken in office.

Methods of payment

Credit (Visa or MasterCard), debit, cash, or cheque (payable to Archway Community Services).

Workshop cancellations (regular workshops)

Registrants can cancel up until **two full business days** prior to the scheduled workshop date. Cancellations received before the deadline will be given a workshop credit (not a refund) to be used towards future workshops at Abbotsford CCRR. Workshop credits are valid for one year from the date of the cancelled workshop. Due to unforeseen circumstances, workshops may be subject to change or cancellation, in this case we will issue a refund.

Course cancellations (First Aid and Responsible Adult)

Registrants must cancel **one week (5 business days)** prior to the course/class start date in order to receive a refund. The original receipt must be provided at the time of refund.

Workshop location (In Person)

Workshops will be held at Archway Community Services in the Jasbir Saran Room (B100), unless otherwise stated.

Workshop location (Online)

Online workshops will be held via Zoom. You do not need to make an account for Zoom, as we will send you a link to the workshop. You will need a laptop, computer or smart phone with access to internet, video and audio. We require your video to stay on for the entire workshop to receive your certificate.

Phone
604-850-7934

Email
ccrr@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

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

Archway Community Services
2420 Montrose Ave.
Abbotsford, V2S 3S9

January - March 2022

IN PERSON 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 unless otherwise stated.
- CCRR and Archway will comply with all Public Health orders.

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.
- 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.
- 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 bag lunch and beverages for the day. There is no access to a refrigerator or microwave.

WORKSHOP LIST

- Community of Practice
- Sharing Stories, Creating Diversity: Books as Mirrors and Windows
- Puppets and Empathy
- Creating a Healthy Outlook as an Educator
- Little Food Explorers
- Emergency Child Care First Aid
- Building Resilience in Children and Adults
- Invitations for Learning: Space, Objects and Materials
- Helping Young Children with Anxiety and Emotional Regulation: Building your Toolkit
- Alert Emergency Childcare First Aid
- Fears and Worries
- Outdoor Play and Learning K-7 Outdoors
- Story Baskets - Make and Take - “The Flower that Smiled”
- Alert Emergency Childcare First Aid
- Building Brains
- Tantrums and Tears: Understanding Frustration and the Importance of Tears
- Big Science for Little Hands: Gadgets & Contraptions

Workshop 1

COMMUNITY OF PRACTICE

Abbotsford CCRR offers a monthly networking opportunity for educators and child care providers. This is an opportunity to support each other, find new ideas and create connections within the community. CCRR consultants will facilitate the group, offering ideas and resources, as well as giving opportunity to highlight specific challenges and opportunities in the field. This is a one hour virtual drop-in program. Monthly sign up is not necessary, simply give us a call or send us an email and we will send you the Zoom link.

Date: Saturday January 22, February 26 & March 19, 2022
Time: 10:30 am - 11:30 am
Cost: Free
Location: Online

Workshop 2

SHARING STORIES, CELEBRATING DIVERSITY: BOOKS AS MIRRORS AND WINDOWS

This workshop looks at multi-language and diverse children's books and activities, complemented with strategies on how literacy concepts can be extended to invite children to learn language, culture and acceptance of differences. Resources shared will allow children and their caregivers to explore concepts in a way that strengthen their emergent literacy skills while celebrating diverse cultures, creeds, abilities and genders. Participants will receive recommendations for books that are inclusive, cultivate compassion, awareness, and a broader world-view. This workshop is designed for those working with infants, toddlers and preschool children.

Presenter: Nancy Tovell 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. She is the Program Coordinator at Bookmates, a Manitoba based not-for-profit with a mission to develop and deliver early years programs and training to build and support the foundations of literacy and learning.

Date: Tuesday, January 11, 2022
Time: 6:30 pm - 8:30 pm
Cost: members $10, non-members $15
Location: Online

Workshop 3

PUPPETS AND EMPATHY

** IN ACCORDANCE WITH PUBLIC HEALTH ORDERS WE WILL BE CHECKING VACCINATION PASSPORTS UPON ARRIVAL**

"Empathy is a Choice" - Brene Brown
When we chose to empathize with somebody, we make a vulnerable choice, because we have to connect with something in ourselves that knows that feeling. When we choose to empathize with the children we work with, we choose to help them communicate the feelings they are feeling but cannot name. Puppets can help us by supporting our children in expressing feelings that otherwise might keep dormant or suppress. Puppets can put a smile on a child's face. Puppets help adults become silly, be a child again, and explore the unknown. Making a puppet can help adults de-stress and become creative.

Presenter: My name is Oana Nistor. I am an Early Childhood Educator, Montessori teacher, and storyteller. I've been working in the ECE field for over 20 years. I worked most of my ECE career in Langley. Presently I teach the Early Childhood Education program at Ridge Meadows College in Maple Ridge. 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, January 15, 2022
Time: 9:00 am - 11:00 am
Cost: members $10, non-members $15
Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

Workshop 4

CREATING A HEALTHY OUTLOOK AS AN EDUCATOR

Looking at ways to establish a work-life balance that is sustainable. How do you incorporate moments of self care within your day to avoid weariness, fatigue and feeling frazzled? Creating strategies that support your overall well-being as an educator now and for years to come.

Presenter: Julie Hansen: I have been an Early Childhood Educator for 20 years, having received my Diploma in Early Childhood Education from Douglas College. Since then, I have gained experience in a variety of areas within the field of Early Childhood Education: director of a preschool, supervisor of after-school care as well as 3-5 and Infant Toddler programs and centre management. My primary focus has evolved to encompass team leadership, management training and program development. I have had articles published in provincial and national ECE journals on the topic of emergent curriculum and leadership. My goal as an Early Childhood Educator and facilitator is to support fellow educators and early years professionals in providing high quality early learning experiences for children and families.

Date: Tuesday, January 18, 2022
Time: 6:30 pm - 8:00 pm
Cost: members $10, non-members $15
Location: Online

Workshop 5

LITTLE FOOD EXPLORERS

** IN ACCORDANCE WITH PUBLIC HEALTH ORDERS WE WILL BE CHECKING VACCINATION PASSPORTS UPON ARRIVAL**

Little Food Explorers provides a guided exploration of four foods (beans, apples, oats, and milk) through a program guide, recipes, picture books, and parent resources. Participants will receive a lifetime supply of the program materials. Participation in this 1.5-hour nutrition workshop will provide educators with strategies to help toddlers and preschoolers develop positive feelings about food and eating, experiential activities to help introduce toddlers and preschoolers to foods, a summary of the feeding responsibility of parents and caregivers, a certificate of attendance.

Presenter: Joel Barohn is a registered dietitian and nutrition educator at BC Dairy. He has been a member of the team since 2017. In addition to his work at BC Dairy, Joel is also an Adjunct Professor at the University of British Columbia, where he teaches in the department of Land and Food Systems. Before becoming a registered dietitian, Joel worked as a professional chef across the United States. He also spent time working in Texas food banks, delivering nutrition education to families and after school programs.

Date: Tuesday, January 25, 2022
Time: 6:30 pm - 8:00 pm
Cost: members $10, non-members $15
Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

Workshop 6

EMERGENCY CHILD CARE FIRST AID

Emergency child care first aid 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. Meets licensing requirements.

Instructor: Karen Clark: I've been teaching first aid for 30 years and run The Vital Link for 28 years, I teach all of the Red Cross First Aid courses and have taught locally, provincially and internationally. My background is in Early Childhood Education.

Date: Saturday January 29, 2021
Time: 9:00 am - 6:00 pm
Cost: $110 (includes manual & pocket mask)
Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

Workshop 7

BUILDING RESILIENCE IN CHILDREN AND ADULTS

Participants will learn how they can support children who have experienced adversity and help all children build resilience to past, present and future adverse experiences.

Participants will learn:
- to recognize symptoms of trauma and resilience
- how to offer immediate support to children if they become upset and dysregulated, using the wellness skills of the Community Resiliency Model(CRM)®
- how to have their own self care practices to build their resilience and prevent compassion fatigue

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. Her focus has been on creating safe and inclusive spaces for all children. She is a licensed Early Childhood Educator, Infant/Toddler Educator and Special Needs Educator. Karen is a certified Community Resiliency Model® Teacher.

Date: Tuesday, February 1 & 8, 2022
Time: 6:30 pm - 8:30 pm
Cost: members $10, non-members $15
Location: Online

Workshop 8

INVITATIONS FOR LEARNING: SPACE, OBJECTS AND MATERIALS

Setting up meaningful invitations, that are both aesthetically pleasing and rich in sensorial potential, have the capacity to facilitate natural curiosity, critical thinking and learning processes. Through daily proposals of engaging and relevant materials, children can expand on the learning capacities as well as deepen their understanding of the world around them. Driven by exploration and inquiry, these sessions will guide the participants as to how to view the materials at hand, what are the different ways of inviting children through the use of materials, and how to extend on the given responses and possibilities.

Objectives:

- Understand the materials as 'tools for thinking'.
- Introduce the guiding principles of aesthetics and what to keep in mind when choosing and setting up the materials.
- Explore how to create a fluid arrangement of materials that will not only effectively engage children but also deepen their understanding of the materials at hand and the learning concepts.
- Discuss how to extend on the proposed invitations with the focus on 'shifting' rather than changing materials.

Presenter: Ana Vojnovic works as an educator (UBC Child Care), artist design researcher and a lecturer. Her pedagogical and creative practices are an integrated interdisciplinary response to basic questions of how built/designed environments affect and condition human perception, communication, learning, and socialization.

Date: Saturday, February 12, 2022
Time: 9:30 am - 11:30 am
Cost: members $10, non-members $15
Location: Online

Workshop 9

HELPING YOUNG CHILDREN WITH ANXIETY AND EMOTIONAL REGULATION: BUILDING YOUR TOOLKIT

This virtual workshop will help people working with children in the early years understand anxiety, and learn to differentiate between developmentally appropriate and problematic anxiety. Attendees will learn practical, evidence-based skills to help young children develop emotional regulation skills and manage anxiety children in individual and group settings.

Presenter: Christine Yu has worked extensively in the field of anxiety for over 10 years, both as a researcher and a clinician. She is a Social Sciences and Humanities Research Council Doctoral Fellowship recipient and was awarded a Canadian Psychological Association Student Research Grant. She is also working as a Registered Clinical Counsellor in private practice, providing evidence-based treatment for children, adolescents and families, and serves as the doctoral student member on Anxiety Canada's Scientific Advisory Committee.

Date: Tuesday February 15, 2022
Time: 7:00 pm - 9:00 pm
Cost: members $10, non-members $15
Location: Online

Workshop 10

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 practising with scenarios students gain confidence, learn to improvise, and react in emergency situations. This course meets Child Licensing guidelines.

Instructor: Austin Crystal has been working at Alert First Aid for 4+ years. He's a Canadian Red Cross First Aid and CPR Instructor, and a WorkSafeBC OFA Level 1 Instructor.

Date: Saturday February 26, 2022
Time: 8:30 am - 4:30 pm
Cost: $100
Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

Workshop 11

FEARS AND WORRIES

All children feel anxious at times. Preschoolers are often frightened of strangers, imagery creatures or the dark. Many school-age children worry about school performance, or illness. An important part of a child's growth involves learning how to cope with common fears of childhood. Caregivers, including ECE teachers can play a crucial role in helping children develop skills for managing feelings and coping with fear and anxiety. For children to learn to manage these feelings effectively, they need adult support and guidance. Strong relationships with children build resilience and coping strategies.

Presenter: Malgosia Tomanik, M. Ed., is a Family Consultant who specializes in supporting children from preschool to high school age and their caregivers in a variety of environments, including homes, school, and childcare settings. Malgosia is experienced in addressing concerns associated with the daily challenges of caring for a child/youth who requires support. Malgosia also works as an FASD Key Worker with the Fraser Valley Child Development Centre in Abbotsford.

Date: Saturday, March 5, 2022
Time: 9:30 am - 11:30 am
Cost: members $10, non-members $15
Location: Online

Workshop 12

OUTDOOR PLAY AND LEARNING K-7 OUTDOORS

In this workshop we will explore cross-curricular opportunities for meaningful, hands on learning outdoors with school aged children. Participants will broaden their understanding of how to develop and support the big ideas, core and curricular competencies using BC curriculum documents in an outdoor classroom. Specific examples of cross-curricular learning will be shared, along with inspiring stories of student engagement, diversity and inclusion. Just about everything K-7 can be taught outdoors! This workshop will explore how we might support happier, healthier, more motivating play and learning outdoors!

Presenter: Megan Zeni is a PhD candidate in the Faculty of Education at UBC. Her research interests include developing professional learning networks with in-service teachers to bridge emerging theories with teaching practices that include unstructured outdoor play as a pedagogical approach. Megan has over 25 years of experience as a professional educator, and currently teaches in a public school outdoor and garden classroom. To learn more about her work, visit: www.meganzeni.com.

Date: Tuesday, March 8, 2022
Time: 7:00 pm - 9:00 pm
Cost: members $10, non-members $15
Location: Online

Workshop 13

STORY BASKETS - MAKE AND TAKE "THE FLOWER THAT SMILED"

** IN ACCORDANCE WITH PUBLIC HEALTH ORDERS WE WILL BE CHECKING VACCINATION PASSPORTS UPON ARRIVAL**

In a world where we are constantly rushed, storytelling is almost a lost art. In today's electronic age children are losing their creative thinking and their ability of creating images in their mind. However, storytelling is one of the traditional ways to teach our children lessons about life. Through storytelling children develop listening skills, patience, problem solving, creative thinking, and many more skills used in their early years development. Story Baskets are created to expose children to various ways of learning and are a hands-on approach to education. Join me in marvellous world of story baskets and create a story of your own.

Presenter: My name is Oana Nistor. I am an Early Childhood Educator, Montessori teacher, and storyteller. I've been working in the ECE field for over 20 years. I presently teach the Early Childhood Education program at Ridge Meadows College in Maple Ridge. 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 storytelling.

Date: Saturday, March 12, 2022
Time: 9:00 am - 11:00 am
Cost: members $10, non-members $15
Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

Workshop 14

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 practising with scenarios students gain confidence, learn to improvise, and react in emergency situations. This course meets Child Licensing guidelines.

Instructor: Austin Crystal has been working at Alert First Aid for 4+ years. He's a Canadian Red Cross First Aid and CPR Instructor, and a WorkSafeBC OFA Level 1 Instructor.

Date: Saturday March 19, 2022
Time: 8:30 am - 4:30 pm
Cost: $100
Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

Workshop 15

BUILDING BRAINS

This virtual workshop focuses on providing early literacy resources, tools and strategies that support healthy child development.
Content includes:

- Explore what neuroscience says about early childhood brain development and resiliency
- Gather strategies designed to enhance healthy brain development with early years activities
- Share electronic resources such as children's book lists, hands-on literacy activities and other ideas that can be integrated into programming to support healthy brain development.

Presenter: Nancy Tovell has a wide range of experience in facilitating workshops with a focus on sharing literacy strategies, tools and resources to support those working with families and young children. She is a Program Coordinator at Bookmates, a Manitoba based not-for-profit with a mission to develop and deliver early years programs and training to build and support the foundations of literacy and learning.

Date: Tuesday, March 22, 2022
Time: 6:30 pm - 8:30 pm
Cost: members $10, non-members $15
Location: Online

Workshop 16

TANTRUMS AND TEARS: UNDERSTANDING FRUSTRATION AND THE IMPORTANCE OF TEARS

** IN ACCORDANCE WITH PUBLIC HEALTH ORDERS WE WILL BE CHECKING VACCINATION PASSPORTS UPON ARRIVAL**

Tantrums can include various aggressive behaviours including hitting, biting, irritability, impatience, self-harming, acting mean or rude. These actions are deeply rooted in instinct and emotion and are often resistant to conventional discipline practices. To support children to grow through their tantrums, we need to understand what's going on for them from the inside out and most importantly, we need to value the role of tears. Principles applicable to children of all ages.

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

Date: Saturday, March 26, 2022
Time: 10:00 am - 12:00 pm
Cost: members $10, non-members $15
Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

Workshop 17

BIG SCIENCE FOR LITTLE HANDS: GADGETS & CONTRAPTIONS

Our homes, day cares and preschools are full of cool gadgets and contraptions that when incorporated into play, encourage young children to explore scientific concepts. We can also combine everyday objects (tinkering) to create simple machines such as ramps, pulleys and levers. In this workshop we will explore a range of science activities using materials easily found in your setting. We will tease out the science concepts of each activity to help you build your confidence in exploring science with children.

Presenter: Wendy Lorch is the Early Learning Specialist at Science World, responsible for The Wonder Gallery; a space dedicated to under 5s, Preschool Curiosity Club; a parent-participation program and Big Science for Little Hands; professional development workshops for early educators. She has a background in early learning, kindergarten and primary grades, science program development and adult workshop facilitation, having delivered a wealth of educator workshops across B.C.

Date: Tuesday, March 29, 2022
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 2022

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www.abbotsfordccrr.ca