

**Abbotsford**

# **CHILD CARE RESOURCE & REFERRAL**

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**Training Calendar**

**September - December 2023**



**September - December 2023**

# 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](http://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](mailto:ccrr@archway.ca)

### **Cost**

**\$15 Members, \$20 Non-Members**

### **CCRR Office**

#102 - 2469 Montrose Avenue

Abbotsford, BC V2S 3T2

### **Archway Community Services**

2420 Montrose Ave.

Abbotsford, BC V2S 3S9

## Workshop 1

# FIRST FRIENDS: Developing Empathy & Building Peer Relationships in the Early Years

This virtual workshop focuses on providing early literacy resources, tools and strategies that support the emerging social-emotional skills of children from birth to 6. Content includes:

- Supporting the building of respect and development of empathy in preschoolers.
- Sharing concepts of friendship in the early years: how to make a friend, having fun with friends, including friends, playing with friends etc.
- Discussing how caregivers can nurture and model behaviors.

**Presenter:** This workshop will be presented by a Bookmates Facilitator. Bookmates is a non-profit organization based in Winnipeg with over 39 years experience in supporting early learning educators. Bookmates stays current with emerging research and themes related to healthy child development and uses a literacy lens to share strategies.

**Date:** Tuesday September 12, 2023

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

**Cost:** members \$15, non-members \$20

**Location:** Online via Zoom





## Workshop 2

# UNDERSTANDING MELTDOWNS, SHUTDOWNS AND AUTISTIC BURNOUT

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Most of us have experienced a tantrum - either our own or by others where the "challenging behaviour" stops when the need is met. Meltdowns, shutdowns and burn-outs are not about getting something or manipulating others but about life stressors being greater than one's sensory/emotional capacity. Let's explore our nervous systems and how they are designed to protect us when we become overwhelmed. We will see how meltdowns are often usually exhibited externally and can be triggered by a tantrum. Shutdowns on the other hand are meltdowns that are turned inward. Then we will learn how all of these can lead to AUTISTIC BURNOUT and how to support an individual when they are there.

**Presenter:** Pam Collins proudly identifies as a neurodivergent parent to two amazing multiply neurodivergent adult sons. She has been providing Neurodiverse Affirming consulting, coaching and training services to families and community partners for over 23 years in British Columbia and outside of Canada. She is super passionate about the most current research in Psychology, especially related to neurodivergence (Autism, PDA, ADHD) and neuroscience (trauma, anxiety and depression). Pam lives to share information with others so they can be informed to make decisions, experience joy and be hopeful.

**Date:** Saturday September 16, 2023

**Time:** 10:00 am - 1:00 pm

**Cost:** members \$15, non-members \$20

**Location:** Online via Zoom





### Workshop 3

# PROACTIVE STRATEGIES TO MINIMIZE CHALLENGING BEHAVIOR

This session is for pre-school and school-aged staff.

In this session we will discuss:

- What makes behavior challenging?
- The 3 proactive building blocks: Rapport, Boundaries and Guidelines and Flexibility
- How to integrate the building blocks into practice
- Case scenarios - as presented by participants
- How to acknowledge and talk about behaviors we find challenging

**Presenter:** Katy Bigsby is the founder of REiL Learning, an educational consultancy that supports organizations integrate social emotional learning and build creative ways to engage all learners, particularly those with notable social, emotional and behavioral needs. Katy holds a Master's Degree in Educational Leadership, specializing in Adult Education and brings a wealth of experience as a teacher, counsellor and adult educator.

**Date:** Tuesday September 19, 2023

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

**Cost:** members \$15, non-members \$20

**Location:** Online via Zoom

### Workshop 4

# ALERT EMERGENCY CHILDCARE FIRST AID CPR/AED - LEVEL C

This fun and interactive 8 hour course trains people how to react and improvise when dealing with 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 working at Alert First-Aid for 6+ years. He is a Canadian Red Cross First-Aid & CPR instructor, and a WorkSafeBC OFA Level 1 Instructor.

**Date:** Saturday September 23, 2023

**Time:** 08:30 am - 4:30 pm

**Cost:** \$100

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

## Workshop 5

# DISABILITY AND SUPPORTING FAMILIES

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In this online workshop participants will explore current disability terminology and the strengths we all have. Participants will learn about barriers people face when accessing assessments, wise practices for supporting neurodivergent children and how to support families when a concern has been identified.

**Presenter:** Karen LeSage has over 25 years of experience working with children from birth to nineteen years of age in childcare and community settings. She is a licensed Early Childhood Educator, Infant/Toddler Educator and Special Needs Educator. She is a certified Community Resiliency Model Teacher, Hanen Learning Language and Loving It Teacher and MEHRIT Centre Shanker Self Reg Facilitator.

Karen is passionate about creating safe spaces where all children are welcome.

**Date:** Tuesday September 26, 2023

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

**Cost:** members \$15, non-members \$20

**Location:** Online via Zoom



## Workshop 6

# EMOTIONAL INTELLIGENCE: THE ROLE OF EMOTION COACHING

The ability to recognize and understand your own emotions is a critical part of emotional development. For many children this can be quite the learning process, and it often takes a lot of teaching, practice, and patience from the adult. In this presentation we will discuss the importance of emotional intelligence and how we can develop those skills through emotion coaching, as well as the practical tools and strategies to support those big emotions.

**Presenter:** Lisa Kaldenbach works as a registered Psychologist in Alberta, and clinical counsellor in British Columbia. She has spent the last ten years working in a variety of child based settings. She is passionate about supporting families, educators and caregivers who are experiencing a variety of challenges through a family-centered, attachment-focused and play-based lens.

**Date:** Tuesday October 3, 2023

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

**Cost:** members \$15, non-members \$20

**Location:** Online Via Zoom





## **Workshop 7**

# **BC EMPLOYMENT LAWS 101**

This module will be tailored to provide Early Childhood Educators with an introduction to BC Employment Laws and their basic legal concepts.

**Presenter:** Sarah McCarthy is an Early Childhood Educator and Instructor that has developed future ECE professionals, contributed to ECE organizations and worked directly with children. Sarah has been in the industry for over 10+ years and has taught in different organizations and through her own business. She is dedicated to supporting ECE professionals and inspiring them to become passionate instructors.

**Date:** Tuesday October 17th & 24th, 2023

**\*MUST ATTEND BOTH SESSIONS TO RECEIVE CERTIFICATE**

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

**Cost:** members \$15, non-members \$20

**Location:** Online via Zoom

## **Workshop 8**

# **MINDFUL TRANSITIONS FOR CALM CLASSROOMS**

This dynamic workshop offers Educators the knowledge, skills and tools to create a calm classroom using mindfulness for kids. Learn transition techniques to support children throughout the day in a variety of ways such as in the lineup, coming inside after outdoor activities or during an excessively high energy time. Attendees will be introduced to the Mindful Corner, a hands-on self regulation station where children cause calming tools such as breathing, movement and mindfulness independently when they are dealing with big feelings. Come join us for this interactive workshop on how to use Mindful transitions to create your own calm classroom.

**Presenter:** Jennie Abbot is the Founder and Director of Harmony Kids Yoga & Mindfulness Company. She is a Registered Yoga Teacher (RYT) and Registered Children's Yoga Teacher (CYA\_CYT) with the Canadian Yoga Alliance teaching over 75,000 children to date. Jennie has worked with children, families, government, non-profit organizations and educators for over 20 years, sharing her passion of bringing happiness and peace into the lives of children through yoga and mindfulness.

**Date:** Saturday October 21, 2023

**Time:** 10:00 am - 12:00 pm

**Cost:** members \$15, non-members \$20

**Location:** Online via Zoom

## Workshop 9

# ALERT EMERGENCY CHILDCARE FIRST AID CPR/AED - LEVEL C

This fun and interactive 8 hour course trains people how to react and improvise when dealing with 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 working at Alert First-Aid for 6+ years. He is a Canadian Red Cross First-Aid & CPR instructor, and a WorkSafeBC OFA Level 1 Instructor.

**Date:** Saturday October 28, 2023

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

**Cost:** \$100

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.



## Workshop 10

# CULTURAL SAFETY

What, exactly, is cultural safety? Why is cultural safety important in addressing the social inequities experienced by Indigenous people?

Cultural safety considers the social and historical contexts of health and health care inequities and is not focused on understanding "Indigenous Culture." Many people come to the San'yas Indigenous Cultural Safety training program expecting to learn about the formal cultural ceremonies and practices of Indigenous people because they have been led to believe that this is the key to working with people who are culturally different from themselves. San'yas learners are often surprised to learn that a cultural safety approach to providing care is about paying attention to the roots of health and health care inequities, such as colonization.

**Presenter:** Jennie Roberts has been in the Early Education field for 35 years, worked in Aboriginal Head Starts, Parent Participation Preschools. When Jennie facilitates a workshop she takes you on a journey of new awareness, you will come out with new eyes and mindset about Indigenous people. So your work with children can be meaningful and fulfilling.

**Date:** Tuesday, November 7th, 2023

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

**Cost:** members \$15, non-members \$20

**Location:** Online via Zoom





## Workshop 11

# 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, Wanda Cole & Cathy LaHaise, Child Care Consultants at Abbotsford CCRR

**Date:** Fridays, November 10, 17, 24, 2023

**Time:** 9:00 am - 4:00 pm

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

**Location:** Archway Community Services | Board Room | 2420 Montrose Ave.



## Workshop 12

# BOUNDARY PRACTICE

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In this workshop, participants will learn about vague, rigid and healthy boundaries.

Boundaries are essential to practice in childcare, as they make caring sustainable, and protect us from compassion fatigue, vicarious traumatization and burnout. Boundary practice encourages us to consider our own energy and how we're spending it, and to understand the patterns of relating that attract us to the helping professions while also making setting boundaries more difficult.

**Presenter:** Jodie McDonald is a counsellor in a private practice on Vancouver Island, specializing in Integrative Body Psychotherapy (IBP). As a registered Social Worker in BC, Jodie has over 20 years experience in the non-profit sector, working in crisis and suicide intervention, family support, and mental health. Jodie has also taught at Vancouver Island University, and facilitates professional development workshops throughout BC, specializing in boundary practice, self-care, and wellness education for helping professionals and caregivers.

**Date:** Tuesday November 14, 2023

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

**Cost:** members \$15, non-members \$20

**Location:** Online via Zoom

## Workshop 13

# ALERT EMERGENCY CHILDCARE FIRST AID CPR/AED - LEVEL C

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This fun and interactive 8 hour course trains people how to react and improvise when dealing with 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 working at Alert First-Aid for 6+ years. He is a Canadian Red Cross First-Aid & CPR instructor, and a WorkSafeBC OFA Level 1 Instructor.

**Date:** Saturday November 25, 2023

**Time:** 08:30 am - 4:30 pm

**Cost:** \$100

**Location:** Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave.

## Workshop 14

# THE IMPORTANCE OF SLEEP FOR CHILDREN

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Join certified nutritionist Sidney Shindle as she explains the short term and long term benefits of sleep for children. You will learn about what happens when a child does not sleep enough, as well as what may cause kids to skip out on nap time, from changes to routine, to upgrading their nutrition. This seminar will equip you with tips and tricks to help children to get the sleep they need.

**Presenter:** Sidney Shindle is a Certified Nutritional Practitioner who runs a private practice in New Westminster. She is a lead faculty member at the Institute of Holistic Nutrition and co-founder of Valeo Wellness, a local workplace wellness initiative. With a decade of coaching experience in the sports realm, she applies similar approaches to her wellness seminars and to her individual client work.

**Date:** Tuesday November 28th, 2023

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

**Cost:** members \$15, non-members \$20

**Location:** Online via Zoom





## Workshop 15

# UNDERSTANDING THE EXCEPTIONAL: SENSITIVE & SPIRITED CHILDREN

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Do you notice that some children are particularly sensitive, slow-to-adapt, persistent, energetic or intense at times? Are there elements of their behavior that are frustrating and confusing? There are many different facets of temperament, or how a child is "wired", that have significant effects on their behavior. Some children are exceptional in the strength of their temperamental traits. This workshop is designed to help caregivers understand these children on a whole new level.

**Presenter:** Kate Saunders has over 20 years of experience as a counsellor and educator, specializing in working with children and families. She is a Registered Clinical Counsellor in BC. She works therapeutically with children in play therapy, with parents/adults, and with parents and children together to address challenging behavior's and emotion regulation. Kate is a sought after presenter for the practical and effective strategies she offers, as well as her lively presentation style. She focuses particularly on supporting health attachment and emotional development with all of her clients.

**Date:** Tuesday December 5th, 2023

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

**Cost:** Members \$15, Non-members \$20

**Location:** Online via Zoom



## Workshop 16

# COMMUNICATION THAT ENHANCES LANGUAGE AND EMOTIONAL WELL-BEING

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During this two hour workshop, the participants can expect conversation around challenges in Early Learning, optimistic strategies and how you can strengthen emotional development. Positive and authentic interactions encourages and promotes holistic child growth.

**Presenter:** Paula Milbradt has been serving children, families and communities for over 30 years. She continues to share her passion with professionals , families and community by offering consultations, workshops and webinars. Paula continues to learn and explore her own beliefs, by attending conferences, and workshops that enhance the Emotional well-being of both children and adults. She founded Empowermil after fostering 4 boys and continues to hold space for her purpose of making a difference in the world.

**Date:** Saturday December 9th, 2023

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

**Cost:** members \$15, non-members \$20

**Location:** Online via Zoom



Abbotsford Child Care Resource & Referral Program  
Training Calendar

September - December 2023

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

