



WESTCOAST
CHILD CARE
RESOURCE
CENTRE

OCTOBER TO DECEMBER 2018 WORKSHOPS

REGISTRATION STARTS AUGUST 1, 2018

VANCOUVER
ccrr
Child Care Resource & Referral 

Ways to REGISTER

- ❖ Online with PayPal or any credit card at www.wstcoast.org
- ❖ Fax registration form with VISA® information to 604-709-5662.
- ❖ Mail registration form with VISA® information. NO CASH.
- ❖ In person with cash, debit, or VISA only.
- ❖ Questions? Call us! **604-709-5661** ext. 221 or
- ❖ Email us at: rng@wstcoast.org
- ❖ **FCC Fee** - Vancouver Registered Family Child Care Providers are emailed a Promo Code which must be applied to receive the FCC Fee when registering for a workshop.
- ❖ Please take care to review the workshop objectives and suitability before registering.
- ❖ Check the Workshop Policies on the last page.

Download this flyer from our website and register online anytime.



Zones of Regulation

Wednesday October 3, 2018 Time: 6:30 pm - 8:30 pm 2 hours

Based on Zones of Regulation by Leah M. Kuypers, this workshop will help you gain the tools to help children of all ages improve their self-regulation skills. Self-regulation is defined as the best state of alertness of both the body and emotions. Learn how to help children recognize when they are in the different zones as well as how to use strategies to change or stay in the zone they are in.

Objectives:

- Identify tools to help children of all ages gain skills in the area of self-regulation.
- Discuss the 4 different zones.
- Explore how to help children recognize when they are in different zones and to apply appropriate strategies when needed.

★ Suitable for parents, students, novice, intermediate and experienced early learning child care professionals working with children of any age from infant/toddler, preschool to school age children, including children with extra support needs.

Presenter: Sandra Yuen. Sandra has been working in the Child Care field for over 25 years, with children from 3 months to 12 years old and their families. She is the Manager of Training, Development and Performance for The YMCA of Greater Vancouver Early Childhood and Family Development.

Fee: \$35
FCC Fee: \$20

Self-Awareness and Children's Understanding of Diversity

Saturday October 13, 2018

Time: 10:00 am - 3:30 pm 5 hours

During this five hour make and take workshop broken down into three segments, participants will learn how children experience diversity awareness through developing a strong sense of self, create activities to help children feel connected to their family's culture and recognize the diversity in their own community through shared experiences. Participants will make a resource to take home.

Objectives:

- Explore and discuss the benefits of enabling children to develop a strong sense of self.
- Learn how to show children they are part of their own family culture.
- Recognize how diversity awareness plays a big part of being active in our communities.
- Investigate how to create meaningful and inclusive experiences for children.

★ Suitable for students, novice, intermediate and experienced early learning child care professionals working with children of all ages, from infant/toddlers to school age children, including children with extra support needs.

Presenter: Sarah Chapman-Chen. Sarah has been in the early childhood field for over 20 years, during which time she has had opportunities to work directly with children and families in a variety of capacities. While working at Westcoast, Sarah also provided anti-bias and diversity training throughout the province. She is currently operating a family child care in her home.

Fee: \$80

FCC Fee: \$65

❖ *Material's fee included.*

❖ *Bring scissors.*

❖ *Bring a bag lunch (½ hour lunch).*



Child Care Fees: Where does the Money Go?

Wednesday October 17, 2018 Time: 6:30 pm - 8:30 pm 2 hours

In this workshop, participants will have hands-on opportunities to analyze high-level child care financial statements, explore real-life examples of the child care financial challenges that influenced the creation of the broadly-supported \$10aDay Plan, and work collaboratively to begin 'building' a publicly-funded child care system.

Objectives:

- Learn why parent fees, on their own, do not provide broad access to quality, affordable child care.
- Appreciate why public funding is essential to providing quality, affordable child care to all who choose it.
- Discuss how we can work together to achieve a publicly-funded child care system over time.

★ Suitable for parents, students, adult instructors/administrators, novice, intermediate and experienced early learning child care professionals working with children of all ages, from infant/toddlers to school age children, including children with extra support needs.

Presenter: Lynell Anderson. Drawing on 30 years of experience as a professional accountant in the voluntary, public, private and academic sectors, Lynell analyzes and utilizes financial information to promote public accountability, engage communities and advocate for evidence-informed change. Her research and advocacy activities focus on public policies that advance the rights of children, women and families, especially with respect to child care services.

Fee: \$35

FCC Fee: \$20

Basic Sign Language for Young Children

Saturday October 20, 2018

Time: 10:30 am - 3:00 pm 4 hours

Using basic sign language is a simple way to enrich daily activities, circle time, stories and songs. During this workshop participants will learn how to sign the alphabet, colors, numbers, animals, foods and basic self-help skills to use with young children.

Objectives:

- To learn basic sign language to use with children.
- To appreciate how using sign language can be a way to enrich our programs.

★ Suitable for parents, students, adult instructors/administrators, novice, intermediate and experienced early learning child care professionals working with children of all ages, from infant/toddlers to school age children, including children with extra support needs.

Presenter: Kirin Sandhu. Kirin is an Early Childhood Educator with a Child & Youth Special Needs Diploma. She received her American Sign Language (ASL) training through the Deaf Children's Society and she is currently a Child Care Services Consultant at Westcoast Child Care Resource Centre. Kirin has enjoyed working with children and their families in various settings for over 16 years.

Fee: \$65

FCC Fee: \$50

❖ *Bring a bag lunch (½ hour lunch).*



Aggression in Young Children: Helping yourself stay steady in tough situations

Saturday October 27, 2018 Time: 10:30 am - 3:00 pm 4 hours

Some days you have to deal with a child who lashes out. Often you can see it brewing and you want to step in early. You also notice it's hard on you. Maybe your stomach begins to churn or your neck or jaw tightens. Your workplace has a specific protocol. You know what you're supposed to do and telling yourself to breathe before stepping in just isn't enough to ease the tension inside. Automatic physical reactions need physical strategies. This experiential workshop draws on the concepts of interactive neurobiology and self-regulation to teach you practical techniques to use in these difficult moments.

Objectives:

- Practice picking up earlier signs that a child is about to erupt.
- Learn physical strategies you can use right in the moment to ease the tension you feel.
- Explore and practice methods to support yourself so you can act more calmly and effectively.

★ Suitable for parents, students, adult instructors/administrators, novice, intermediate and experienced early learning child care professionals working with children of any age from infant/toddlers to school age children, including children with extra support needs.

Presenter: Shayna Hornstein. Shayna is a body-focused counsellor, registered physical therapist and adult educator. Her organizational development work improves resilience and workplace communication. In her clinical practice she helps people lessen the impact that stress has on their bodies. She especially enjoys supporting frontline child care educators and caregivers, for they do critical work that builds healthy communities.

Fee: \$65

FCC Fee: \$50

❖ *Bring a bag lunch (½ hour lunch).*

❖ *Wear comfortable clothes and shoes.*



Game Smarts – Using Play and Games to motivate learning and positive behaviour

Saturday November 3, 2018 Time: 10:30 am - 3:00 pm 4 hours

This workshop will give attendees a deep understanding and practical skill-set to unleash the power and effectiveness of play and games. These teachings will support social and emotional needs, develop cognitive scaffolding for higher brain function, and build strong, memorable and positive environments for you and the children in your care. Don't miss out on this fun, challenging, and ground breaking approach.

Objectives:

- Understand how to use play and game to assess and support developmental milestones.
- Strengthen game facilitation to build strong leadership and positive environments.

★ Suitable for parents, students, adult instructors/administrators, novice, intermediate and experienced early learning child care professionals working with preschool and school age children, including children with extra support needs.

Presenter: Peter-John Prinsloo. PJ has been working with children and youth in a variety of different capacities for 20 years. He presently specializes in positive behaviour strategies and guides the Vancouver school boards most challenging kids towards growth and success. Using a foundation in cognitive psychology and ethical practice PJ has developed several ground breaking techniques that simply gets results.

Fee: \$65

FCC Fee: \$50

❖ **Bring a bag lunch (½ hour lunch).**

Cats, Bridges and Trees: Yoga for Children

Saturday November 17, 2018

Time: 10:30 am - 3:00 pm 4 hours

Children love to move! With yoga, children are involved in a fun, non-competitive physical activity. All children, regardless of age or ability can do yoga. Yoga uses children's imagination while they become stronger, more flexible, and more aware of how to control their breath and their body movements. Come explore yoga poses and activities; have fun as we relax, breathe and stretch, and receive information on how to use yoga in a child care setting.

Objectives:

- To learn basic yoga poses.
- To explore how yoga helps with learning.
- To understand how breathing can calm or energize children.
- To practice in small groups how to make yoga fun for young children.

★ Suitable for intermediate and experienced early learning child care professionals working with infant/toddlers, preschool and school age children, including children with extra support needs.

Presenter: Dorothy Fizzell. Dorothy has been practicing yoga for over 30 years, and it is a big part of who she is. She is fully certified with several yoga associations and is a co-teacher of a 200-hour yoga teacher training program in Surrey, BC. Dorothy has also been an Early Childhood Educator for 30 plus years, and recently worked on re-developing the Safe Spaces Bullying Prevention Program as well as facilitating this training.

Fee: \$65

FCC Fee: \$50

❖ *Bring a bag lunch (½ hour lunch).*

❖ *Wear comfortable clothing and bring a thin mat or a towel.*



Enhancing Children's Development Using Creative Drama

Wednesday November 21, 2018

Time: 6:30 pm - 8:30 pm 2 hours

Teaching and learning can become a mundane and monotonous process. As educators it is refreshing to experience skills that we can take into our programs which can enrich children's development and be used as a pedagogical tool. This workshop will provide a platform to participate, learn and unlearn together with a child centric approach.

Objectives:

- Define what Creative Drama is.
- Explore the relationship between Creative Drama and the development of children.
- Find ways to make learning joyful for children.

★ Suitable for students, novice, intermediate and experienced early learning child care professionals working with preschool and school age children.

Presenter: Dr. Charru Sharma. Charru has worked as an Associate Professor teaching Human Development & Childhood Studies at the University of Delhi for over 22 years. She was a Postdoctoral Fellow at the University of Pennsylvania, a Fellow at UBC and in the UK. She has been an international scholar, researcher and consultant in drama and education for over 25 years to present.

Fee: \$35

FCC Fee: \$20

Beyond Behaviour: Raising Resilience for Children with Autism, ADHD and Anxiety

Saturday November 24, 2018 Time: 10:30 am – 3:00 pm 4 hours

This workshop will allow you to discover the science behind the symptoms and obtain insights for early identification of soft signs and red flags. You will identify activities that build strong foundations and create habits that allow the forces of Nature and Nurture to work together. You will develop strategies that give rise to resilient futures for our children.

Objectives:

- Discover the science behind the symptoms.
- Understand the importance of early identification of soft signs and red flags.
- Learn activities that build strong foundations.
- Discuss how to develop habits that give rise to resilience.

★ Suitable for parents, students, adult instructors/administrators, novice, intermediate and experienced early learning child care professionals working with children of any age from infant/toddler, preschool to school age children, including children with extra support needs.

Presenter: Michelle Riddle. Michelle is a Pediatric Occupational Therapist with additional training in the field of Natural Nutrition. She provides “Resilience” based services to families and consults with medical professionals, teachers and clinicians at national and international levels. Her leading-edge work in the areas of learning disabilities, dyspraxia, sensory-motor integration, and self-regulation has been conference acclaimed.

Fee: \$65

FCC Fee: \$50

❖ **Bring a bag lunch (½ hour lunch)**

Is Time-Out Outdated?

Wednesday November 28, 2018

Time: 6:30 pm - 8:30 pm 2 hours

Location: Vancouver Westside Hub at Kitsilano Neighbourhood House, 2305 W 7th Ave. Vancouver, BC.

Time-out or time-away is often used as a means to discipline children in child care. It is important to refine the understanding of this technique and propose alternative ways of not only guiding the behavior but also to focus on understanding the triggers and elements that cause it.

Understanding the context of behavior will present educators with an alternative approach to guidance and at the same time offer the child an array of problem solving skills, including the ability to self-regulate over time. Even though sometimes to sit in solitude for a few moments is all a child needs to switch gears labeling it as time-out will tend to impose “self-control”. This lacks key understanding of behavior challenges rather than an opportunity to learn how to cope with frustration and modify undesired behavior.

Objectives:

- To discuss prevalent behavior misconceptions in both children and adults.
- To explore relevant theories that inform educator’s guidance approaches.
- To recognize alternative ways of modeling and helping children with their own self-regulatory skills.

★ Suitable for students, novice, intermediate and experienced early learning child care professionals working with infant/toddlers and preschool age children, including children with extra support needs.

Presenter: Ana Vojnovic. ECE, I/T, SN. Ana is also a conceptual artist currently studying Interior Design at BCIT, with a background in philosophy, education and visual arts. She engages in research-based practice that focuses on investigating design of educational spaces and its impact on learning based dynamics and behavior.

Fee: \$35

FCC Fee: \$20





Safe Spaces: Bullying Prevention for School Age Children

2 Saturdays, December 1st & 8th, 2018 Time: 9:30 am - 4:00 pm *12 hours (in-class training)

Location: Kiwassa Neighbourhood House, 2425 Oxford St. Vancouver, BC, V5K 1M7

Safe Spaces is a focused, integrated approach to social-emotional development that helps prevent bullying by growing pro-social behaviours. Safe Spaces builds a sense of community where all children, staff, and families feel they are valued and that they belong; this is the foundation of a safe space. Safe Spaces for School Age Children is designed in four modules, and explores several conflict resolution models. Three domains within each module offer a balanced and well-rounded program with ready-to-use resources and ideas that create safe spaces for all children and families in our programs.

NOTE: After completing this training participants will be invited to our free Safe Spaces Community of Practice sessions to deepen their learning.

Objectives:

- To understand how the Safe Spaces program works.
- To explore the 4 Safe Spaces modules.
- To learn how to implement Safe Spaces in child care programs with school age children.
- To become familiar with available resources and support.

★ Suitable for school age child care professionals working with school age children, including children with extra support needs.

Presenter: Tyler Summers. ECE, SACCC, has been working in School Age Care for 23 years and is currently the Program Manager at Jericho Kids Club and chair of the School Age Child Care Association of British Columbia. He also serves as co-chair of the Vancouver Middle Childhood Matters Steering Committee, is a member of The Ministry of Family and Family Development Early Childhood Occupational Standards Reference Group, and a member of the Vancouver Westside Childhood Development Hub.

Fee: \$150 (workbook included).

*A certificate for 13 hours of training will be issued upon completion of the 2-days training: 1 hour for reading the pre-reading material (will be emailed 1 week prior to the first day of training) plus 12 hours for attending in-class training (6 hours each day).

Requirements:

- Must register for the two days of training.
- Must attend the two days of training to obtain a certificate of participation.
- Must read the pre-reading material that will be emailed 1 week prior to the first day of training.
- Bring a 2 inch binder for the course materials.

❖ **Bring a bag lunch (½ hour lunch)**

Westcoast workshops support the implementation of:

- ❖ The BC Early Learning Framework
- ❖ Schedule G of the BC Child Care Licensing Regulation
- ❖ The Early Childhood Educators of BC Code of Ethics

Westcoast Child Care Resource Centre
Inspiring and Promoting Excellence in Child Care and Early Learning



Workshop Registration Form

Date: _____
DB _____ (office use only)

This name will appear on your certificate

First Name (s):	Last Name (s):		
Email:		Phone:	
<input type="checkbox"/> I am a Vancouver CCRR Registered LNR or Vancouver Licensed Family Child Care Provider (FCC)			

Payment Method:			
VISA (only) Card Number: _____		Expiry Date: ____ / ____	
Cardholder's name: _____		Authorization # _____ (office use only)	
<input type="checkbox"/> Debit	<input type="checkbox"/> Cash	TOTAL Payment Amount: \$	

Workshop Titles	Date	Time	Fee	FCC
Zones of Regulation	Wed. Oct. 3	6:30 pm - 8:30 pm	\$35	\$20
Self-Awareness and Children's Understanding of Diversity	Sat. Oct. 13	10:00 am – 3:30 pm	\$80	\$65
Child Care Fees: Where does the Money Go?	Wed. Oct. 17	6:30 pm - 8:30 pm	\$35	\$20
Basic Sign Language for Young Children	Sat. Oct. 20	10:30 am – 3:00 pm	\$65	\$50
Aggression in Young Children: Helping yourself stay steady in tough situations	Sat. Oct. 27	10:30 am – 3:00 pm	\$65	\$50
Game Smarts - Using Play and Games to motivate learning and positive behaviour	Sat. Nov. 3	10:30 am – 3:00 pm	\$65	\$50
Cats, Bridges and Trees: Yoga for Children	Sat. Nov. 17	10:30 am – 3:00 pm	\$65	\$50
Enhancing Children's Development Using Creative Drama	Wed. Nov. 21	6:30 pm - 8:30 pm	\$35	\$20
Beyond Behaviour: Raising Resilience for Children with Autism, ADHD and Anxiety	Sat. Nov. 24	10:30 am – 3:00 pm	\$65	\$50
Is Time-Out Outdated? @ Kits	Wed. Nov. 28	6:30 pm - 8:30 pm	\$35	\$20
Safe Spaces: Bullying Prevention for School Age Children @ Kiwassa	Sat. Dec. 1 & 8	9:30 am - 4:00 pm	\$150	

All workshops will be at Westcoast located at 2772 East Broadway in Vancouver, unless specified.

Refund & Cancellation Policy:

1. Requests for cancellations **must be received at least 3 business days prior** to the workshop/course date to get a refund, minus any Administration Fees.
2. All refunds are subject to a \$10 Administration Fee except for workshops/courses that are \$100 or more, which have a \$25 Administration Fee.
3. No monies will be refunded or credits offered once the workshop/course starts, or if it's missed.
4. Westcoast may cancel a workshop/course at any time. Registrants will be notified and receive a full refund.

By submitting this form participants declare they have read, understood and agree with this policy.



Westcoast Child Care Resource Centre, 2772 East Broadway, Vancouver, BC. V5M 1Y8
Phone: 604-709-5661 ext. 221 | Fax: 604-709-5662 | Email: rng@wstcoast.org | Toll-Free: 1-877-262-0022

Workshop Policies:

- 1 It is the participants' responsibility to read the workshop description and objectives and make sure the training selected is suitable to their learning needs. **If you have a question, call us before registering.**
- 2 Only **Vancouver CCRR Registered LNRs or Vancouver Licensed Family Child Care Providers** qualify to pay the **FCC Fee** and will need a **Promo Code** received by email to register. Be sure to use this promo code when registering, as no fee adjustments can be made after registration is confirmed.
- 3 Seats are limited. Registrations are accepted on a first come, first served basis.
- 4 Payment must be made at time of registration to reserve your seat.
- 5 Mark dates on your calendar. We will send you an email reminder. Check your email before the workshop.
- 6 Doors close 15 minutes after start time in respect to presenter and participants.
- 7 Latecomers who arrive after 15 minutes may not be admitted and will not receive a certificate.
- 8 We are unable to accommodate children during workshop time. Please make child care arrangements.
- 9 Participants must stay for the full workshop to receive a certificate of participation, which will be provided at the end.
- 10 There is a \$15 charge to reprint a certificate or receipt for up to 1 year from the workshop date.
- 11 These are non-credit workshops (cannot be applied towards the completion of a certificate, diploma or degree).
- 12 Receipts and handouts are always sent by email.
- 13 If you have questions about a certificate being accepted by the ECE Registry, please contact them at **1-888-338-6622** or eceregistry@gov.bc.ca or at <https://www2.gov.bc.ca/gov/content/education-training/early-learning/teach/training-and-professional-development/become-an-early-childhood-educator/apply-for-ece-ecea-certificate>

 Please **park** on Slocan St. or East Broadway (note restrictions). If you need to park in front of our doors, make sure to park in a space marked "Westcoast/ECEBC Visitor Parking".

 In keeping with our eco-conscious goal of reducing paper use, **handouts**, if any will be sent by email after each workshop. In this way participants will have a resource that can be viewed across various devices, shared and printed anytime.

 We may take some **photographs** during workshops with the purpose of promoting our training. By registering you consent to us or others attending, to take your photograph. If it's ok with facilitators, you may photograph some materials, books, etc., but not film the workshop. If you **DO NOT** wish to be photographed, let the workshop host know.

 **Questions?**
Contact Rosa at **604-709-5661 ext. 221** or by email at rng@wstcoast.org from Tuesday to Saturday during office hours. **(except for holiday long weekends)**



Office Hours:

MON, TUE, THU & FRI: 9 am – 5 pm
WED: 9 am – 8 pm
SAT: 10 am – 4 pm

(except for holiday long weekends)



Library Hours:

MON, TUE: Closed
WED: 12 pm – 8 pm
THU, FRI: 10 am – 5 pm
SAT: 10 am – 4 pm

(except for holiday long weekends)



ECEs: 40 hours of professional development is the minimum number required to renew an ECE certificate. Select topics you would like to expand on or that you're passionate about.
FCCs: Remember to complete at least 4 hours of professional development workshops before your annual renewal date.

follow us!

