



ccrr
Child Care Resource & Referral



ChildCareBC

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



Registration
opens
January 5th,
2026



WINTER 2026
Professional Development
YMCA Child Care Resource & Referral

Important Workshop Policies and Information

REGISTRATION POLICIES AND PROCEDURES

NEW! Workshop registration for YBC CCRR programs has moved to a new online platform!

Visit mycommunity.bc.ymca.ca/s/ccrr to create your account, view and register for upcoming workshops, access professional development certificates (for workshops starting after February 1st, 2026), submit workshop feedback, and download workshop handouts. If you need help navigating the new portal, let us know!

HOW TO BEGIN?

- Register online via mycommunity.bc.ymca.ca/s/ccrr or by phone 604-937-1230.
- Payment options include American Express, MasterCard, Visa or Debit.
- Refunds will only be given to registrants who provide a minimum of 3 working days notice.
- Workshops may be cancelled due to insufficient enrollment and other factors outside of our control. In the event of cancellation, a full refund will be issued.

In Person Courses/Workshops Policies

- Workshops start promptly at the time indicated.
- Late arrivals will not be permitted 15 minutes after the start time.
- Participants leaving early will have their certificates adjusted.
- If you are feeling unwell or exhibiting flu like symptoms, please do not attend and risk infecting others.
- We cannot guarantee a scent-free environment.
- We are unable to accommodate children during courses, workshops, or networking events.

Online Courses/Workshops Policies

- Workshops start promptly at the time indicated and will be held on Zoom or MS Teams.
- It is recommended to use a laptop or computer.
- Late arrivals will not be admitted 15 minutes after the start time.
- Participants leaving early will have their certificates adjusted.
- Cameras need to be on and participants need to be in view for the entire duration of the course/workshop to receive a certificate of completion.
- Refunds will not be given due to technical difficulties with your equipment.

Workshop Locations

Prince George CCRR

2020 Massey Drive, Prince George, BC,
nbc.crr@bc.ymca.ca • 250-563-2483

Vanderhoof CCRR - VCC Services

186 Columbia Street. W, Vanderhoof, BC,
nbc.crr@bc.ymca.ca • 250-567-4524

Mini Conference: Risky Play

6989 Gladstone Dr, Prince George, BC,

Online

Zoom or MS Teams

The YMCA Child Care Resource and Referral provides certificates of completion for all courses and workshops. When claiming a workshop or course for training hours it is the responsibility of the participant to check with the ECE Registry or Community Care Licensing.

ONLINE WORKSHOPS

Registration begins January 5th

RESPONSIBLE ADULT: 20 HOUR CHILD CARE TRAINING COURSE

Friday, January 30th - Friday, February 13th , 2026 (weekdays) • 10:00AM-12:00PM • Online • Fee: \$25.00 • Suitable for child care providers and child care workforce.

This course fulfills the 20-hour training requirement to become a "Responsible Adult" as stipulated by Child Care Licensing Regulations. The content covers topics such as child development, behaviour, health, safety, nutrition, and programming. The course is live and interactive, so participants must have both video and audio capabilities.

Participants are required to: be at least 19 years old at the time of registration, demonstrate Grade 8 proficiency in both written and spoken English (or an equivalent level) to engage actively in class, and attend all sessions to earn a certificate of completion.

Upon successfully completing this course, participants will be qualified to work as a Responsible Adult in various environments, including School-age Child Care Programs, Licensed Family Child Care, as additional support or substitutes in Licensed Preschool and Child Care Programs, as well as Summer Camps.

Presenter: YMCA CCRR Consultant



EARLY LEARNING FRAMEWORK: OVERVIEW AND CONVERSATION

Thursdays, February 19th & February 26th • 7:00PM-9:00PM • Online • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

Two online sessions learning about and discussing the Early Learning Framework, with ECPN Pedagogists Lorna Grant and Gloria Albarracin. Please bring your questions and curiosities. Our first session will be an overview of the Early Learning Framework and our second session will be spent thinking on your questions and thoughts regarding the framework.

Presenters: Lorna Grant and Gloria Albarracin

Lorna Grant and Gloria Albarracin are ECPN Pedagogist based in Lheidli T'enneh, Prince George. They have both been in the field for over 15 years. Gloria's practice is grounded in a commitment to belonging in difference—nurturing spaces where educators and children can encounter one another across histories, perspectives, and ways of being, with curiosity, care, and a willingness to stay with the trouble. Lorna is committed to working through processes of relationality, collectivity, and ethical response-ability, creating conditions where different ways of being and living together can emerge, not predefined, but shaped through ongoing encounters and situated practices. She has been an ECE for 15 years, in programs, in management and as a pedagogist.

This is a 4-hour, 2-part professional development course.

Participants must be available for both days to receive a certificate at the end of the last session.

ONLINE WORKSHOPS



CHILDHOOD ANXIETY: HELPING CHILDREN HEAL

Saturday, February 28th, 2026 • 10:30AM-12:00PM • Online • Fee: Free • Suitable for child care providers, child care workforce, and parents.

Anxiety is one of the most prevalent mental health challenges among children and adolescents today. This comprehensive workshop is designed to equip parents, caregivers, and professionals with the knowledge and tools to understand and support children experiencing anxiety.

Participants will delve into the psychological and physiological roots of anxiety, exploring how it manifests in young minds and bodies. The workshop offers over 40 evidence-based techniques to address various forms of anxiety, including separation anxiety, panic attacks, racing thoughts, avoidance behaviors, and physical complaints.

Presenters: Tanya Johnson

Tania is a Registered Psychologist, Registered Play Therapist & Co-Founder of the Institute of Child Psychology. Born and educated in South Africa, she completed her undergraduate studies there before undertaking a one-year internship at the Cancer Treatment Centers of America in Chicago. She earned her Master of Counselling from City University of Seattle in 2012. Tania specializes in child psychology, play therapy, and parent coaching, working primarily from an attachment-based perspective.



BULLYING AMONG CHILDREN

Where it comes from and how to support all children towards social compassion and resilience

Dr. Vanessa Lapointe — WEBINAR —

Bullying extends beyond playgrounds into homes via social media, leading to severe mental health issues, suicidality, and social isolation. Dr. Vanessa Lapointe explores the causes of bullying, its effects on victims and bullies, and how to prevent children from becoming involved. She is a parenting educator, author, speaker, and psychologist with nearly 20 years of experience, and she founded The North Star Developmental Clinic to support children. A Q&A will follow her talk.

Registration begins
January 5th



Register at:

mycommunity.bc.ymca.ca/s/ccrr

SATURDAY
FEB 7TH, 2026
10:00AM – 12:00PM
Online Webinar
\$5.00



CAREGIVER MENTAL HEALTH

Building Resilience and Well-Being



WEBINAR



SATURDAY
March 14th, 2026
10:30AM - 12:00PM
Online Webinar
Cost: \$5.00!

Registration begins
January 5th

Caring for others can be rewarding, but emotionally challenging. This workshop, led by Registered Psychologist Tammy Schamuhn, offers caregivers practical tools to enhance mental health and resilience. It addresses the psychological impacts of caregiving, such as stress and burnout, emphasizing self-care, healthy boundaries, and recognizing emotional exhaustion. Participants will learn evidence-based techniques to manage stress and maintain balance in their personal and professional lives.



Register at:
mycommunity.bc.ymca.ca/s/ccrr



TAMMY SCHAMUHN

 Institute of
Child Psychology



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LISA MURPHY ON... **PLAY**

THE IMPORTANCE OF EARLY EXPERIENCES



**SATURDAY
MARCH 28,
2026**

9:30AM – 12:45PM

**15 min break inc.*

**Online
\$5.00**

Registration begins
January 5th



Register at:
mycommunity.bc.ymca.ca/s/ccrr

Join renowned early childhood educator and play advocate Lisa Murphy for a dynamic online event featuring two engaging workshops that celebrate the power of play. In LISA MURPHY ON... PLAY! The Importance of Early Experiences, Lisa explores the seven essential things children need each day, showing how play forms the critical foundation for lifelong learning. Then, get ready to sing, clap, and laugh in 10 Little Hot Dogs Fryin' in the What?!?, an interactive session packed with fingerplays, songs, and chants that offer joyful, practical tools for transitions, circle time, or any time. With over 35 years of experience, multiple award-winning books, and an energetic, inspiring presentation style, Lisa Murphy delivers a must-attend experience for child care providers, the child care workforce, and parents alike.



IN-PERSON WORKSHOPS/NETWORKING

Registration begins January 5th

NATURE, SOUND, AND INDIGENOUS TEACHINGS TO SUPPORT CHILDREN'S EMOTIONS

Saturday, February 7th, 2026 • 11:00AM-1:00PM • Vanderhoof Community Centre • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

In this workshop participants explore how emotions move through the body using somatic awareness, indigenous-based practices, and the grounding rhythm of the drum. The facilitator will teach simple tools to help children identify, express, and release emotions through breath, body awareness, sound vibration, and connection with the natural elements. Through gentle drumming, storytelling, and shared reflection, this session offers practical, heart centered ways to support emotional regulation and wellbeing in both children and caregivers.

Presenters: Monica Weaver

Monica Weaver is a local from Vanderhoof, raising six beautiful children on her family farm. She values spiritual and cultural healing and brings a warm, grounded presence to her work. Monica is passionate about creating safe spaces for connection, sharing, and emotional growth, and she loves supporting others through somatic practices, nature-based tools, and traditional drumming.



NETWORKING: SENSORY PLAY YOU CAN TASTE!

Saturday, February 21st, 2026 • 10:00AM-12:00PM • Prince George CCRR, Family Room • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

This workshop focuses on taste-safe sensory exploration, helping educators and caregivers create fun, safe experiences for children. We'll explore activities like a slime-making station, non-messy sensory play, and examples of playdough and other materials. Participants will learn why sensory play matters and how to enrich these experiences with descriptive language. You'll leave with practical tips for storing homemade materials and a Sensory Starter Guide featuring simple taste-safe recipes and ideas for sensory exploration.

Presenters: CCRR Consultants

Light refreshments will be provided.
A one hour professional development certificate will be issued.

RISKY PLAY

MINI CONFERENCE

IN-PERSON

★ Light lunch, snacks and door prizes provided! ★

SATURDAY
March 7th, 2026

10:00AM - 4:00PM
6989 Gladstone Dr.
Prince George
\$15

Registration begins
January 5th



Register at:
mycommunity.bc.ca/mca.ca/s/ccrr

In this workshop, we will discuss the definition, history, benefits and categories of risky play, the RISK Triangle (a concept developed by Jarrett Krentzel), how to utilize different types of outdoor spaces for risky play (which includes site, risk and hazard assessments), requirement for safe and comfortable risky play and how to work within the requirements and regulations of licensing in regards to risky play. The goal of this workshop is to bring awareness about the joyful outcomes of risky play, which will in turn change our association and relationship to this type of necessary play!

JARETT KRENTZEL



IN-PERSON WORKSHOPS/NETWORKING

NETWORKING: BIG EMOTIONS, LITTLE PEOPLE

Saturday, March 14th, 2026 • 11:00AM-1:00PM • Vanderhoof Community Centre • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

Come explore fun and simple ways to help children understand and manage their feelings through sensory play! Together, we'll create hands-on emotional learning tools that families can take home — like calm-down jars, emotion dough and more.

Presenters: CCRR Consultants



Come visit us!



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