

Caring for Me so I can Care for Others

A workshop about
tuning into our needs
as childcare providers



DATE: Saturday November 14th. 2026

TIME: 8:45AM - 3:00PM

COST: \$50.00

**LOCATION: CREST HOTEL - BALLROOM
222 1ST AVE W, PRINCE RUPERT**

WHO SHOULD ATTEND:

- ♦ Early Childhood Educators
- ♦ Family Childcare Providers
- ♦ Program Leaders & Administrators
- ♦ Support Staff & Family Resource Professionals

**REGISTRATION: EMAILS TO
berrypatch@citywest.ca**

**SPONSORED BY:
THE BERRY PATCH CCRR**

**SELF CARE KITS: VALUE \$100 FOR EACH PARTICIPANT.
PRIORITY ENROLLMENT GIVEN TO STAFF OF PROVIDERS
REGISTERED WITH THE BERRY PATCH CCRR. CERTIFICATES**

WORKSHOP: Caring for Me so I Can care for Others.

Designed to support parents/caregivers and educators in coping with stress and strengthening their social-emotional well-being — fostering a healthier workplace and world where children can thrive.

This workshop offers a safe space to explore resilience and self-compassion, and to practice self-care strategies together. It builds on core CALM Program foundations: reflection and self-awareness, self-regulation, the importance of belonging, and responsive care giving — turned, in this workshop, toward ourselves: tuning into and responding to our own needs.



KIRAN — CO-AUTHOR, THE CALM CURRICULUM

Kiran brings over 25 years of experience supporting children, families, and educators. With graduate training in Early Childhood Education, she is known for her warm, practical, and science-informed approach to social and emotional learning.

JENNA — CALM FACILITATOR & RESEARCHER

Jenna is an educator and researcher with advanced training in human development and social-emotional learning. She has led large-scale SEL studies and is dedicated to helping adults support children's well-being with confidence and clarity.

The Workshop Schedule

The Crest Hotel Ball Room

Light Breakfast 8:45 AM to 10:45 AM

Opening Ceremony 8:55 AM to 9:00 AM

1st Workshop time 9:00 to 10:30 AM

Health Break 10:30 AM -10:45 AM

2nd Workshop time 10:45 to 12:00 PM

Lunch 12:00 PM to 1 PM

3rd Workshop time 1:00 PM to 3:00 PM



Presenter Biographies

Program Leader, Early Care and Learning Fraser Valley Child Development Centre (FV CDC)
and CALM Co-Author

Kiran

Kiran has been working with children, parents and early childhood educators for over 25 years with the Fraser Valley Child Development Centre, focusing on strengthening understanding of child development, supporting children with developmental needs, and increasing the communities' capacity to care for all children.

Kiran's impressive educational background includes a Masters of Education in Early Childhood Education (UBC) and a BA in Child and Youth Care (UFV). Kiran is also a sessional instructor for the Child, Youth and Family Studies Program at UFV.

Kiran's passion for social emotional well-being led to the development of The CALM Curriculum as co-author and was inspired as a result of a thirst to understand and know how to support young children. Kiran's extraordinary gift for teaching keeps her busy as the framework grows and participants engage in learning as a result of her ability to provide relatable, science driven examples and perspectives.

Behind the scenes Kiran loves to spend time with her children, husband and sweet dog. Kiran is always exploring warm climates and you'll often find her reading.

Jenna

Jenna is the newest member of the CALM team, coming to this work with a breadth of knowledge and experience in child development and social and emotional learning (SEL). Jenna has earned a PhD and Masters of Arts (MA) in Human Development, Learning, and Culture from UBC, and a BA in Behavioural Neuroscience. Her research has focused on the social and emotional learning and well-being of children and the adults that support them. She also has a subspecialisation in measurement and evaluation, and has coordinated several large-scale research studies on SEL programs in BC elementary schools. Jenna has taught as a sessional instructor at UBC in the teacher education program, and has worked as a research and educational consultant for various organizations within and outside of BC, such as the Greater Good Science Center, OECD, and Microsoft.

Jenna is passionate about supporting young people to thrive from a young age, empowering them to know their hearts and minds, and learn strategies to cope with life's stressors and become compassionate citizens. She is also dedicated to supporting the adults that care for our young people, with knowledge, strategies, and support for their own well-being and the development of the children in their care.

Behind the scenes, Jenna is busy living CALM in her daily life with her young (former preemie and beautifully neurodivergent) daughter and husband. They can be found hosting family and community parties, spending time in nature, crafting, doing something Disney-related, or snuggling with their two kitties.

Caring for Me so I can Care for Others Workshop Registration Form

Saturday Nov 14, 2026

Delegate Information

Name: Please print the name that you want on your certificate

Mailing Address:

Organization:

Email

Daytime Phone Number:

Staff of Registered Berry Patch CCRR Member Yes ☐ No ☐

Do you identify as Indigenous Yes ☐ No ☐

Do you identify as Metis or Inuit? Yes ☐ No ☐

Are you Francophone? (first language is French) Yes ☐ No ☐

Please indicate your professional category.

Early Childhood Educator ☐

Early Childhood Educator Assistant ☐

Registered LNR's ☐

Licensed Family Child Care Providers ☐

School Age Child Care Provider ☐

Head Start/Strong Start ☐

Responsible Adult ☐

Other (specific role)

Payment

\$50.00 e-transfer to berrypatch@citywest.ca or

cheque or cash

Registration is not complete until payment is received.

Registration closes by Oct 23, 2026

Withdrawal without charge by Nov 2, 2026 .

Kits will be distributed during the workshop.

Some financial support available

Certificates will be distributed at the end of the workshop.

Venue is the Crest Hotel Ball Room 222-1st Ave. Prince Rupert Tel: 250-624-6771

Morning Light Break, Health Break and Catered buffet style lunch included.

Contact: berrypatch@citywest.ca, 250-622-2434

Meals

**Please contact The Berry Patch with requests for
vegetarian or gluten free meals**

Light BREAK 8: 45 AM to 10:45

A Fresh Fruit Plater

Yogurt Parfaits with fruit and granola

Freshly Baked Assorted Muffins

Coffee and Teas

SIGNATURE LUNCH 12:00 PM to 1:00 PM

Hearts of Romaine Caesar Salad with

Organic Greens with house dressing

Dinner rolls and butter

Chicken roasted with herbs and creamy lemon sauce

Potato du jour and seasonal vegetables with olive oil and sea salt

Mini bundt cakes and assorted cheesecake and brownie squares

Freshly Brewed Coffee and a Collection of Teas