



Summer 2009 Training Schedule

Important Registration Information

Child care providers and parents are welcome to attend workshops at either location. Registrations can be processed by phone at 604-931-3400 ext. 0 with **American Express, MasterCard or Visa**. To register by mail, please fill in the accompanying registration form and mail it with payment to:

YMCA CCRR, 1130 C Austin Avenue, Coquitlam, BC, V3K 3P5

Please Note:

- When registering by mail you must send a separate postdated cheque for each workshop requested.
- There is a limit of two participants per workshop from each child care facility. Additional staff may request to be placed on the waitlist, to attend if the workshop does not reach capacity.
- Payment must be received at time of registration
- Please take note of your workshop dates/times/locations upon receipt of your confirmation.

Change to our refund policy:

Refunds will only be given to registrants who provide **5 working days** notice of withdrawal. All withdrawals are subject to a \$5.00 administration fee per workshop, regardless of notification given.

***Burnaby** (BNW) workshops are located at: Burlington Square, Unit 161, 5172 Kingsway, Burnaby.
Tri-Cities (TRI) workshops are located at: 1130 C Austin Avenue, Coquitlam.*

NETWORKING Opportunities

Networking sessions provide an opportunity for child care providers to meet, share ideas and challenges with other providers. *No certificates of participation are issued.*

NETWORKING-Child Care Tours

Date: Thursday, June 18, 2009 Time: 7:00-8:30 pm

Location: Burnaby

Fee: Free

Ever wonder how other caregivers set up their homes for child care, and separate child care space from family space? Looking for storage solutions? Come and join us for a tour of three family child care homes, and an opportunity to meet and network with other caregivers.

For more information and to reserve your spot, call Patricia at 604-294-1109 extension 222 in the Burnaby office.

Open-ended Art/Sensory Extravaganza

Date: Wednesday, September 23, 2009 Time: 7:00-8:30 pm

Location: Coquitlam

Fee: FREE

Each person brings a different tool to paint with that is **NOT A PAINTBRUSH** and we will have fun with paint. Be creative and go for the unusual.

Also each participant should bring a favourite recipe for a sensory activity that you have done in your facility. (For example, clay, goop, paint materials, dough). We will put together a recipe book for those in attendance.

Summer 2009 Workshops

The Facts and Fun of Nutrition in School Age Childcare: Snack Attack? Breads n' Spreads? Chickpea Cookies? Fat and Sugar Tubes?

Presenter: Kate Alexander

Date: Thursday, June 4, 2009 Time: 10:00 am–12:00 pm

Location: Coquitlam

Fee: \$10.00 Members Non-members: \$15.00

Suitable for school age child care providers

This workshop teaches these and other fun ways to bring nutrition and the importance of healthy food choices to your program and the children you serve. Discuss ideas for inexpensive teaching aids, and learn how to promote the development of life skills in the areas of nutrition, food preparation, food safety and meal planning. Participants will come away able to identify resources available to enhance health education, including nutrition and physical activity. The more we know, the better we can create these important “healthy choices” learning moments!

Kate Alexander has been working in school age childcare for 8 years as a Program Co-ordinator and Community Programs Co-ordinator for the Jericho Kids' Club in Vancouver, as well as a board member of the School Age Childcare Association of BC. She manages a food program that serves over 180 children every day—where healthy (and realistic!) food choices are an essential part of the program.

Family Child Care Series #6: Planning Children's Experiences

Presenter: Erica Bowes

Date: Saturday, June 20, 2009 Time: 9:30-12:30 pm

Location: Coquitlam

Fee: \$10.00 Members Non-members: \$15.00

Primarily intended for those who have little or no experience related to family child care

Children have a natural curiosity about the world around them. We will explore how a well-prepared, aesthetically pleasing play environment encourages children to discover more about their world. We will discuss the value of play-based activities and the role of the caregiver in planning developmental experiences in a multi-age setting. How can you extend learning through the provision of materials and equipment? Encourage creative play activities by combining household objects and natural materials with commercial toys in the play environment. Learn how to understand and recognize the characteristics and principles of the emergent curriculum approach to program planning.

Erica Bowes grew up in England and received her Early Childhood Education Diploma from Ware College, Hertfordshire. She immigrated to Canada in 1986 to pursue her studies and continue her career working with families and children. Erica has worked with the Child Care Resource and Referral program in the Tri-Cities and as an instructor of Early Childhood Education.

Guiding Children's Behaviour in the School Age Years

Presenter: Christine Hibbert

Date: Tuesday, June 16, 2009 Time: 10:00 am–12:00 pm

Location: Coquitlam

Fee: \$10.00 Members Non-members: \$15.00

Suitable for school age child care providers

In this workshop, which uses aspects of the “Key Elements to School Age Child Care” programs, you will learn how children's behaviour is directly affected by the developmental stages they go through. Topics covered will include environmental factors that contribute to misbehaviours, using positive language, and dealing with misbehaviour.

Christine Hibbert is the Executive Director of Jericho Kids' Club Child Care Society in Vancouver. She also facilitates and was involved in the development of the “Key Elements of School-Age Child Care” training course and is an instructor at Douglas College in the School-Age Child Care Certificate Program.

Remembering to Play

Presenter: Vince Gowmon, CPCC, BBA

Date: Saturday, June 27th, 2009

Time: 9:00 am – 1:00 pm (coffee/refreshment break mid-morning)

Location: Coquitlam

Fee: \$25.00 for members and \$35.00 for non-members

Suitable for all child care providers



When we lead with a playful heart we move from managing others to inspiring them. We hold ourselves more lightly, fostering greater productivity, creativity and connection with others. By remembering to play, we remember ourselves and the importance of self-care and levity as cornerstones for parenting, teaching and caregiving.

Remembering to Play is a fun, interactive and experiential workshop. It is rooted in the power of saying Yes And (versus Yes But) as a self-awareness and communication tool. In this case we are saying Yes And to our

unique expression of play and it's potential to transform ourselves, our relationships and community. Participants learn various forms of creative expression (movement, art, music, storytelling and more), as well as written material and open discussions.

Vince Gowmon is the founder of Remembering to Play Events, and as a Certified Professional Life Coach trained through one of the top accredited coaching programs. He is a graduate of Simon Fraser University where he earned a Bachelor of Business Administration focusing on Human Resources, Marketing and International Business. Vince coaches individuals, and leads public and corporate workshops, on all aspects of well-being. He volunteers his time at kids camps and leading workshops for various non-profit organizations. For complete information on Vince and his services, please visit www.rememberingtoplay.com.

You may find the following testimonial interesting:

"I have been an Early Childhood Educator for 14 years and I just participated in Vince's "Remembering to Play" workshop. How appropriately named! When I first entered the ECE field in my early twenties and was asked what I did for work, I would proudly answer 'I play all day'. That was my reason to become an educator – I loved to play. Somehow, over time, after raising a family and growing up, my answer to the same question has become 'I work with young children'. How serious and unadventurous! Thank you Vince for helping me to remember to PLAY! Since the conference, I have been playing a lot more and it's fun to see some of the children's reactions! I have some funny second looks from them which make me laugh! And then they laugh too! Thanks so much for the laughter, games & fun that you brought to the conference on the weekend. I left feeling very inspired. I look forward to telling my family every morning that instead of going to work, I'm going to play!" ~ Cheryl S., Early Childhood Educator

Environment and Behaviour

Presenter: Kika Konzen

Date: Wednesday, July 8, 2009 **Time:** 7:00–9:00 pm

Location: Coquitlam

Fee: \$10.00 Members **Non-members:** \$15.00

Suitable for child care providers of children 0–5 years

Does the environment affect children's behaviour? At this workshop we will explore ideas focusing on the role of the environment in an early childhood setting. Through photos and an exchange of experiences, we will explore the potential of the environments so that we can use the physical settings, designs and set-ups to help us to provide the best care for children.

Kika Konzen holds a Masters in Education from Federal University of Rio Grande do Sul, Brazil. She joined the UBC Child Care Services in 1992 where she is presently working as a Senior Supervisor.

Connecting Children with Nature

Presenter: Metro Vancouver Park Interpreter

Date: Thursday, July 16, 2009 **Time:** 7:00-9:00 pm

Location: Burnaby

Fee: \$10.00 Members **Non-member:** \$15.00

Suitable for all child care providers of young children

Discover how to enrich children's outdoor experiences with simple, powerful nature activities and games used by Metro Vancouver Park Interpreters. Direct contact with nature helps children develop respect and a caring attitude for the environment, and positively affects their development. This workshop will introduce you to a variety of hands-on activities that can be applied to your backyard or natural areas in your community. Our sensory-based approach has been connecting children with nature since 1977. Handouts will be provided.

Move and Grow 3: Language Play

Presenter: Barbara Karmazyn

Date: Wednesday, July 22, 2009 **Time:** 7:00–9:00 pm

Location: Coquitlam

Fee: \$10.00 Members **Non-member:** \$15.00

Suitable for providers of preschool age children

Movement plays a vital and crucial role in learning and brain development. As caregivers, we can provide many opportunities for children to move their bodies. This workshop provides a variety of ways to combine movement with language to enhance the learning environment. Discover how to take simple nursery rhymes, short phrases and stories into movement. Emphasis is placed on developing language and listening skills, through linguistic, kinaesthetic and musical intelligence. Wear comfortable clothing.

Barbara Karmazyn is an expressive arts educator who has worked with preschoolers and their caregivers for over 25 years. With expertise in creative process, dance, drama, storytelling, rhythm and art, Barbara has offered numerous workshops in these specialty areas within the early childhood fields and beyond.

Creating Story Baskets

Presenter: Susan Munzer

Date: Thursday, August 6, 2009 **Time:** 7:00–9:00 pm

Location: Burnaby

Fee: \$10.00 Members **Non-member:** \$15.00

Suitable for child care providers

Be energized with new enthusiasm. Delight children with easy-to-make story baskets. Teach concepts of math and science in a fun way as children play. The presentation will include many toys and curriculum materials that will surprise children and open their minds to put real building blocks into their development. Find effective ways to teach empathy, kindness, caring love of others in a time where disrespect and ruthlessness, etc. rule. Susan will demonstrate with special stories, materials and activities that will touch children's hearts.

Susan Munzer trained in Switzerland as a kindergarten teacher. She has owned and operated a bilingual preschool and taught a session at the University College of the Fraser Valley. She is an ECE curriculum designer and conference speaker and author of the book "Learn to Play – Play to Learn."

It's All in the Mix

Presenter: Margaret Emanuel

Date: Wednesday, August 12, 2009 Time: 7:00-9:00 pm

Fee: \$10.00 Members Non-members: \$15.00

Location: Coquitlam

Suitable for caregivers providing care for children of mixed ages ranging from 1–12 years

Have you ever asked yourself how you are going to provide a stimulating preschool program, encourage school-aged children in their interests, and care for a young toddler/infant all in the course of a typical day? Well, you are not alone. Caring for children in a multi-age setting is one of the most challenging tasks faced by family child care providers. Join us for an evening of exploring various strategies for making the most of your unique grouping and brainstorm some unique solutions that bring out the positive aspects of working in family style groupings.

Margaret Emanuel is a qualified Early Childhood Educator who has run a family child care in the Tri-Cities area for 19 years

Designing Authentic Environments

Presenter: Kika Konzen

Date: Thursday, August 20, 2009 Time: 7:00 pm – 9:00 pm

Fee: \$10 Members Non-members: \$15.00

Suitable for child care providers of children 0—5 years of age

Location: Burnaby

This workshop focuses in the challenging aspect of designing authentic environments for young children when faced with a lack of space, small budget, etc. We will explore the various aspects, discuss ideas and list practical ways to help you to design and set-up an environment in which children will explore and grow.

Kika Konzen holds a Masters in Education from Federal University of Rio Grande do Sul, Brazil. She joined the UBC Child Care Services in 1992 where she is presently working as a Senior Supervisor.

The Kindness of Conflict

Presenter: Bev Christian

Date: Wednesday, September 9, 2009 Time: 7:00 pm–9:00 pm

Fee: \$10 Members Non-members: \$15.00

Location: Coquitlam

Suitable for all child care providers

As Early Childhood Educators, we are naturally kind and nurturing. We also know that conflict is part of all aspects of our lives and certainly something we can experience when working closely with our colleagues and parents. So how do the kind and nurturing deal with conflict? Come prepared to think differently about disagreements and leave with practical ideas to help you with your next conflict.

Bev Christian is an Early Childhood Educator with over 20 years experience in the childcare field. She is the assistant director at UBC Child Care Services and has had the opportunity to present a variety of workshops and courses at local colleges and ECE BC conferences. She is one of 3 provincial guides for the National Ethics Training program on Best Choices.

How to Grow Happy Children

Presenter: Dr. Deborah Bell

Date: Saturday, September 12, 2009 Time: 9:30 am–11:30 am

Fee: \$10 Members Non-members: \$15.00

Location: Burnaby

Suitable for all child care providers

The key to “growing” children who are emotionally healthy lies first and foremost in promoting rich and nurturing relationships between children and their caregivers. When children have strong, healthy, positive relationships with their caregivers, they are better able to manage their emotions, regulate their behaviour, and relate to the world around them. The focus of this workshop will be on helping caregivers unlock the secret to interacting with children in a way that creates the foundation for life-long happiness. We will learn about the concept of “attachment” or the special relationship between a child and a caregiver, the various factors that influence the attachment relationship, and the long-term implications of this relationship for child development. Workshop participants will learn the “language of attachment”, what attachment looks like in infants, toddlers, and young children, and how to support healthy attachment relationships with children.

Please view Dr. Deborah Bells biography on the next page.

The ABC's of Mental Health in the Early Years: Recognizing and Intervening with Children At-Risk

Presenter: Dr. Deborah Bell

Date: Saturday, September 12, 2009 Time: 12:00-2:00 pm

Location: Burnaby

Fee: \$10.00 Members Non-members: \$15.00

Suitable for child care providers of children 0–6 years

This workshop is designed to assist service providers in identifying when a child may benefit from extra support in the area of mental health. Content will focus on young children in the 0–6 years age range and differentiating mental health concerns from behavioural concerns. Topics addressed will include an understanding of the origin of mental health versus behavioural issues in young children; and some resources/recommendations for behavioural strategies in working with young children.

Dr. Deborah Bell is a registered psychologist who has specialized in empowering children and parents for many years. Dr. Bell's work includes providing therapy to individuals, families, and parents. She has a background working with children and adults who have histories of trauma. These clients have come to Dr. Bell with a wide background of experiences, for example: physical abuse, sexual abuse, neglect, and foster care. Dr. Bell has also had focused training working with parents of young children, and children aged zero to six in the area of Infant Mental Health.

In addition, Dr. Bell works with clients living with anxiety, depression, behavioural challenges, marital conflict, and family roadblocks to healthy relationships. Dr. Bell has extensive training in play therapy, and utilizes play and attachment therapy techniques in her eclectic approach to counseling. Dr. Bell enjoys sharing her love of clinical work and the spirit of children through teaching and supervising practitioners in their clinical work. She teaches at the graduate level and supervises clinicians at all levels of career development.

Dramatic Play: Do You Want to Build a House?

Presenter: George Melzer

Date: Thursday, September 17, 2009 Time: 7:00-9:00 pm

Location: Burnaby

Fee: \$10.00 Members Non-members: \$15.00

Suitable for parents and child care providers of preschool aged children

Dramatic Play is much more than simply playing "house". Knowing what preschoolers enjoy about dramatic play enables caregivers to set up a dramatic play centre that will be appealing to all preschoolers. Research findings and practical ideas will be presented throughout this workshop.

George Melzer, MED., is an ECE instructor at the University of the Fraser Valley. He has researched dramatic play and has designed many curriculum resources for preschool children.

Family Child Care Series#1: Setting the Environment: Your Family Child Care Home

Presenter: Erica Bowes

Date: Saturday, September 19, 2009 Time 9:30 am–12:30 p.m.

Location: Coquitlam

Fee: \$10.00 Members Non members: \$15.00

Primarily intended for those who have little or no previous experience related to family child care

A good child care environment is one that is welcoming and safe, and allows the physical and developmental needs of children to be met. During this session we will discuss creative and effective ways to organize and use space to help with the challenge of meeting the needs of both your family and child care. We will explore the types of activities that should be considered in planning a creative environment and the ways in which a flexible routine can respect the individual child and give you a head start in achieving a successful day.

Erica Bowes grew up in England and received her Early Childhood Education Diploma from Ware College, Hertfordshire. She immigrated to Canada in 1986 to pursue her studies and continue her career working with families and children. Erica has worked with the Child Care Resource and Referral program in the Tri-Cities and as an instructor of Early Childhood Education.

Summer 2009 Workshops

For a complete description of workshops visit www.vanymca.org

Registration Submission Form

Name(s): please print clearly _____ Facility Name: _____

Address: _____ Phone # _____

City: _____ Postal Code: _____ Facility Type: _____

CCRR Member: Yes Membership #: _____ No: Date: _____

Please indicate all courses you would like to attend. Payment must be received at time of registration.

The following payment options are available:

- Cheque—payable to the:** YMCA Child Care Resource & Referral.
Mail payment to: YMCA CCRR, 1130 C Austin Avenue, Coquitlam, B.C. V3K 3P5

** When paying by cheque please send a separate post dated cheque for each workshop.*

- Credit Card (American Express, MasterCard or Visa). Please complete the registration form and fax to 604-931-3440 or contact us directly at 604-931-3400, extension 0.

The completion of this form does not guarantee placement in your requested workshop(s).

Confirmation of your registration will be sent to you via Canada Post.

Card Holder's Name: _____ Type: American Express, MasterCard or Visa
(circle one)

Card Number: _____ Expiry Date: _____ Total: _____

Please note the change to our refund policy:

*Refunds will only be given to registrants who provide **5 working days** notice of withdrawal.*

All withdrawals are subject to a \$5.00 administration fee per workshop, regardless of notification given.

Burnaby/New Westminister (BNW)

Burlington Square, Unit 161
5172 Kingsway, Burnaby, BC V5C 5E9
Ph: 604-294-1109 Fax: 604-294-6278
Email: bnwccrr@vanymca.org



Tri-Cities (TRI)

1130 C. Austin Avenue
Coquitlam, B.C. V3K 3B5
Ph: 604-931-3400 Fax: 604-931-3440
Email: triccrr@vanymca.org

Spring 2009 Workshops

For a complete description of workshops visit www.vanymca.org

Where	Topic	Date	Time	Cost	
				Member	Non-member
<input type="checkbox"/> TRI	“The Facts and Fun of Nutrition in School Age Childcare” Suitable for school age child care providers	Thurs. June 4	10:00–12:00 pm	\$10	\$15
<input type="checkbox"/> TRI	“FCCS #6: Planning Children’s Experiences” Primarily intended for those who have little or no experience related to family child care	Sat. June 20	9:30–12:30 pm	\$10	\$15
<input type="checkbox"/> TRI	“Guiding Children’s Behaviour in the School Age Years” Suitable for school age child care providers	Tues. June 16	10:00–12:00 pm	\$10	\$15
<input type="checkbox"/> TRI	“Remembering to Play ” Suitable for all child care providers	Sat. June 27	9:00–1:00 pm	\$25	\$35
<input type="checkbox"/> TRI	“Environment and Behaviour” Suitable for all child care providers of children ages 0–5 years.	Wed. July 8	7:00–9:00 pm	\$10	\$15
<input type="checkbox"/> BNW	“Connecting Children with Nature” Suitable for all child care providers of young children	Thurs. July 16	7:00–9:00 pm	\$10	\$15
<input type="checkbox"/> TRI	“Move and Grow 3: Language Play” Suitable for providers of preschool age children	Wed. July 22	7:00–9:00 pm	\$10	\$15
<input type="checkbox"/> BNW	“Creating Story Baskets” Suitable for child care providers	Thurs. Aug. 6	7:00–9:00 pm	\$10	\$15
<input type="checkbox"/> TRI	“It’s all in the Mix” Suitable for caregivers caring for children of mixed ages ranging from 1 to 12 years	Wed. Aug. 12	7:00–9:00 pm	\$10	\$15
<input type="checkbox"/> BNW	“Designing Authentic Environments” Suitable for child care providers of children 0 to 5 years of age	Thurs. Aug. 20	7:00–9:00 pm	\$10	\$15
<input type="checkbox"/> TRI	“The Kindness of Conflict” Suitable for all child care providers	Wed. Sept 9	7:00–9:00 pm	\$10	\$15
<input type="checkbox"/> BNW	“How to Grow Happy Children” Suitable for all child care providers	Sat. Sept. 12	9:30–11:30 am	\$10	\$15
<input type="checkbox"/> BNW	“The ABC’s of Mental health in the Early Years” Suitable for child care providers of children 0–6 years	Sat. Sept. 12	12:00–2:00 pm	\$10	\$15
<input type="checkbox"/> BNW	“Dramatic Play: Do You Want to Build a House?” Suitable for parents and child care providers of preschool aged children	Thurs. Sept 17	7:00–9:00 pm	\$10	\$15
<input type="checkbox"/> TRI	“FCCS #1: Setting the Environment: Your Family Child Care Home” Primarily intended for those who have little or no previous experience related to family child care	Sat. Sept 19	9:30–12:30 pm	\$10	\$15
<input type="checkbox"/> TRI	“NETWORKING–Open-ended Art/Sensory Extravaganza” ~No certificate of participation is issued	Wed. Sept 23	7:00–8:30 pm	FREE	



YMCA Child Care Resource & Referral

