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

YMCA Child Care Resource & Referral



scan to register!

Fall 2024 Professional Development

Registration Policies and Procedures

Register online via mynbcy.ca or by phoning either 250-563-2483 or 250-567-4524.

Payment options include American Express, MasterCard, Visa or Debit.

Refunds will only be given to registrants who provide a minimum of 5 working days notice and are subject to a \$5.00 administration fee per workshop.

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.ccrr@bc.ymca.ca • 250-563-2483	Mackenzie Recreation Centre 400 Skeena Drive, Mackenzie, BC, nbc.ccrr@bc.ymca.ca • 250-563-2483	
Vanderhoof CCRR - ICC Services 186 Columbia Street. W, Vanderhoof, BC,	Mackenzie Counselling Services 500 Mackenzie Boulevard, Mackenzie, BC,	-

nbc.ccrr@bc.ymca.ca • 250-567-4524

nbc.ccrr@bc.ymca.ca • 250-563-2483

Highland Child Development Centre 155 McDermid Drive W, Prince George, BC, nbc.ccrr@bc.ymca.ca • 250-563-2483

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.

Responsible Adult

20 Hour Child Care Training Course



This course meets the requirements of 20 hours training to become a "Responsible Adult" as stipulated by Child Care Licensing Regulations. The content covers child development, guiding behaviour, health, safety, nutrition and programming. The course is live and interactive, so participants must have video and audio capabilities, as well as participate and attend all sessions in order to receive the certification at the end of the course.

To sign up for this course participants must:

- Be 19 years of age
- Have minimum Grade 8 English written and oral skills
- Attend all scheduled sessions

Once the training is complete, participants are eligible to work as a Responsible Adult in:

- School-age Child Care Programs
- Licensed Family Child Care
- As additional support or substitute in Licensed Preschool and Licensed Child Care Programs
- Summer Camps

Dates: Mondays to Fridays, November 18th-29th, 2024

Time: 10:00 AM - 12:00 PM Location: Online via MS Teams Cost: \$20.00 Presenter: Danielle Schmuecker

Danielle Schmuecker has been an Early childhood educator for over ten years and has her ECE IT/SNE. She lives in Mackenzie BC and is passionate about sharing her learning and curiosity with others. Danielle has two school aged children and a Pomeranian named Milo.

AUTUMN WREATH MAKE & TAKE

Saturday, September 7th, 2024 •11:00AM-1:00PM • ICC Building • 186 Columbia Street W • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

Join CCRR consultants for this fun, seasonal make and take. Get your creative juices flowing as we put together a decorative Autumn wreath that will be the pride of any door or dinner table.

Presenter: CCRR Consultants



NETWORKING: VANDERHOOF CCRR OPEN HOUSE

Saturday, September 14th, 2024 • 11:00AM-1:00PM (drop by anytime during these hours!) • ICC Building • 186 Columbia St W, Vanderhoof • Fee: FREE! • Suitable for child care providers, child care workforce, and families.

Join CCRR consultants at the location of our new office for a fun-filled Open House! Discover what Child Care Resource and Referral has to offer and learn about our services. Check out our Early Learning Lending Library, filled with toys, books and other resources to help entertain the children in your care. All welcome!

Presenter: CCRR Consultants



Families are welcome to attend! Light refreshments will be served. Every participant will receive a gift (while quantities last).





NOBODY'S PERFECT PARENTING PROGRAM

Mackenzie Counselling Services • 500 Mackenzie Boulevard, Prince George • Fee: Free • Suitable for parents. Child minding will be available.

Dates & Times: Every Wednesday

Sept. 18th: 5:30-7:30PM Sept. 25th: 5:30-7:30PM Oct. 2nd: 5:30-7:30PM Oct. 9th: 5:30-7:30PM Oct. 16th: 5:30-7:30PM Oct. 23rd: 5:30-7:30PM Join Child Care Resource and Referral and Mackenzie Counselling Services for a sixweek Nobody's Perfect Parenting Program. Nobody's Perfect is a facilitated parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or have low income or limited formal education offered in communities by facilitators to help support parents and young children.

Presenters: CCRR & Mackenzie Counselling Services Consultants

DRUMMING FOR TRUTH AND RECONCILIATION

Tuesday, September 24th, 2024 • 10:00AM-12:00PM • Highland Childcare Development Center • 155 McDermid Dr. • Fee: FREE • Suitable for child care providers and child care workforce.

As we head into National Truth and Reconciliation Day (September 30), join CCRR and guest, Wesley Mitchell and the UHNBC Traditional Drummers, for a special Drumming Circle to honour and recognize Indigenous culture and to reflect upon the Calls to Action as we continue the journey towards healing. All welcome!



Presenters: Wesley Mitchell



PARENT INFORMATION SESSION

Saturday, October 12h, 2024 • 11:00AM-1:00PM • ICC Building • 186 Columbia St W, Vanderhoof • Fee: Free • Suitable for parents.

Looking for help with the Affordable Child Care Benefit or Métis Child Care Benefit? Need help finding quality child care for your littles? Interested in starting up your own child care business? Let Child Care Resource and Referral answer all your questions. Coffee, tea and snacks provided.

Presenter: CCRR Consultants

LEADERSHIP COMMUNITY OF PRACTICE

Online via Zoom • Fee: \$20.00 • Suitable for child care providers and child care workforce

Join CCRR consultant, Danielle Schmuecker, for a Leadership Community of Practice aimed towards managers and leaders in the hopes of building community and learning. We will use Brené Brown's book, "Dare to Lead and The Early Learning Framework", as a starting point for our thoughts and questions. We will meet online for seven monthly sessions beginning October 25th, 2024 and running every third Wednesday of the month thereafter.

Presenter: Danielle Schmuecker (CCRR Consultant)

Dates & Times:

Friday: October. 25th: 7:00 - 9:00PM

Wednesdays:

November 20th: 7:00 - 9:00PM February 19th: 7:00 - 9:00PM April 16th: 7:00 - 9:00PM May 21st: 7:00 - 9:00PM June 18th: 7:00 - 9:00PM



INDIGENOUS ALLYSHIP & ANTI-RACISM WEBINAR

Thursday, October 17th, 2024 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 • Suitable for child care providers, child care workforce and parents.

Being an ally is not a static identity, it is not a badge of honor, it is a sign of privilege. Allyship is also not declared but based on the context in which you ACT. This course unpacks the similarities and differences for being an ally to Indigenous peoples in relationship to other ally contexts.

Main learning ideas:

- Define allyship, solidarity, and anti-racism
- Explore examples of allyship in the Indigenous context
- Identify strategies for talking about racism and cultural safety with teams

Presenter: Len Pierre Consulting -Noelle Saemerow

At Len Pierre Consulting (LPC) we believe in challenging the status quo for Reconciliation and Indigenous Cultural Safety and Humility in organizations. The way we challenge the status quo is by offering meaningful learning experiences to educate the heart, mind, and spirit of everyday professionals.

Everything we do is an invitation to enhance your professional practice by embedding applicable strategies into your work to ultimately lean towards systemic transformation where organizations are culturally safer, equitable, and transformative.

We are a multidisciplinary team of consultants and facilitators who advise and train teams/organizations on Indigenous Cultural Safety, Reconciliation, Decolonization, & Anti-Racism.



SUPPORTING CHALLENGING BEHAVIOURS THROUGH RELATIONSHIP-BASED GUIDANCE STRATEGIES

Saturday, October 19th, 2024 • 11:00AM-1:00PM • Online via Zoom • Fee: \$10.00 • Suitable for child care providers and child care workforce.

In this workshop participants are asked to think about what 'challenging' means. In the field, we often seek strategies to deal with what we find challenging but many who have been in the field for years know that what might work one day, may not work the next. In this workshop, educators will be given a variety of strategies and asked to critically reflect on their expectations to shift the narrative of what is challenging. In this workshop educators will cover:

- Reflect on educator biases and what they find challenging within group childcare settings.
- Strategies to enhance inclusive capacity building and inclusive environments.
- Review practical strategies to observe and make meaning of behaviour.
- Talk about navigating challenging conversations with parents and offering community resources to parents.

Presenter: Ana Valle Rivera

Ana is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007 Ana has gained experience working with children and families using inclusive and trauma-informed approaches. Through her passion for teaching, Ana has also facilitated hundreds of educational workshops for thousands of ECEs, teachers, caregivers, and parents. Through Early Years Thriving Ana provides Workshop Facilitator Training and hosts Online Summits. Ana has a background in ECE, a Bachelor's Degree in Child and Youth Care, and is completing a Master's in Professional Education in ECE.



SUPPORTING CHILDREN WITH ANXIETY

Thursday, October 24th, 2024 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Everyone experiences anxiety at one time or another. At what point does it become a concern? How can we tell when children are feeling anxious? How do we know when to create safety and comfort? When do we encourage children to bravely face their fears? This workshop will explore these questions and how anxiety effects our brains and bodies. Learn tips and strategies for supporting children with anxiety that can also be applied to ourselves.

Presenter: Carrie Liske

Carrie Liske is an Art Therapist and Registered Clinical Counsellor working in private practice in Nanaimo. She is passionate about engaging the creative process to support children and their families struggling with anxiety and other challenges. Carrie also spent several years working in childcare prior to her counselling career. She is the proud mother of three school aged children.





Saturday, October 26th & November 16th, 2024 • 10:00AM-12:00PM (15 min. break) • Prince George CCRR Family Room• 2020 Massey Drive • Fee: \$5.00 • Suitable for child care providers and child care workforce.

Join CCRR Consultants for a chance to network with fellow professionals in the Early Learning Community. Each opportunity will either cover different topics pertaining to child care or have a Make and Take to share. Topics will be posted on social media (Facebook/Instagram) a week before. Coffee, tea and snacks provided!

Presenter: CCRR Consultans

Light refreshments provided!



SPOOKY HALLOWEEN LANTERN MAKE & TAKE

Saturday, October 26th, 2024 • 11:00AM-1:00PM • ICC Building • 186 Columbia St W, Vanderhoof • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

Join CCRR consultants for this thrilling opportunity to craft your own eerie lanterns, just in time for Halloween! Unleash your creativity and infuse a hint of spookiness as you create unearthly designs that will light up the night with a ghostly glow.

Presenters: CCRR Consultants



EXPLORING THE POWER OF NATURE AND OUTDOOR PLAY CONFERENCE

Saturday, November 2nd, 2024 • 10:00AM-4:00PM (30 min. break) • Highland Child Development Centre/Gym • 155 McDermid Drive • Fee: \$15.00 • Suitable for child care providers and child care workforce.

Join guest facilitator, Sali Chippett, as she introduces Nature Play, Enquiry-Based Learning and Loose Parts Play. This 6-hour workshop is a basic introduction to why these types of learning are important, the challenges that may arise and strategies on how to get started.

Light lunch and snacks provided.

Presenter: Sali Chippett

Sali has been an Early Childhood Educator for 30 years and has experienced a variety of Early Years settings, including Waldorf, Reggio Emilia, Montessori, Learning Through Play and Forest School. Her passion for Outdoor and Enquiry-Based Learning has led her to create workshops for educators and families. Her goal is to support both parents and educators in feeling confident to explore outdoor play with young children – "risky" play in particular.

6 Hours Professional

Developement Certificate

Light lunch and snacks provided!

30 min lunch break



DOWN TO SIGN: THE BENEFITS OF USING SIGN LANGUAGE

Thursday, November 7th, 2024 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

This introductory workshop is intended for individuals who live or work with children who are developing their language. Participants will gain an understanding of communication development, how and why we communicate, and debunk common myths and facts about using sign language. Participants will get the opport30pm unity to learn about early communication strategies, including the benefits of using sign language to enhance their interactions and promote communication development. Participants will get the opportunity to learn some keyword vocabulary in American Sign Language (ASL), discuss meaningful ways to integrate it into their day and learn about sign language resources available to them, including continuing their knowledge of ASL from Deaf and Hard of Hearing instructors.

Presenter: Liv Meriano

Liv completed her Master of Science in Speech-Language Pathology, with a minor in Audiology at the University of British Columbia. She has a strong passion for working with students with developmental disabilities, being neurodivergent herself, and providing communication access. Professionally, Liv uses sign language with the students she works with at DSRF and personally with her Deaf family.



LICENSING MEET AND GREET

Thursday, November 7th, 2024 • 6:30-8:30PM• Mackenzie Recreation Center, Sas Daghe Room • 400 Skeena Drive • Fee: \$5.00 • Suitable for child care providers and child care workforce.

Join CCRR and your local licensing officer, Jennifer Peltier, for a special meet and greet networking opportunity. Have any questions? Send them in ahead of time so that we can prepare and focus on these topics.

Presenters: CCRR Consultant and Jennifer Peltier





Research shows that children crave structure and benefit from consistency. Clear expectations help children better understand what is going on and be able to predict the next steps which can leave them feeling more self-secure and less worried. We can provide this structure for them in any environment by teaching them WHAT the expectations and boundaries are. We will discuss the importance of boundaries, HOW to CREATE them and how to SUPPORT them in any challenging situation so that YOU survive and the children thrive.

> Saturday, November 16th, 2024 • 10:00-11:30AM Online via Zoom • Cost: <u>FREE!</u>

> > Everyone is welcome to attend!



Julie Romanowski is a certified, trained and licensed early childhood consultant specializing in children's behaviour & discipline. With over 25 years of experience of working with children & families, Julie is one of the best 'Parenting experts', 'Parenting Educators' & 'Parenting Coaches' in Canada. As the founder and Executive Director of Miss Behaviour: Parenting Coach & Consultant Services, Julie has shared her knowledge and expertise internationally on various news & media stations.



EMBRACING INTUITIVE APPROACHES TO PRACTICE: INTEGRATING CARE AND EDUCATION

Saturday, November 16th, 10:00-11:30AM • Online via Zoom • Fee: \$5.00 • Suitable for child care providers and child care workforce.

In the early year's field, educators often navigate a landscape shaped by parent and supervisor expectations, organizational policies, and licensing regulations. These constraints can lead to a more technical approach to practice. In this workshop, we will explore what it means to take an intuitive approach while respecting the many boundaries of the field. This session is about bridging education and care, logic and heart, and effectively navigating the demands of your work. In this workshop, educators will cover:

- How to balance intuitive insights with professional standards and regulations, creating a harmonious approach that respects both emotional and logical aspects of ECE.
- Learn strategies for developing deeper connections with children, families, and others, fostering trust and a sense of security that supports the child's learning and development.

Presenter: Ana Valle Rivera

Ana is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007 Ana has gained experience working with children and families using inclusive and trauma-informed approaches. Through her passion for teaching, Ana has also facilitated hundreds of educational workshops for thousands of ECEs, teachers, caregivers, and parents. Through Early Years Thriving Ana provides Workshop Facilitator Training and hosts Online Summits. Ana has a background in ECE, a Bachelor's Degree in Child and Youth Care, and is completing a Master's in Professional Education in ECE.

PSYCHOLOGICAL SAFETY & WELLNESS IN THE WORKPLACE

Thursday, November 21st, 2024 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 • Suitable for child care providers and child care workforce.

Psychological safety involves integrating behavioural health, education, and trauma-informed approaches. This workshop focuses on building and creating psychological safety within groups/teams and workplaces. Understanding how our personal, team and organizational performance impact our psychological safety is explored to help learners discover healthy habits to establish and sustain psychological wellness and safety for themselves and others.

Presenter: Carolyn Sinclair

For more than 23 years Carolyn has been an instructor with the Justice Institute teaching in the Emergency Management Division as well as the Centre for Counselling and Community Safety. Her professional commitment is to ensuring leaders and frontline workers have the courage and tools to maintain psychologically and culturally safe and healthy workplaces.



NETWORKING: FESTIVE FAIRY LIGHTS MAKE AND TAKE

Saturday, November 23rd, 2024 • 11:00AM-1:00PM • ICC Building • 186 Columbia St W, Vanderhoof • Fee: \$5.00 • Suitable for child care providers and child care workforce.

Wear your festive PJ's and join Child Care Resource and Referral for an exciting Holiday Make and Take workshop! Put your power of imagination to the test as we create decorative and stunning fairy light lanterns to help spread the Holiday light around!

Presenters: CCRR Consultants



TEA'S THE SEASON HOLIDAY PARTY

Thursday, December 5th, 2024 • 5:00-7:00PM • Prince George CCRR Family Room• 2020 Massey Drive • Fee: Free • Suitable for child care providers and child care workforce



Celebrate the Holidays by joining Child Care and Referral staff for a fun morning of tea (or coffee), treats and prizes as we come together to say "thank-you" to our wonderful Early Years community.

Wear your favourite ugly Holiday sweater and/or PJ's! Coffee, tea and snacks provided. Door-prizes and giveaways!

Presenters: CCRR Consultants



NETWORKING: VIRTUAL HOLIDAY PAJAMA PARTY

Thursday, December 5th, 2024 • 7:00-9:00PM • Online via Zoom• Fee: Free • Suitable for child care providers and child care workforce.

Wear your festive PJ's and come network with us! Get cozy, grab some tea or coffee and relax as we network and take a little time to reconnect during this busy time of the year!

Presenters: CCRR Consultants



SUPPORTING NEWCOMER CHILDREN AND FAMILIES

Saturday, December 7th, 2024 • 10:00AM-12:00PM • Online Via Zoom • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

The immigration journey and settlement in a new country can be challenging for many children and families. In this workshop participants will be given practical steps and strategies to create Early Childhood spaces that are inclusive and welcoming of all newcomer children and families. Participants will be asked to reflect upon and consider the following:

- The journey (adversity, stress, and trauma) and the child's perspective of a new world.
- Enhancing communication to provide families with appropriate resources and avoid cultural misunderstandings.
- Using a curriculum of kindness to enhance relationships and cultural awareness

Presenter: Ana Valle Rivera

Ana is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007 Ana has worked with children and families with complex needs using inclusive and trauma-informed approaches. Ana has a background in ECE, a Bachelor's Degree in Child and Youth Care, and is completing a Master's in Professional Education in ECE.

Register online at mynbcy.ca.

EMBRACING GENDER DIVERSITY IN OUR SITES OF PRACTICE: WEBINAR

Thursday, December 12th, 2024 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Embracing Gender Diversity in Our Sites of Practice is an interactive and engaging presentation. Elliot uses a personalized, intersectional approach to discuss the culture of gender diversity and the use of intentional language to better include gender diverse children and families. He shares a compassionate perspective through personal narratives and will offer scenarios, practical applications, and thoughtfully directed dialogue to help prepare participants to embrace disequilibrium and tension when engaging in social change.

Presenter: Elliot Wheatcroft

Elliot holds a BA in Child and Youth Care and has a background as a SN ECE with extensive experience in inclusive early childhood education. He has over 10 years of working in the field in a variety of roles and settings including as program manager for inclusive child development programs. Elliot has also spent over 12 years supporting trans and gender diverse children youth and families in various roles, including as a youth group facilitator and as a child, youth and family support worker.



TINY STEPS, GIANT LEAPS: SHAPING DEVELOPMENT IN INFANTS & TODDLERS

Saturday, January 18th, 2025 • 9:30AM-12:45PM (15 min. break) • Online via Zoom • Fee: \$15.00 • Suitable for child care providers, child care workforce, and parents.

This workshop promises an invigorating deep-dive into the most formative stages of human life - the first three years. The goal goes beyond sharing information; the workshop aims to spark passion, curiosity, and a renewed sense of purpose in your important role. By blending academic theories with real-world applications, participants will have an opportunity to explore the tools to foster an optimal environment for early childhood development.

Presenter: Minnie Mossop

Dr. Minnie Mossop is a specialist in infant and toddler care, deeply committed to early childhood education. She holds a Ph.D. and MA in Infant and Early Childhood Development, and an M.Ed. in Early Childhood Education. Her research covers attachment, brain development, and co-regulation, applied to group childcare settings. Currently, she is a faculty member at Douglas College, offering expert guidance to families and educators across North America through consultations and workshops.





When a child causes hurt, we've got to do something but what is the most effective thing to do without making the situation worse or potentially damaging the child? Disciplining a child has become such a taboo topic these days and many people have found that the common disciplinary techniques such as timeouts, punishments and consequences don't even work anymore. We will discuss exactly WHAT to do, WHEN to do it, WHY and HOW to do it all while maintaining the connection and promoting self-regulation.

Wednesday, January 22nd, 2025 • 10:00-11:30AM Online via Zoom • Cost: <u>FREE!</u> Everyone is welcome to attend!



Julie Romanowski is a certified, trained and licensed early childhood consultant specializing in children's behaviour & discipline. With over 25 years of experience of working with children & families, Julie is one of the best 'Parenting experts', 'Parenting Educators' & 'Parenting Coaches' in Canada. As the founder and Executive Director of Miss Behaviour: Parenting Coach & Consultant Services, Julie has shared her knowledge and expertise internationally on various news & media stations.



HOW TO INTEGRATE NATURE EDUCATION INTO YOUR EXISTING CURRICULUM

Thursday, January 30th, 2025 • 7:00-9:00PM • Online via Zoom • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

In this workshop, we will focus on how to integrate safe and comfortable Nature Education Programming into your practice, which you can start incorporating into your program immediately. In doing so, we will begin by discussing the definition, history, philosophy and benefits of Nature Education, requirements for a successful Nature Education Program, policies & procedures (weather, wildlife, First Aid, etc.), program supplies, recommended gear, team building activities, group cooperative games, processing & reflection circles, risky play, site assessment & risk management. Come join us for a fun and engaging presentation, where our goal is to inspire you to learn these tools and activities to take back with you to your practice.

Presenter: Jarrett Krentzel

Jarrett Krentzel is the Founder/Director of Hand-In-Hand Nature Education. He has over 25 years of experience teaching environmental education and outdoor learning from preschools to universities in British Columbia, Yukon, New York, Oregon and California. His mission with Hand-In-Hand Nature Education is to create an outdoor learning environment where their forest friends feel safe and comfortable while playing, learning and connecting in nature!

Come visit us!

Prince George Child Care Resource & Referral

2020 Massey Drive, Prince George BC V2L 4V7 250-563-2483

<u>nbc.ccrr@bc.ymca.ca</u> <u>nbc.ymca.ca/child-care-resource-referral</u> <u>www.gov.bc.ca/ChildCareResourceReferralCentres</u>

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

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