



ABBOTSFORD

CHILD CARE RESOURCE & REFERRAL

September-
December
2025

Training Calendar



ChildCareBC

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



REGISTRATION POLICIES & PROCEDURES

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.

Sept-Dec 2025

WORKSHOP 1



CHILD CARE START-UP INFORMATION SESSION

Are you interested in opening your own child care centre and not sure where to start?

Join our CCRR consultants for a 1 hour information session that will provide you the beginning steps of starting and opening your in-home or commercial setting child care centre.

***NO CERTIFICATE IS GIVEN FOR THIS INFORMATION SESSION**

Date: Wednesday September 10, 2025

Time: 5:30 pm - 6:30 pm

Cost: Free

Location: Online via Zoom

WORKSHOP 2

MINDFUL COMMUNICATION: SHAPING CONFIDENT AND RESILIENT CHILDREN

In this engaging and interactive workshop, Reena will guide parents and educators on how to use mindful communication to shape confident and resilient children. Through practical tools and strategies, participants will learn how the words we choose influence a child's beliefs about themselves and their potential. Reena draws on her background in Early Childhood Education and personal development to provide actionable techniques that foster emotional intelligence, self-awareness, and positive growth in children. Attendees will leave equipped with powerful communication skills to nurture children's emotional well-being and help them thrive.

Presenter: Reena Kukreja is a children's life coach, former school teacher, homeschooling mom and workshop facilitator focused on empowering young minds. With a background in Early Childhood Education and personal growth, she equips participants with practical tools to nurture children's confidence, resilience, and emotional intelligence. Through her workshops, Reena emphasizes the power of mindful communication, demonstrating how the words we use with children shape their future success and well-being.

Date: Thursday September 11, 2025

Time: 6:00 pm - 8:00 pm

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

Location: Online via Zoom

WORKSHOP 3

UNDERSTANDING HEALTHY ATTACHMENTS



Secure attachment bonds ensure children will feel secure, understood, and calm enough to experience optimal development of their nervous systems. The developing brain organizes itself to provide children with the best foundation for life: a feeling of safety that results in eagerness to learn, healthy self-awareness, trust, and empathy. How you provide space and environment is crucial to the child's well-being and best start. Let's collaborate, share, and enhance your already existing skills through this thoughtful workshop.

Presenter: Paula Milbradt has been serving children, families, and communities for over 30 years. She continues to share her passion and dedication to ECE 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 Social and 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. She believes that all humans matter and to best support one another, we need to acknowledge, validate, and connect with one another.

Date: Saturday September 13, 2025

Time: 9:30 am - 12:30 pm

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

Location: Online via Zoom

WORKSHOP 4

START WITH A BOOK! EXTENDING THE STORY WITH HANDS-ON ACTIVITIES

Looking for new ideas to integrate into your programs and services? This virtual workshop will help refresh and rejuvenate your planning process with practical, fun ideas that support play-based, early learning activities. A variety of literacy extension ideas based on children's picture books will be introduced. This workshop is ideal for those working with infants, toddlers and preschoolers.

Content includes:

- Reviewing the importance of play-based, child-led literacy activities in the early years
- Exploring a wide variety of early literacy extension activities that can be easily integrated into current programming
- Providing a suggested children's book and activities listing that scaffolds on the ideas introduced in the workshop

Presenter: This workshop will be presented by a Bookmates Facilitator. Bookmates is a non-profit organization based in Winnipeg with over 40 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, information, resources and practical experiences.

Date: Thursday September 18, 2025

Time: 6:00 pm - 8:00 pm

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

Location: Online via Zoom



WORKSHOP 5

EXPRESS YOURSELF: THE ARTS FOR YOUNG CHILDREN



In this session we will explore principles and strategies for creating enjoyable and enriching opportunities for young children to explore fundamentals of visual art, music, dance, and drama as avenues for creativity, expression, performance, and more. As a group, we will move, create, laugh and learn in a safe supportive environment. Participants will leave the session with detailed plans for a variety of tested activities for children ages 1-6 (with extensions for school aged children) and increased confidence to bring more art into their programs.

Presenter: Karen Begley supports and empowers educators to feel fantastic about the work they are 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, enriching experiences to the children in their care. To learn more about Karen, her work, and thoughts on childhood, learning, and care, join her monthly newsletter list at www.natureplaystudios.com.

Date: Saturday September 20, 2025

Time: 9:30 am - 12:00 pm

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

Location: Online via Zoom

WORKSHOP 6

PHILOSOPHIES AND THEORIES OF EARLY CARE & LEARNING

During this workshop participants will research, analyze and compare four education philosophies: Frobel, Montessori, Reggio and Waldorf, to reflect on what is quality and how it relates to our current practice, methods and theory.

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: Thursday September 25, 2025

Time: 6:30 pm - 8:30 pm

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

Location: Online via Zoom



WORKSHOP 7

ALERT EMERGENCY CHILDCARE FIRST AID CPR - 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: Alert First Aid Facilitator

Date: Saturday September 27, 2025

Time: 8:30 am - 4:30 pm

Cost: \$110

Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9

WORKSHOP 8

LITTLE BODIES, BIG EMOTIONS

This workshop brings a combination of attachment and developmental science woven with stories that bring the science to life. Topics include the weaving together of attachment, early child development (and understanding immaturity at any age), emotion and essential feelings, how emotion and relationships with caring adults work together, helping children develop virtues, the essence of true play and how all these elements play a critical role in growing up and in caring for children. Participants will actively participate with scenarios and Q & A.

Emotion and Play Scenarios, Making Sense of kids' behaviours through attachment, development and emotion.

Presenter: Michele Maurer is on Faculty with the Neufeld Institute and a Registered Marriage and Family Therapist with 35+ years' experience. Michele works as a relationship counsellor and parent consultant in private practice in Langley. Married for 25+ years, she and her husband enjoy parenting and playing with their two grown children.

Date: Saturday October 4, 2025

Time: 10:00 am - 12:00 pm

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

Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9

WORKSHOP 9

CHILD CARE START-UP INFORMATION SESSION



Are you interested in opening your own child care centre and not sure where to start?
Join our CCRR consultants for a 1 hour information session that will provide you the beginning steps of starting and opening your in-home or commercial setting child care centre.

***NO CERTIFICATE IS GIVEN FOR THIS INFORMATION SESSION**

Date: Wednesday October 8, 2025

Time: 5:30 pm - 6:30 pm

Cost: Free

Location: Online via Zoom

WORKSHOP 10

FAIR WORKING ENVIRONMENT FOR EARLY CHILDHOOD EDUCATORS: LEARN ABOUT YOUR RIGHTS

JES (Justice Education Society) has designed a workshop to help EGE educators their employers/managers navigate their legal rights and responsibilities. Workshop objective: Human rights in the workplace. How to create an inclusive workplace. What to do if you experience discrimination or harassment at work. How to provide a safe, fair, and compliant workplace for employees.

Presenters: Nora Bergh is a non-practicing lawyer with over 10 years of experience in public legal information and education. Known for her plain language approach, Nora helps British Columbians understand the law and confidently manage their legal challenges.

Date: Thursday October 9, 2025

Time: 6:00 pm - 8:00 pm

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

Location: Online via Zoom



WORKSHOP 11



PARTNERING PHILOSOPHY & PLANNING

Gain a deeper understanding of neurodiversity while exploring pedagogical intention. Participants will learn what an inclusive classroom really is, will explore the 7 domains of holistic learning, and understand how this framework can be applied to the planning process in support of neurodiverse learners. With a focus on inclusion and critical self reflection, participants should feel confident to not only challenge their past beliefs but to create new, personalized, educational philosophies with intentionality. Participants learn actionable skills in effective planning processes for all children.

Presenter: Monica Maddison is an early years educational consultant who prioritizes neurodiversity-affirming and family-centered practice. With past experience as a Director of Specialized Education and Inclusion, college instructor, and therapist, she brings 13 years of experience and extensive education background to educate educators across North America. Monica uses attainable explanations with actionable strategies within each session to guide educators through self reflection and greater understanding of all children. Her company, Bloom Behaviour, is creating a movement of inclusion driven practices for intentional educators because as we already know; we're better when we're together.

Date: Thursday October 16, 2025

Time: 6:30 pm - 8:30 pm

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

Location: Online via Zoom

WORKSHOP 12

MARKETING YOUR CHILDCARE BUSINESS

This workshop will teach you the basics of managing and marketing as well as using the Internet and social media to help you maximize enrolment and income for your business. As child care providers, the notion of marketing ourselves or our child care seems to often make us feel uncomfortable. Somehow advertising seems out of step with the work we do. The fact is, however, that the ability to market our child care service in tasteful and effective ways is one indicator of a professional child care provider. This workshop teaches providers how to identify, articulate, and sell the benefits of their child care program to potential clients using both traditional strategies and technology. Parents are using the Internet to find child care providers. This workshop is for a person who wants to understand how to fit all the pieces together.

Presenter: Vicki Lepper was providing licensed family child care in Coquitlam from 1989 to 2018, is a passionate child care advocate and has received many awards. Vicki presents many workshops for CCRR's across the Province and at ECE conferences. Vicki is a Facilitator for BC Family Child Care Association (Responsible Adult and Good Beginning's- Professional Development for Child Care Providers) and was on the board of BCFFCA. Vicki believes in sharing her knowledge with those who have chosen a career working with children.

Date: Saturday October 18, 2025

Time: 9:30 am - 12:30 pm

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

Location: Online via Zoom



FRY NO MORE: RESILIENCE SKILLS FOR STRESS, UNCERTAINTY & POSITIVE MENTAL HEALTH

Do you wonder about skills to better navigate stress, uncertainty and a busy work-life? Would you love to quiet your mind after a full day of tasks, to do's and people interactions? This skill-building workshop is focused on how to close the stress loop, gain stability in uncertainty, pull yourself into the resilience window and build your personal toolkit for burnout prevention. From the best of neuroscience, learn the practical and portable skills for those that want to better understand resilience and change small habits that have immediate positive impacts on our energy, productivity, and joy.

Presenter: Shannon Gander is a leading expert in mental health and resiliency. She has worked with hundreds of companies over the past 25 years where workplace culture and unhealthy stress has contributed to high rates of disability and staff turnover. Shannon founded Life Work Wellness to share leading best practice in mental health that have the biggest impact on employee well-being. Leveraging her dynamic background in mental health, conflict mediation and corporate wellness, Shannon inspires her audience to engage in daily behaviours that have immediate positive results on themselves, their workplace teams and the people they go home to at the end of the day.

Date: Thursday October 23, 2025

Time: 6:00 pm - 8:00 pm

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

Location: Online via Zoom



WORKSHOP 14

ALERT EMERGENCY CHILDCARE FIRST AID CPR - 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: Alert First Aid Facilitator

Date: Saturday October 25, 2025

Time: 8:30 am - 4:30 pm

Cost: \$110

Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9



TRANSITIONING OUT OF THEME-BASED CURRICULUM

Transitioning from a theme-based curriculum to following children's interests can be daunting at first. This is an introductory workshop about how educators can go from pre-planned curriculum to following children's interests. In this workshop, educators will:

- Learn why we as educators lean into theme-based curriculum as a default
- Begin to understand inquiry-based learning
- Think creatively about ways to observe, document and reflect, to move toward an emergent curriculum.

Presenter: Ana Valle Rivera is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Ana has 18+ years of experience in the childcare field. She has direct experience working with children and families using inclusive and trauma-informed approaches. Ana has 11+ years of experience working in adult education and she currently supports ECE practicum students at the college level. Ana has 9+ years of experience as a workshop facilitator and has facilitated hundreds of professional development workshops for thousands of educators, teachers, and parents. Ana has a Diploma in ECE, a Bachelor's Degree in Child & Youth Care, and is currently completing a Master's of Professional Education in ECE.

Date: Thursday October 30, 2025

Time: 6:30 pm - 8:30 pm

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

Location: Online via Zoom



WORKSHOP 16

BUILDING FOUNDATIONAL COMMUNICATION & SOCIAL INTERACTION SKILLS FOR CHILDREN WITH SPECIAL NEEDS

Communication is a fundamental aspect of human interaction, enabling us to connect, express our needs, and build relationships. For children with special needs, developing effective communication and social interaction skills is particularly crucial. This workshop aims to equip educators with the knowledge and tools necessary to support these children in their journey towards effective communication and socialization.

Presenters: Farrah Rahim and Andrea Rizzuto are the Speech-Language Pathologists behind Playground Connections. Farrah and Andrea have years of experience working in multi-disciplinary clinics and educational settings, which have given them exceptional experience in all areas of pediatric speech language pathology. They have hosted a wide variety of teacher and parent training workshops internationally on a range of topics related to speech and language issues. Playground Connections takes great pleasure in working collaboratively with educators, children and their families, and in working towards helping children become effective communicators.

Date: Saturday November 1, 2025

Time: 9:30 am - 12:30 pm

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

Location: Online via Zoom



WORKSHOP 17

WE DIG DINOSAURS (AND SO MUCH MORE!): FOLLOWING CHILDREN'S INTERESTS IN EARLY LEARNING SETTINGS

Join us as we explore the importance of encouraging, celebrating and building on the ideas and interests of young children in early childhood settings. Together we'll look at stories, rhymes, songs and hands-on activities that can be adapted to the interests of the children in various early learning environments while encouraging numeracy, literacy, gross and fine motor skills. Participants will have the opportunity to work with others to develop their own ready-to-use interest-based lesson/activity plans as we recognize the importance of following the lead of the children in our care. Best for those working with infants, toddlers and pre-school aged children.



Presenter: This workshop will be presented by a Bookmates Facilitator. Bookmates is a non-profit organization based in Winnipeg with over 40 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, information, resources and practical experiences.

Date: Thursday November 6, 2025

Time: 6:00 pm - 8:00 pm

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

Location: Online via Zoom



WORKSHOP 18

DELIGHT! EXCITE! INSPIRE! TEACH!



This fun informative on-line workshop will investigate the essential elements needed to create an exciting, motivating, child-focused learning environment for children of all ages. Through a variety of interactive activities, discussion, and demos, we will zoom in on these critical components, so that you can ignite curiosity, assure understanding, impart practical skills, and heighten the emotional, social, and academic success for the children in your care.

During this two-hour virtual training session, you and other specially trained educators will come together to explore and share ideas pertaining to:

- The Vital Role You Play in the Lives of Those in Your Care
- The Impact Covid has had, in Working With the Children and Your Colleagues
- Piaget's Stages of Early Childhood Cognitive Development
- Creative Child-Centred Program Planning Strategies
- Presentation Skills that Foster Engagement, Creativity, Fun, and Learning

Presenter: Simmy Zaret an educator for both the school and public health systems, I feel privileged to have worked with, taught, counselled, and supported children with special needs and their families for over 35 years. Through an array of workshops and speaking engagements, I now bring my extensive experience to early childhood educators, teachers, administrators, and parents on-line from coast to coast. My focus remains on promoting a holistic, compassionate approach, optimizing success for all students both inside and outside of the classroom. As well, I am currently working on a book which will encapsulate my methodologies, and provide practical, well-honed strategies for promoting joy and success for children of all ages. Besides my active teaching and consulting career, I enjoy a busy family life in Toronto Ontario, where I am a well-known local storyteller, avid painter, and the proud mom of two wonderful young men.

Date: Saturday November 8, 2025

Time: 9:30 am - 12:30 pm

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

Location: Online via Zoom

CHILD CARE START-UP INFORMATION SESSION

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***NO CERTIFICATE IS GIVEN FOR THIS INFORMATION SESSION**

Date: Wednesday November 12, 2025

Time: 5:30 pm - 6:30 pm

Cost: Free

Location: Online via Zoom



WORKSHOP 20

LET THEM FALL DOWN: WHY RISKY PLAY IS VITAL TO CHILDHOOD DEVELOPMENT

Learn why risky play is vital to childhood development in this 2 hour workshop. This workshop is for everyone who may be curious (and a bit uncomfortable) with risky play to those who are very comfortable with it. Let Them Fall Down is an opportunity to push personal boundaries while learning about evidence based studies supporting risky play and how it can affect children's development. The workshop facilitator, Belva Stone, shares many of her own personal experiences of working with children in an outdoor setting.

Presenter: Belva Stone has over 25 years experience working with children and 10 years experience as an early learning outdoor educator. She has owned and operated an outdoor early learning program in Vancouver BC for 8 years working out of public parks with children aged 2.5-5 years old. She has been actively working towards getting outdoor education licensed in BC for the last 7 years and currently is a guest on the National Panel for Licensing Outdoor Education in Canada. She is also the Chair of Outdoor Early Learning of BC (OELA) non-profit to support outdoor educators across BC.

Date: Thursday November 13, 2025

Time: 6:30 pm - 8:30 pm

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

Location: Online via Zoom

Sept-Dec 2025

WORKSHOP 21

INCLUSIVE GROUP TIMES

Participants will explore how to use small and large group times effectively in their classrooms. Participants will learn strategies to include and engage all children in developmentally appropriate group times using a variety of techniques.

Presenter: Karen LeSage has 30 years of experience working with children from birth to nineteen years of age in childcare and community settings. She is passionate about creating a space where all people are welcome. She uses yoga, mindfulness and gratitude practices as a platform to help people connect with themselves and others and find their place in the world. She is a licensed Early Childhood Educator, Infant/Toddler Educator and Special Needs Educator, a certified Community Resiliency Model® Teacher and a registered adult and kids' yoga teacher.

Date: Saturday November 15, 2025

Time: 10:00 am - 12:00 pm

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

Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9

WORKSHOP 22

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: Wanda Cole, Christine Kopp & Brenda Herrera - Child Care Consultants at Abbotsford CCRR

Date: Wednesday Nov 19th, Thursday Nov 20th & Friday Nov 21st, 2025

*** must attend all three days to receive certificate**

Time: 9:00 am - 4:00 pm

Cost: \$100

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



WORKSHOP 23

TRYING DIFFERENTLY: A RELATIONSHIP APPROACH TO CHALLENGING BEHAVIORS

Most parenting and professional approaches to challenging behaviors do not recognize brain development and the power of relationships. Instead, interventions often target presenting behaviors for change. Trying differently means to expand our range of options and move from punishing behaviors to understanding them, and to changing the environment and our expectations of the children/youth. This workshop is designed to help professionals and parents shift from changing the child's behavior to reframing perceptions, changing the way they respond to the behavior and developing appropriate and effective support strategies. We will also explore the key role of relationship in addressing challenging behavior.

Presenter: Malgosia Tomanik, M.Ed., is a Family Consultant who specializes in supporting children from preschool to high school age and their parents/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, helping to make sense of difficult behavior and supporting the big people for each child in finding a way through.

Malgosia also works as an FASD Key Worker with the Fraser Valley Child Development Centre and in British Columbia, Canada. In her role as a Key Worker, she provides support to parents/caregivers raising children and youth who are living with FASD and other neurobehavioral conditions.

Date: Thursday November 27, 2025

Time: 6:30 pm - 8:30 pm

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

Location: Online via Zoom



WORKSHOP 24

ALERT EMERGENCY CHILDCARE FIRST AID CPR - 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: Alert First Aid Facilitator

Date: Saturday November 29, 2025

Time: 8:30 am - 4:30 pm

Cost: \$110

Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9



Sept-Dec 2025

WORKSHOP 25

PEACEFUL PLAY FOR KIDS



Developing life long self regulation skills through breathwork and mindful movement. In today's fast paced world, children face stressors that can overwhelm their ability to self-regulate. The peaceful play game, provides young learners with the tools they need to foster inner peace, manage emotions, and cultivate mindfulness - skills that last a life time.

Presenter: Jennie Abbot is the Founder and Director of Harmony Kids Yoga & Mindfulness Company, the creator of YogaBREAK for Classrooms, Harmony at Home Kits, various Parenting and Educator Workshops and The My Peaceful Play Game for Kids. 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 December 6, 2025

Time: 10:00 am - 12:00 pm

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

Location: Archway Community Services | Jasbir Saran Room (100B) | 2420 Montrose Ave, Abbotsford BC V2S 3S9



WORKSHOP 26



CHILD CARE START-UP INFORMATION SESSION

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***NO CERTIFICATE IS GIVEN FOR THIS INFORMATION SESSION**

Date: Wednesday December 10, 2025

Time: 5:30 pm - 6:30 pm

Cost: Free

Location: Online via Zoom

WORKSHOP 27

CREATING COMMUNITY WITH YOUR FAMILIES

The goal of this workshop is for care providers to learn and understand that families are not the only members of your childcare community. Attendees will learn not only to strengthen their relationships with families, but also how to extend the idea of "community" in other aspects and with other members.

Presenter: Kayla Papalia is an early childhood educator and the owner/operator of an In Home Multi Age childcare program in Port Moody. She is one of the creators of "ECE, Honestly", a podcast for the modern ECE.

Date: Saturday December 13, 2025

Time: 9:30 am - 11:30 am

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

Location: Online via Zoom





September- December
2025

ABBOTSFORD CCRR

Address

#102-2469 Montrose Ave
Abbotsford V2S 3T2

Contact Us

Phone

604-850-7934

Website

www.abbotsfordccrr.ca

gov.bc.ca/ChildCareResourceReferralCentres