



ccrr
Child Care Resource & Referral



ChildCareBC

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

SUMMER 2025

Professional Development



Scan to register!



YMCA Child Care Resource & Referral

Important Workshop Policies and Information



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.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

Mariott Hotel

900 Brunswick St, Prince George
nbc.crr@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.

YOGA IN THE PARK

July 8th, 22nd & 29th, 2025 (Tuesdays) • 7:00-8:00PM • Duchess Park • 2425 Ross Crescent, Prince George • Fee: \$5.00/session • Suitable for child care providers and child care workforce.

Practicing yoga outside offers a unique and refreshing experience, allowing you to connect with nature in a positive and healthy way. Being outside enhances mindfulness and focus and allows for more space and freedom while connecting to the natural world.

Presenter: Karen Myatovic

Please
bring your
own mat
and water
bottle!



BALANCED SNACKS AND LUNCHES FOR SCHOOL AND DAYCARE

Thursday, July, 17th, 2025 • 7:00-9:00PM • Online • Fee: \$5.00 • Suitable for child care providers, workforce and parents.

In this workshop we will discuss ideas for packing balanced lunches for school and daycare, and provide handouts with easy lists for different food group ideas, as well as recipes that will help to meet children's nutrient requirements and are child (and parent) - friendly. We will introduce some tips and tricks that parents may find helpful for these meals and have a discussion following the presentation to answer questions that parents have on this topic.

Presenter: Anna Kandola

Anna Kandola is a Registered Dietitian and Kinesiologist with Azu Health in Mackenzie BC. She enjoys helping people of all ages work towards their nutrition goals in a way that fits their lifestyle and takes the stress out of food. As a mom of two young children she has experience working family food challenges and understands that there is not a one size fits all strategy that will work for all families. She enjoys helping you to model and teach your children to develop a healthy relationship with food.





POLYVAGAL - INFORMED TEACHING: CO-REGULATION & CONNECTION

Thursday, July 31st, 2025 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers, child care workforce and parents.

Building on the principles of Polyvagal Theory, this workshop focuses on practical, Polyvagal-informed strategies for creating emotionally supportive and engaging early childhood classrooms. Participants will explore the critical role of co-regulation—the process through which educators support children’s nervous system states—and learn how to foster safety, connection, and resilience.

Presenters: Julia Black

Julia Black is the Coordinator and an Instructor in the Early Childhood Care and Education Program in the School of Education and Childhood Studies at Capilano University. Julia has been a part of the Capilano University community since 2007. She has worked as an educator and executive director in early childhood programs throughout the Sea to Sky corridor and as an educational and early years policy consultant.

ROOT TO RISE: MINDFUL TOOLS FOR CHILDCARE PROVIDERS

August, 9th, 16th, 23rd & 30th 2025 (Saturdays) • 2:00-3:00PM • Vanderhoof Community Centre • Fee: Free • Suitable for child care providers and child care workforce.

A gentle wellness series designed for childcare professionals, offering breathwork, light yoga, nervous system tools, and affirmations to promote calm, connection, and resilience.

Presenters: YMCA CCRR Consultants





HELPING CHILDREN THRIVE THROUGH LIFE TRANSITIONS AND "TOUGH STUFF"

Thursday, August 14th, 2025 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers, child care workforce and parents.

What is tough stuff for young children? Sharing, sitting at circle time, and putting on shoes to go outside can seem challenging for some little bodies. Now imagine being a little one whose parents are struggling to put food on the table, or a child who recently moved or just had a younger sibling born. Now add to these daily struggles and life transitions, the impact of going through a pandemic for most of your life. That is exactly what our 3-5 years olds are going through. Not only are many children facing an increased risk for adversity, but many may also be going through their daily lives with additional stress and trauma that could be impacting their ability to participate in regular childcare routines without us knowing. In this workshop, participants will go through common and not-so-common challenges children may face, discuss how childcare environments and curricula impact these children, and provide inclusive, trauma-informed strategies to support their needs.

Presenters: 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 diverse children and families with complex needs using inclusive and trauma-informed approaches. Ana has a background in ECE, a Bachelor's Degree in Child & Youth Care, and is currently completing a Master's Degree in Professional Education in ECE.

CREATING CALM AND COMMUNITY: THE POWER OF ENVIRONMENT & SOCIAL EMOTIONAL LEARNING IN CHILD CARE

Thursday, August 21st, 2025 • 7:00-9:00PM • Online • Fee: \$5.00 • Suitable for child care providers, child care workforce, and parents.

Explore how to create a calm and nurturing childcare environment that promotes emotional well-being. We will look at the environment as the third teacher, and examine how thoughtfully designed spaces can enhance learning and foster a sense of belonging. Lastly, we will discuss the principles of Social Emotional Learning (SEL) and how they can be integrated into daily practices of your program, helping children feel valued and included. Through interactive activities and practical strategies, attendees will leave equipped to implement strategies and promote community in their program.

Presenters:

Adelle is a Supported Child Development Consultant in the Burnaby community from the BC Centre for Ability. She is a community partner and works conscientiously with many programs in the community. She visits and supports childcare programs, to provide inclusive strategies, and training to increase the overall participation of diverse learners. She has a Bachelor of Arts in PSYC, & Fine Arts, as well as a Bachelor of Education in primary education. She has over 25 years of experience working in three different communities with diverse learners, including Squamish, Vancouver, and Burnaby.

Jessica has a Bachelor of Applied Science in Early Childhood Education and over 25 years of experience in the field of child development and inclusive practice. She's owned her own daycare, managed childcare centres including the YMCA, and taught Kindergarten for over eight years. She enjoys supporting other ECE's in their efforts to participate in child centred pedagogy and inclusive practice.



Responsible Adult

20 Hour Child Care Training Course



Monday - Friday

September 15th - September 26th, 2025

10:00AM-12:00PM • Online • Fee: \$20.00

Suitable for child care providers and child care workforce.

Presenter: YMCA CCRR Consultant

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

INDIGENOUS RESOURCES, PEDAGOGIES AND RELATIONSHIPS! OH MY!

Thursday, September 18th, 2025 • 7:00-9:00PM • Online • Fee: \$5.00 • Suitable for child care providers, child care workforce and parents.

As an early childhood educator, you might be the first point of contact for many Indigenous families who are entering an educational setting for the very first time. You play a critical role. It's a big responsibility and it is also a gift!

In this workshop, we will explore the following key themes:

- Where can I find authentic Indigenous resources that celebrate and reflect the diversity of Indigenous communities throughout Canada? How can I use them effectively?
- How can I use Indigenous pedagogies like storytelling, circle, land-based teachings in my program? Can I use a drum if I am not Indigenous?
- What is an elder/knowledge keeper and how can I invite them to visit my program?
- What are best practices for connecting and building strong relationships with Indigenous families?

You will leave this session understanding that you are already doing so many things right and more importantly, you'll leave with ideas that you can start using right away.

Presenters: Nadine McSpadden

Nadine McSpadden is a retired teacher with over 22 years of experience in Indigenous education. She is a proud member of the Secwepemc Nation and currently serves as a Faculty Associate at UBC. Nadine also works as a consultant with Len Pierre Consulting and partners with WildCraft Dyeing to offer workshops on natural dyeing, grounded in Indigenous ways of knowing and being. She is a passionate advocate for embedding Indigenous perspectives into education, and her work reflects a deep respect for culture, community, and land.



LEN
PIERRE
CONSULTING

WORKING EFFECTIVELY IN MULTICULTURAL AND MULTI-CARE TEAMS IN EARLY CHILDHOOD EDUCATION (4 DAY COURSE)

Online • Fee: \$25.00 • Suitable for child care providers and child care workforce.

This course will equip early childhood educators to work more effectively within multicultural and multi-care teams, including therapists and paraprofessionals. It focuses on understanding team roles, navigating differences in professional perspectives, and enhancing communication. Educators will explore strategies for culturally responsive practice, conflict resolution, and advocating for their professional insights. This course series emphasizes the educator's role in coordinating care, fostering collaboration, and supporting child-centered, inclusive approaches in team settings. This is an interactive and highly participatory course series, so come prepared to share and learn together.

Presenter: Debra Smith

Deb received her ECE from Douglas College and later completed a Bachelors Degree in CYC and a Masters in Education; Counselling Psychology. Deb has worked extensively with a range of children in diverse programs and is passionate about working with children with diverse abilities, physical literacy, learning environments and advocacy in early childhood education. Deb continues to work at Douglas College in the ECE Program and enjoys her connections with the ECE community through workshops.

Dates & Times

Saturday, September 20th:

9:30AM-12:45PM (15 min break)

Saturday, October 4th:

9:30AM-12:45PM (15 min break)

Thursday, October 9th:

7:00-9:00PM

Thursday, October 23rd:

7:00-9:00PM

Participants will need to be available for all 4 sessions.

A 10 hour professional development certificate will be issued at the end of the last session.

MINI CONFERENCE

BUILDING FOUNDATIONS
FOR LIFELONG HEALTH

SATURDAY

September 27th, 2025

10:00AM - 4:00PM*

Registration starts at 9:15AM



**Mariott Hotel 900 Brunswick St,
Prince George**

**Only
\$10**

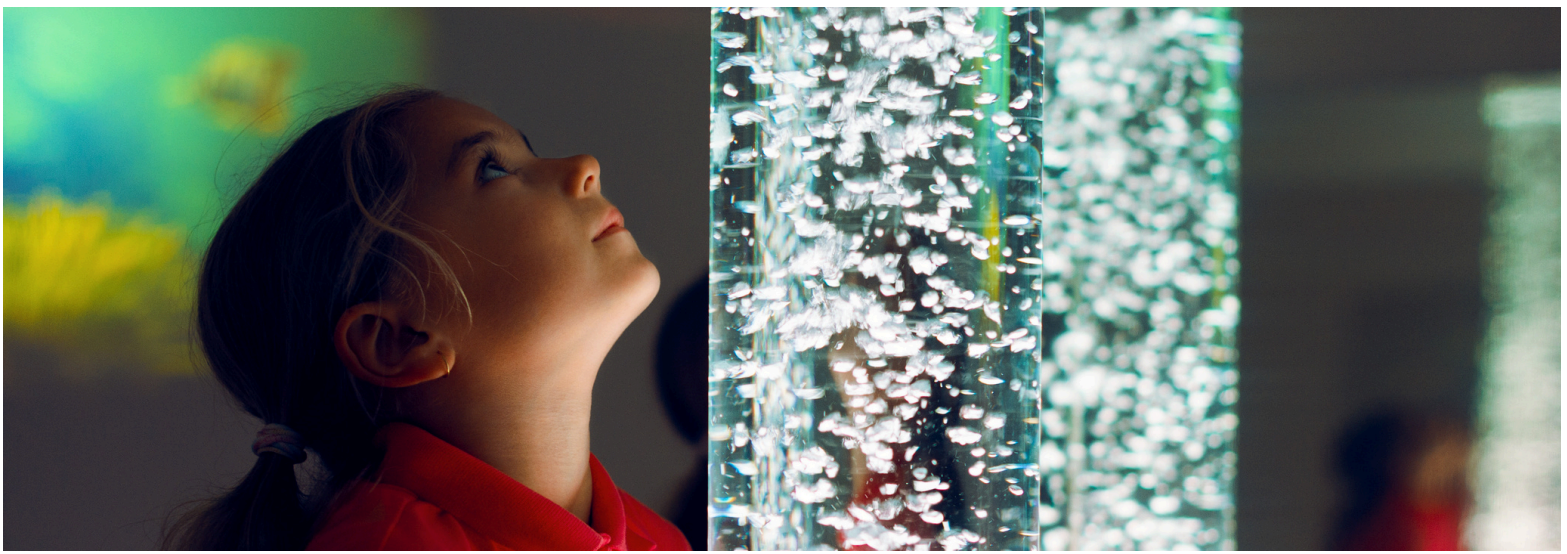
**Lunch Provided
Door Prizes &
Participant Bags**



Come build a brain. Learn how genetics and environment interact to shape the architecture of the brain. Increase your understanding of how play, novel experiences, and active engagement with and learning from peers/adults help fuel child development. Develop a perspective of how toxic stress and trauma affect the developing brain and learn strategies to help reduce these adverse effects on the brain. This "Brain" knowledge will help you support children in achieving their full potential.

Presenter: Stephanie Lindstrom M.A., M.Ed.

Stephanie is a licensed school psychologist in School District 91- Nechako Lakes. She also worked for over 25 years as a certified teacher. Since 2020, Stephanie has been part of a national Brain Builders campaign to spread the Brain Story message and to support the development of "Brain" knowledge in communities across Canada



COMMUNITY OF PRACTICE: ILLUMINATING CARE

Online • Fee: \$10.00 • Suitable for child care providers, child care workforce and parents.

Join CCRR and a group of fellow Child Care Providers and Workforce as we explore and discuss Carol Garboden Murray's ground-breaking book, *Illuminating Care: The Pedagogy and Practice of Care in Early Childhood Communities*. We will engage in pedagogical narrations to discuss and challenge ideas and practices and how they relate to BC's Early Learning Framework, in this 12 hour Community of Practice. Includes an exciting opportunity to enjoy a session with the author as a guest speaker.

Presenters: YMCA CCRR Consultants

**Dates & Times: Wednesdays
7:00-9:00PM**

September 24th, 2025

October 8th, 2025

October 22nd, 2025

November 5th, 2025

November 19th, 2025

December 10th, 2025

Participants will need to be available for all 6 sessions.

A 12-hour certificate will be issued upon completion

Participants will receive the book mentioned.



POSITIVE GUIDANCE IN SCHOOL AGE CARE

Thursday, September 25th, 2025 • 7:00-9:00PM • Online • Fee: \$10.00 • Suitable for child care providers, child care workforce, and parents.

The range of social and emotional development within the school age years is broad and varied. The most appropriate ways to guide behavior may differ from child to child and will depend on the child's age, developmental abilities and life context. With a greater understanding of each child's life context comes a greater potential to guide their behavior towards positive outcomes. During this workshop we will explore some of the factors that influence a child's behaviour and help us to work with the child in ways that contribute to their growth and development in holistic and positive ways.

Presenter: Christine Hibbert

Christine Hibbert is an ECE and School Age Educator and an experienced facilitator. Christine has worked in the field of childcare for more than 30 years, beginning her career as a teacher in England. She worked in family childcare and pre-schools before becoming Executive Director at Jericho Kids' Club, Out of School Care in Vancouver. Now retired from JKC, Christine continues to be an involved advocate and passionate educator in the childcare community.



Discover Free Self-Paced Workshops on the YMCA CCRR's Y Ignite Platform

The YMCA CCRR's Y Ignite platform offers 12 different self-paced workshops, all available online and at no cost! These workshops range from 2 to 3 hours in duration and can be completed at your convenience. Upon finishing, all participants will receive a certificate of completion.

Are you interested? Would you like to browse our catalog of offerings? If so, visit Y Ignite today!

Explore Y Ignite



<https://tinyurl.com/yxy6zs6a>

- Y Ignite Workshop Titles
- A Deep Dive into Loose Parts
- A Peek Inside BC's Early Learning Framework
- Children and Literature
- Children at Play
- Exploring Outdoor Early Learning
- Helping to Foster Self Awareness and Regulation in Children
- How to Guide and Support Children's Behaviours
- Literacy Beyond Worksheets
- Programming for School Age Children
- Respectful Caregiving
- Supporting Physical Development with Infants and Toddlers
- The Impact of Environment in Child Care

Come visit us!



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

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