



ccrr
Child Care Resource & Referral



ChildCareBC

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



Save the Date!
Registration
opens September
2nd, 2026, at
9:00 AM.

Fall 2026 Professional Development

**YMCA Child Care
Resource & Referral**

scan to register!



[mycommunity.bc.
ymca.ca/s/ccrr](https://mycommunity.bc.ymca.ca/s/ccrr)

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!

- Register online via mycommunity.bc.ymca.ca/s/ccrr or by phoning either **604-931-3400** or **604-294-1109**.
- 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 must stay for the full workshop/course to receive a certificate.
- 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 must stay for the full workshop/course to receive a certificate.
- 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

Online

Zoom or MS Teams

Burnaby CCRR

4460 Beresford St., Burnaby
ygv.ccrr@ymcabc.ca • 604-294-1109

Coquitlam CCRR

1130 C Austin Ave., Coquitlam
ygv.ccrr@ymcabc.ca • 604-931-3400

New Westminister CCRR

10 - 620 Royal Ave., New Westminister
ygv.ccrr@ymcabc.ca • 604-931-3400

Holiday Inn Express (Metrotown)

4405 Central Blvd, Burnaby



The YMCA CCRR acknowledges the support of the City of Burnaby.

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

**SATURDAY
SEPTEMBER 19TH,
2026**

9:00AM-12:45PM*

Online

\$10.00

**** 15 min break included.***

FROM CLASSROOM TO CAREER: **Thriving as a new ECE professional**



Anisha Angella is an ECE industry leader with 18+ years of experience, and now devotes her energy to transforming the way educators, programs, and communities grow. From leading childcare centers, to teaching college programs and overseeing 45+ licensed childcare locations, Anisha has seen the early learning sector from every angle—including what's missing! She's filling the gaps and evolving the ECE industry with her team at The Early Childhood Coach + Co.

This workshop is for new educators ready to connect their school learning with real-life Early Childhood Education (ECE) roles. It will cover how theory applies in practice, expectations for the first months, and essential tools for success. Participants will engage in discussions and examples, discovering valuable insights through ECC's coaching approach.

- Bringing ECE theory to life in the classroom
- Preparing for challenges and surprises in the first months
- Essential resources for educators
- Practical strategies for success from day one
- Setting meaningful goals and creating a career growth plan

THE **early** COACH⁺
childhood™



RESPONSIBLE ADULT: 20 HOUR CHILD CARE TRAINING COURSE

Monday, September 14th - Friday, September 25th (weekdays), 2026 • 10:00AM-12:00PM • Online • Cost: \$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

CARING THROUGH GRIEF

Thursday, September 24th, 2026 • 6:30-7:30PM • Online • Cost: \$5.00 • Suitable for child care providers, child care workforce, and parents.

This live presentation is designed for educators, parents and anyone else who has the opportunity to play a role in supporting a grieving child. It will include practical strategies and approaches to help children understand and navigate grief. Useful web and literary resources will be woven throughout the presentation and stories and important messages from children that illustrate "best practice" guidelines will be shared.

Presenter: Andrea Warnick

Andrea Warnick, MA, RN, RP is the Co-Founder, CEO, and Education Director of AWC Grief Support. With decades of experience supporting children, youth, adults, families, and professionals navigating serious illness, death, and grief, Andrea brings a compassionate and deeply informed perspective to her work. Drawing on her background as an oncology nurse and Registered Psychotherapist, she is a respected educator, advocate, and leader in the field, dedicated to equipping those who support grieving individuals—many of whom do this important work with limited resources and in isolation.





EARLY SIGNS OF AUTISM, INTERVENTION & ACCESSING SUPPORT (IN MANDARIN)

Thursday, October 1st, 2026 • 10:30AM - 12:00PM • Online • Cost: Free! • Suitable for parents.

This workshop helps parents identify the early signs of autism and understand the diagnostic process. We will explore the critical importance of early intervention and share practical steps for finding registered service providers (RASP) in BC. We will also provide a clear guide to navigating BC Autism Funding, including important updates on the upcoming transition to the new CYSN model and the BC Children and Youth Disability Benefit.

Presenter: Cindy Zhang

Cindy Zhang, M.Ed., BCBA, RASP-A, is the Co-founder of Compass Behaviour Consulting Inc. With 14+ years of experience, she is passionate about helping children build skills and supporting families. As a proud mom of an autistic son, Cindy blends personal insight with professional expertise. She fluently presents in Mandarin, English, and Japanese, empowering parents with clear and actionable guidance.

This workshop will be presented in Mandarin.

WHAT IF EVERYBODY UNDERSTOOD CHILD DEVELOPMENT?

Saturday, October 3rd, 2026 • 9:30-11:30AM • Online • Cost: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Early childhood is a unique and special period in the lifespan. Or, as Rae likes to say, young children are “a whole different animal.” But, often, those responsible for making decisions for children’s lives and education – parents, teachers, administrators, and policymakers – are unaware of, or have forgotten, this simple fact. Based on her book of the same name, this presentation serves as a reminder, offering research on how children learn best and revealing why “earlier is better” is a myth. Rae invites you to join her as she imagines education in a world where everybody understood child development!

Presenter: Rae Pica

*Rae Pica is on a mission to ensure that children have the chance to be children & that child development guides all our practices with them. A consultant in ECE for more than four decades, Rae has served as a keynote speaker, workshop leader, & online course creator. She is the author of 23 books, including *What If Everybody Understood Child Development?* & her latest, *Why Play?: How to Make Play an Essential part of Early Education*. You can learn more about Rae and her work at www.raepica.com.*



BODY SMART: RIGHT FROM THE START

Thursday, October 15th, 2026 • 7:00-9:00PM • Online • Cost: \$10.00 • Suitable for child care providers, child care workforce, and parents.

When all body parts can be named, including the private body parts, children can talk about it, ask questions about it and understand its specialness. Teaching early allows children to feel good about their bodies and sets the foundation for the development of positive attitudes about sexuality. Learning about their bodies from trusted adults and elders allows children to avoid mythical information that they may hear from cousins and friends, the media and on the playground. Even though it may be difficult to talk about the private parts of the body, it empowers the next generation to live healthier lives. Children are precious and sacred and as a community we can work together to keep them safer in this world.

Presenter: Kerri Isham

Kerri Isham is a knowledgeable, experienced and passionate educator, coach and facilitator dedicated to excellence and committed to the empowerment of people of all ages. Her primary goal is to make exploring sexual health fun and meaningful, and to alleviate the shame and embarrassment sometimes associated with this topic. Currently, she runs her own company called Power Up Education specializing in sexual health education for preschool to Grade 12.



AGES AND STAGES QUESTIONNAIRE

Saturday, October 17th, 2026 • 9:00AM-12:00PM • Online • Cost: \$5.00 • Suitable for child care providers and child care workforce.

The ASQ is a standardized, reliable, and widely used screening system that evaluates a child's development across multiple domains. It is designed to be parent-centric, allowing caregivers to provide insights based on their observations, which enhances accuracy and engagement in the screening process

Presenter: YMCA CCRR Consultant



MENTAL WELLNESS TRIGGERS AND WORKING WITH CHILDREN

Thursday, November 19th, 2026 • 6:30-8:00PM • Online • Cost: \$5.00 • Suitable for child care providers and child care workforce.

How to notice your triggers when working with children and how to support yourself.

Presenters: Jenna Nickle

Jenna Nickle is the Manager of YBC's Mental Wellness program.



RESPONSIBLE ADULT: 20 HOUR CHILD CARE TRAINING COURSE

Monday, November 16th - Friday, November 27th (weekdays), 2026 • 10:00AM-12:00PM • Online • Cost: \$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



IMAGINE A POLICING FREE CHILDCARE

Saturday, November 21st, 2026 • 10:00AM-12:00PM • Online • Cost: \$10.00 • Suitable for child care providers and child care workforce.

Lets work to decolonize practice and create truly inclusive, anti-racist, and trauma-informed programs. This is a facilitated discussion where we'll use our collective imagination to think about what it means to create a policing-free ECE. Together, we can explore making shifts in our work to help us resist the status quo. By challenging common strategies and rethinking concepts of safety and belonging, we can take small actions to untangle our work from hidden and harmful narratives and interactions. These steps are grounded in an understanding that meaningful relationships and ethical caregiving can only be built through trust and in spaces where we release ourselves from policing. If we can do this, then we can be free to think with connection and joy and dream up something new.

Presenter: Rachel Brophy, PhD

Rachel is a professor in the School of Early Childhood at George Brown Polytechnic in Toronto. She also works with Cégep de Saint-Félicien and Nunavik Childcare. Rachel co-facilitates a CARE Collective and is a community organizer and local union steward for college faculty. Rachel's work is grounded in critical pedagogy and draws on her experience as an early childhood educator, to co-create and nurture liberatory early years spaces, relationships and practice.

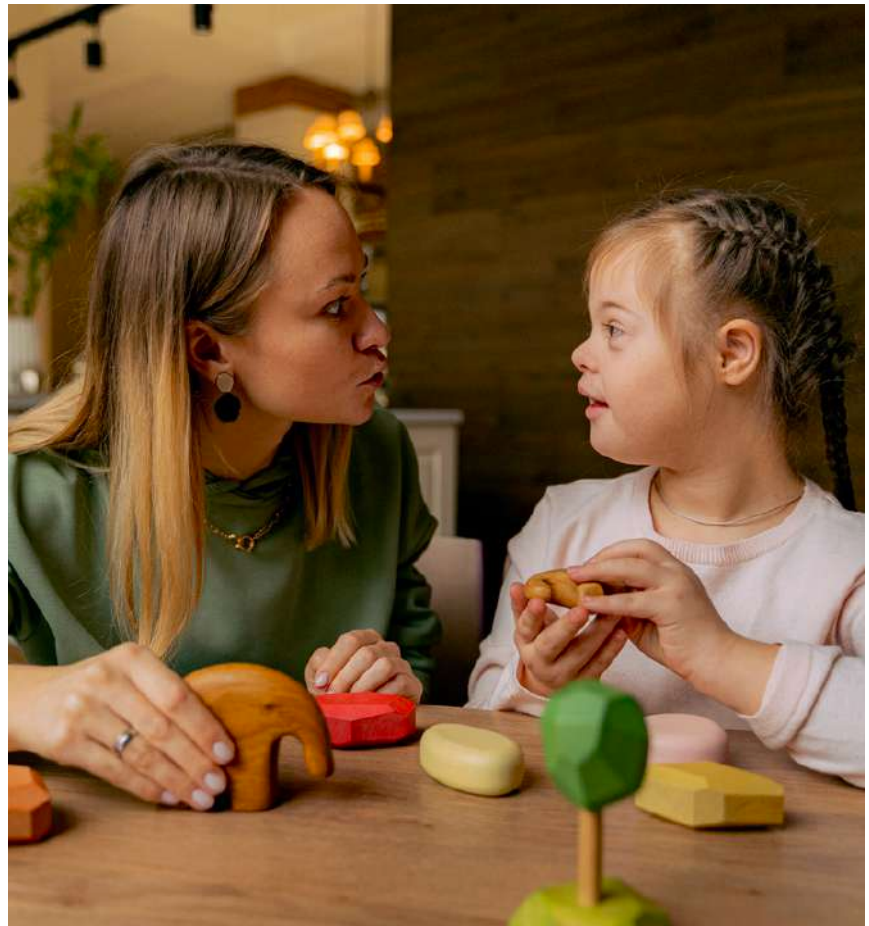
GROWING INCLUSIVE PRACTICE TOGETHER

Thursday, December 3rd, 2026 • 7:00-9:00PM • Online • Cost: \$5.00 • Suitable for child care providers and child care workforce.

Join us for an engaging and interactive workshop exploring inclusion, belonging, and reflective practice through the lens of the BC Early Learning Framework. Together, we'll share experiences, examine everyday practice, and engage in meaningful conversations that inspire curiosity, collaboration, and new perspectives. Participants will leave with ideas, reflections, and practical strategies to support inclusive early learning environments where every child can thrive.

Presenters: Cari Rawling & Rian Bennett

Cari Rawling is an Early Childhood Educator with more than 30 years of experience. She is an ECEBC Northern Ambassador, the Provincial Program Coordinator for Let's Talk About Touching with the Early Childhood Educators of British Columbia (ECEBC), and a StrongStart educator in Quesnel. Rian Bennet is an ECEBC Northern Amabassador and facilitates play and learning at Thimbleberry Children's Learning Centre in Prince George.



UNDERSTANDING RACIAL AND CULTURAL MICROAGGRESSIONS IN THE ECE WORKPLACE

Saturday, December 12th, 2026 • 9:30AM-12:45PM (15 min. break) • Online • Cost: \$5.00 • Suitable for child care providers and child care workforce.

This workshop explores how everyday interactions, language, and relational dynamics in early childhood education can shape workplace culture and educator well-being. Facilitated through a pedagogical lens of equity and inclusion, participants will critically examine racial and cultural microaggressions as systemic and relational, rather than isolated events.

- Identify racial and cultural microaggressions in ECE settings and their impact on mental health and belonging.
- Engage in reflective dialogue to connect lived experiences with professional practice.
- Develop strategies to foster inclusive, psychologically safe workplaces.
- Strengthen responsive communication and relational approaches to address microaggressions.

Presenter: Lobna Ajaini

Lobna Ajaini is a multi-award-winning community leader, speaker, workshop facilitator, pedagogist, ECE professor, and founder of Childhood Empowerment, promoting creativity, leadership, care, and intersectionality in early childhood education. She holds a Master of Professional Education in Early Childhood Education from Western University and is a Registered Early Childhood Educator in Ontario, alongside engineering and ECE credentials, blending technical thinking with pedagogical innovation.

RE-STORYING EDUCATION: DECOLONIZING PRACTICE WITH A CRITICAL LENS

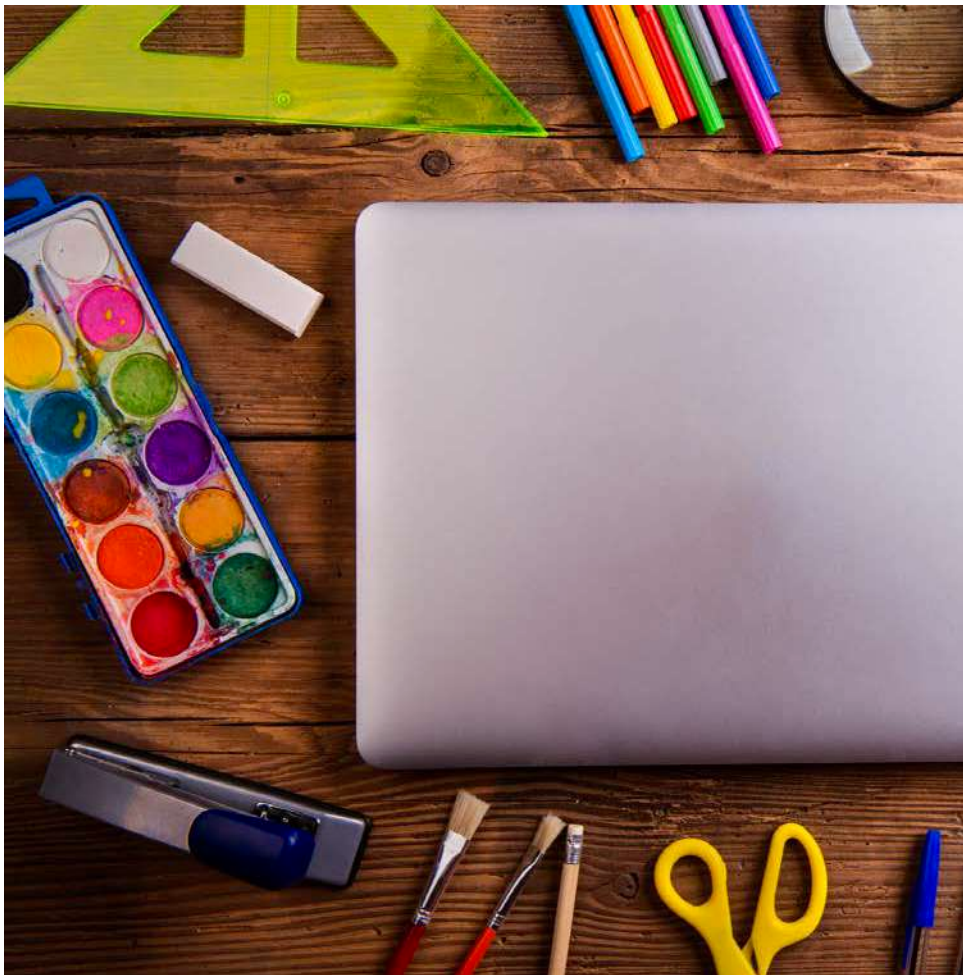
Join award-winning author, educator, facilitator, and storyteller Carolyn Roberts for a hands-on workshop exploring culturally sustaining practices through an Indigenous lens. Grounded in Indigenous knowledge systems, worldviews, and storytelling, this session will support participants in exploring Indigenous pedagogies and practices that honour and support all learners. Participants will leave with a renewed perspective on teaching, practical strategies to incorporate into their classrooms, and a deeper understanding of Indigenous education.

Carolyn Roberts is a St'at'imc and Sto:lo woman belonging to the Thevarge family from N'quatqua Nation and the Kelly Family from the Ch'íyáqtel Nation, a proud member of the Squamish Nation, and a passionate advocate for Indigenous resurgence through education.

**Saturday, January 16th, 2027
10:00AM-12:00PM • Online • \$5.00**

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





ENCOURAGING CREATIVITY

Thursday, January 21st, 2027 • 7:00-9:00PM • Online • Cost: \$5.00 • Suitable for child care providers, child care workforce, and parents.

This workshop explores the power of creativity for self-expression, healing, and mental wellness. We will compare process art and product art. This hands-on workshop provides participants with the opportunity to play and express using their own art materials. Participants will be provided with ideas for art activities to introduce to the children in their care.

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 mental health, neurodiversity and challenging behaviours. Carrie also spent several years working in childcare prior to her counselling career. She is the proud mother of three school aged children.

IN-PERSON WORKSHOPS



VALUES BASED APPROACH TO DECOLONIZATION

Wednesday, September 16th, 2026 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$5.00 • Suitable for child care providers, child care workforce, and parents.

Take a moment to reflect on how much you were raised to value 'productivity'. At its core this value is a wonderful and important part of any society or individual's life. Pushed too far however, over-productivity can lead to a wide range of negative side effects such as burnout, lack of relationship building or limited patience. When time and energy aren't invested into other values like self-care or relationship building, things can become out of balance. In this workshop we will explore what values are being prioritized and what other values might help bring more balance. Using communication exercises, value reflection charts and group breakout conversations we will take a deeper look at what could bring more balance to our lives and the systems we are a part of.

Presenter: Warren Hooley

Warren Hooley is from the Okanagan Territory in Penticton, B.C. With mixed roots of Okanagan (Syilx), English, and Ukrainian heritage, Warren has consistently found himself in a place of helping people understand each other. For the past 14 years, Warren has passionately facilitated over 2500 workshops and presentations. Today, living in Vancouver BC, Warren's vision is to help create communities where every single person can thrive and live a sustainable fulfilling life.

DESIGNING FOR DIVERSITY

in child care settings

Breakfast & Lunch
Provided!
Door Prizes!
Participant Bags!
5 Hour ProD
Certificate!

SATURDAY, SEPTEMBER 26, 2026

9:00 AM–3:00 PM*

Douglas College – Coquitlam Campus

Cost: \$15

Registration opens at 8:15 AM

*Lunch break included

Paid parking available onsite

Accessible by SkyTrain



Inclusive planning reframes disability as an identity rather than a deficit, shifting the focus from disabilities to the individual needs of children and youth. In this session, participants will explore strength-based approaches to gathering and using information to inform planning and decision-making in community settings, learn a tool for identifying and prioritizing children's needs, and consider how this approach can positively impact the wider community. Participants will also explore Universal Design for Learning (UDL) as an anchor for reducing barriers and embedding inclusive practices into everyday routines, activities, and environments. This session is led by Shelley Moore, an educator, consultant, coach, and adjunct professor at the University of British Columbia, who has worked with students, classrooms, and schools across K–12. Shelley holds degrees in Special Education, Education, and a Ph.D. from the University of Alberta, Simon Fraser University, and UBC, and is the author of the best-selling book *One Without the Other*.

EMERGENCY CHILD CARE FIRST AID / CPR LEVEL B

Saturday, October 3rd, 2026 • 8:30AM-5:30PM (30 min. lunch break, and two 15 min. breaks) • Coquitlam CCRR • 1130C Austin Avenue

This course will include choking prevention skills, breathing emergencies, and CPR for babies and children. It will also cover basic first aid for common injuries such as bleeding, burns, falls, fractures, poisons and some medical conditions. AED certification is also included.

Presenter: Pacific First Aid

Please bring your own lunch, wear comfortable clothing and arrive 10 minutes before the course begins.

Payment and Registration: online at www.pacificfirstaid.ca or by phone at 604-638-1228.



TOP COMMUNICATION SUPPORT STRATEGIES BY STAGE

Wednesday, October 7th, 2026 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Key Takeaways:

- Support learners whose communication differs from same-age peers
- Identify a student's current communication level and next steps
- Use practical strategies to support communication from early skills to conversation
- Build confidence supporting communication across classroom routines

Presenter: Marla Folden

Marla Folden is a manager of the SLP department at DSRF. She has been an SLP since 2016 after training at McGill University; prior to graduate school Marla worked as a programs assistant and instructor at DSRF. Marla offers assessments, individual therapy, and group therapy sessions for individuals of all ages. Marla is the proud sister of an amazing young woman with Down syndrome, and is inspired to provide compassionate care to individuals and their families.

KIMOCHIS EARLY CHILDHOOD TRAINING - COQUITLAM

Saturday, October 17th, 2026 • 9:00AM-4:00PM (45 min. lunch break) • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$25.00 • Suitable for child care providers and child care workforce.

Kimochis® ("feelings" in Japanese) is a social-emotional learning program that helps children recognize and express emotions, build healthy relationships, & develop resilience. Through engaging characters & tools, students & educators strengthen emotional intelligence & communication skills in culturally responsive ways. This professional learning experience prepares educators to integrate Kimochis® into daily routines & support schoolwide implementation.

Participants will:

- Understand Kimochis® program components
- Use SEL tools to support students' social & academic success
- Apply restorative practices using Kimochis® strategies
- Partner with educators & families to promote social-emotional development

Lunch included! 6 hours of ProD!
Participants each receive a Feely Bag Kit (valued at over \$80)!



Presenters: Eileen Cristobal-Rodriguez & Ryan Lyons

Eileen Cristobal-Rodriguez is a dedicated Kimochis® Certified Trainer with over twelve years of experience implementing the program and currently serves as Education Director at Kimochis® Way, where she leads professional trainings and presents at conferences and symposiums. She holds a master's degree and teaching credential in early childhood special education and brings more than 20 years of expertise in early intervention and preschool education, specializing in students with disabilities.



Ryan Lyons' journey to Kimochis has come full circle. From studying child development and coaching gymnastics to spending 20 years as a professional acrobat, Ryan has always loved working with children and helping people build confidence. When he discovered Kimochis, he was immediately drawn to its practical approach to helping children understand big feelings. For more than three years, Ryan has proudly shared the Kimochis Way with educators and caregivers, helping them support children as they build emotional awareness, confidence, and connection. Kimochis brings together so many pieces of Ryan's journey, and he feels incredibly lucky to help children feel seen, heard, and understood.



CHILDREN'S STORIES: MEANING-MAKING THROUGH CONVERSATION, PLAY, AND ART

Wednesday, October 21st, 2026 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Children are natural storytellers - making meaning through conversation, play, and art long before they put words to the page. This workshop invites educators to slow down and listen differently, recognizing story as embodied, relational meaning-making and these modalities as genuine languages of children's thinking. You'll strengthen observation skills, explore strategies for meaningful dialogue, and learn to support co-constructed understanding in your learning space. Leave knowing how to foster children's confidence and care as they lead their own conversations — and their own stories.

Presenter: Cathy Belgrave

Cathy Belgrave is an Early Childhood and Elementary Educator, founder of The Intentional Educator, and host of The Intentional ECE podcast. With 25+ years of experience and a background in developmental psychology, she supports ECE and elementary educators in revitalizing their practice - bringing authentic, inquiry-driven approaches to learning spaces where educators and children thrive.



RELATIONSHIPS AND COMMUNICATION WITH FAMILIES

Tuesday, October 27th, 2026 • 7:00-9:00PM
• New Westminster CCRR • 10-620 Royal Ave • Cost: \$5.00 • Suitable for child care providers and child care workforce.

Positive relationships with families are essential to supporting children's well-being, learning, and development. This workshop explores strategies for building trust, fostering meaningful communication, navigating challenging conversations, and creating welcoming, family-centered programs. Participants will gain practical tools to strengthen partnerships with families and enhance family engagement in their early learning environments

Presenter: Connie Gauthier

Connie Gauthier is a Consultant with YMCA Child Care Resource and Referral and an Early Childhood Educator. With an extensive background supervising and working directly within infant and toddler care programs across the Lower Mainland, Connie brings a wealth of practical expertise to her current role. Connie is dedicated to helping families and child care providers build strong, high-quality early learning experiences in their communities.





NETWORKING: IT'S NOT A BOX

Wednesday, October 28th, 2026 • 6:30-8:00PM • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$5.00 • Suitable for child care providers and child care workforce.

Come join us as we explore the story *It's Not a Box!* In, out, and all around the box—children know there's always more than what we see. What makes a box not just a box? Let's dive into the creativity, curiosity, and imagination that transform simple materials into endless possibilities. Connect with fellow childcare providers as you create your own box models using paint, loose parts, and other open ended materials. This hands on session offers a chance to share experiences and ideas about how you support and extend children's imaginative play in your programs.

Presenters: CCRR Consultants

Light refreshments will be provided.

A 1 hour professional development certificate will be issued.

BENEFITS OF FELT STORIES IN THE ECE CLASSROOM

Saturday, October 31st, 2026 • 10:00AM-12:00PM • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$10.00 • Suitable for child care providers, child care workforce, and parents.

This workshop offers an opportunity to get comfortable telling stories to children as well as ways to become more creative in presenting stories and concepts at circle time. We will look at incorporating felt stories in the classroom so children have an opportunity to explore and play with them enhancing their own imagination and creativity. Felt stories can be used to provide learning opportunities such as counting, learning colours, letter and number recognition and so much more. Each participant will also choose a felt story kit and make a story to take back to the classroom with them.

Presenter: Christine Kopp

Christine Kopp is an Early Childhood Educator with over 21 years experience working, teaching and mentoring in ECE classrooms. She is currently still working in the field and has also started her own business sharing the love of storytelling through felt boards. She challenges teachers to see felt stories as a fun encouraging hands on activity for more than just circle time.



DR. DEBORAH MACNAMARA

NOURISHING EMOTIONAL HEALTH AND WELL BEING THROUGH CONNECTION, FOOD AND PLAY

**SATURDAY,
NOVEMBER 7TH, 2026
9:00AM-3:00PM*
HOLIDAY INN EXPRESS
(METROTOWN)
\$20.00**

**Breakfast &
Lunch Provided!
Door Prizes!
Book Provided!**



Dr. Deborah MacNamara is a developmentalist, clinical counsellor, educator, and author who has spent more than 25 years helping adults make sense of children beyond their behaviour. Having taught in both secondary and postsecondary institutions, and presented internationally—including at the United Nations, the Dalai Lama Centre for Peace and Education, and through the Neufeld Institute—her work reaches parents, educators, and helping professionals around the world.

What if connection, food, and play weren't separate concerns—but different expressions of the same caring instinct?

This restorative and thought-provoking workshop invites participants to reimagine emotional health and well-being through a developmental lens. Drawing from relational science, human nature, and lived experience, we'll explore how feeding, playing, and connecting are not just things we do for children, but powerful ways we help them come to emotional rest.

This full-day session blends insight, story, and reflection with playful, interactive moments to replenish your capacity to care. It is for anyone who loves, raises, teaches, or nourishes children or teens—and who wants to remember the essential truth: you are their best bet.



*Registration starts at 8:15AM, 5-hour ProD certificate.

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





For
Students
Only

NETWORKING: STUDENT CREATE AND CONNECT - FELT MAKE & TAKE

Saturday, November 14th, 2026 • 10:00-11:30AM • Coquitlam CCRR • 1130C Austin Avenue • Cost: Free! • Suitable for early childhood education students.

We welcome you to join us for a seasonal storytelling event inspired by The Gingerbread Man. Enjoy tea and gingerbread cookies as we share this classic tale. Together, we'll connect storytelling with imagination and hands-on making, by creating a personalized felt Gingerbread story to take home.

Presenters: CCRR Consultants

Light refreshments will be provided.

A 1 hour professional development certificate will be issued.

LEARN, CONNECT AND ENGAGE AT CIRCLE TIME! (IN KOREAN)

Wednesday, November 18th • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$5.00 • Suitable for child care providers, child care workforce, and parents.

Join our ECE – Focused Circle time workshop in Korean. Discover practical ideas, engaging activities and easy to use strategies for enriching circle time experiences. Learn how CCRR resources can help you design interactive learning opportunities that encourage children's participation, communication, and sense of belonging. Participants will also have opportunities to share their own experiences, ideas, and effective strategies with fellow educators.

Presenter: Bo Lee

Bo Young Lee is a dedicated YMCA Child Care Resource & Referral consultant with over 15 years of experience in early childhood education. She holds a Bachelor's degree in Child Development & Education and has worked with children from infancy through school age in Family Drop-In programs, Gymboree Play & Music, and child care centres. Bo is passionate about storytelling, singing, and movement through music.



This workshop will be presented in Korean.

EMERGENCY CHILD CARE FIRST AID / CPR LEVEL B

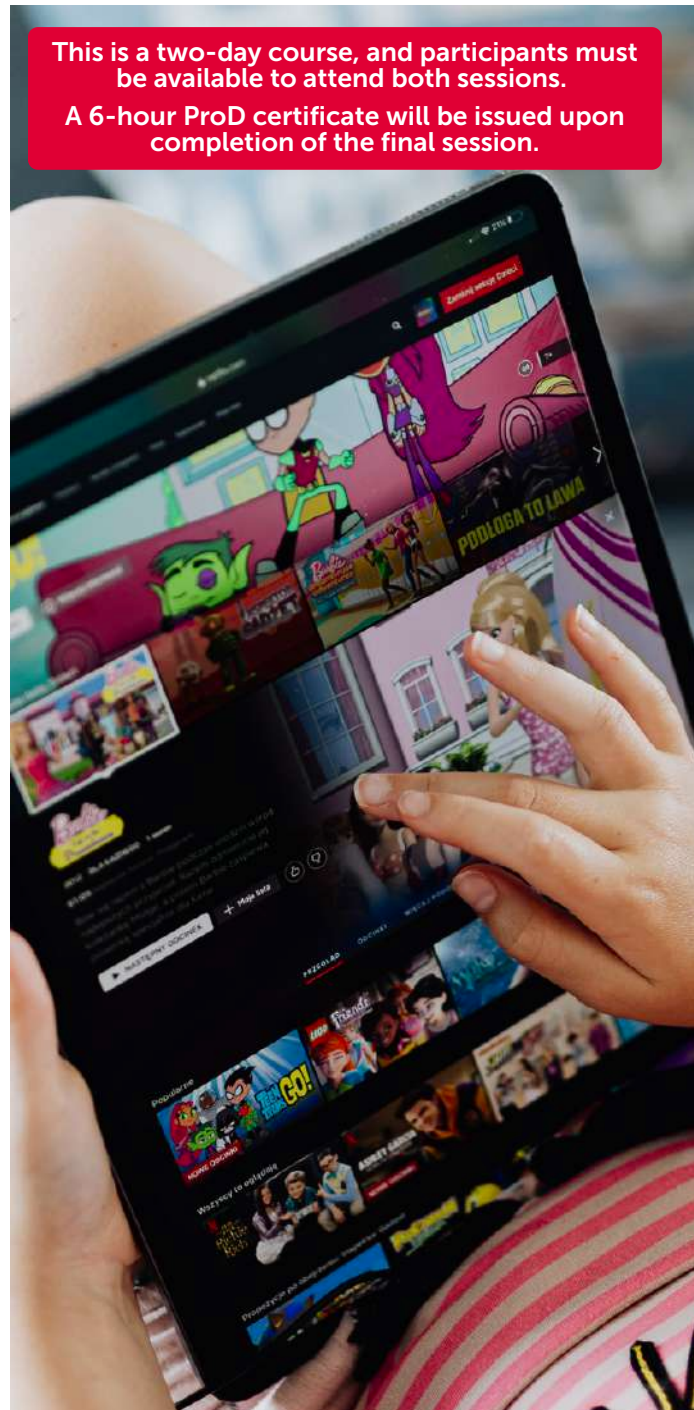
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Presenter: Pacific First Aid

Please bring your own lunch, wear comfortable clothing and arrive 10 minutes before the course begins.

Payment and Registration: online at www.pacificfirstaid.ca or by phone at 604-638-1228.



This is a two-day course, and participants must be available to attend both sessions.

A 6-hour ProD certificate will be issued upon completion of the final session.

THE ROLE OF MEDIA IN YOUNG CHILDREN'S DEVELOPMENT

Wednesday, November 25th, 7:00-9:00PM & Saturday, November 28th, 9:30AM-2:00PM (30 min. lunch break)
• Coquitlam CCRR • 1130C Austin Avenue • Cost: \$15.00
• Suitable for child care providers, child care workforce, and parents.

Beyond the Screen:

Media's Role in Children's Play and Imagination

Participants leave with a clear understanding of how media and marketing shape the way children play and see themselves in the world, and a critical lens on the shift from open-ended, imaginative play toward scripted, media-driven experiences. We look at the stereotypes and lack of diverse stories embedded in children's television and toys, and build practical tools to recognize them and promote richer alternatives, including hands-on practice through a content analysis of children's media.

Screens and Imagination:

What the Research Says and What Actually Works

Participants leave with a grounded understanding of how media influences three of the most critical areas of early childhood development: attachment, attention and language acquisition. We will also examine what the research tells us about the risks of early and excessive screen exposure. We then turn toward possibility: an introduction to Imaginative Education and the decades of research behind it, with practical, ready-to-use ways to bring an IE approach into their childcare setting more intentionally.

Presenter: Dr. Kym Stewart

Dr. Kym Stewart has spent her career asking one of the most urgent questions of our time: what does growing up in a media-saturated world actually do to children? With a PhD in Education and an M.A. in Communication Studies from Simon Fraser University, her doctoral research traces the development of media education programming for elementary classrooms across British Columbia. For 15 years, Kym has taught in the School of Communication at Capilano University.



NETWORKING: FESTIVE SHOEBOX DIORAMAS

Thursday, November 26th, 2026 • 6:30-8:00PM • Burnaby CCRR • 4460 Beresford St. • Cost: \$5.00 • Suitable for child care providers and child care workforce.

What is a Diorama? Come and explore the creative processes behind constructing a mini world in a shoebox! This hands-on networking shares how to turn miniature, staged scenes into powerful pedagogical tools you can use to engage the children in your care. This evening will be filled with festive cheer and opportunities to share creative ideas with your peers.

Presenters: CCRR Consultants

Light refreshments will be provided.

A 1 hour professional development certificate will be issued.

UNSWADDLING PEDAGOGY - HOW TO PREVENT AND OVERCOME GAPS IN EARLY CHILDHOOD

Saturday, November 28th, 2026 • 9:30AM-2:15PM (45 min. lunch break) • Burnaby CCRR • 4460 Beresford St. • Cost: \$15.00 • Suitable for child care providers, child care workforce, and parents.

In very practical, joyful, and playful ways, this workshop will engage with the concepts & practices of swaddling, unswaddling & non-swaddling pedagogies, bringing into the attention of the audience the pivotal role of early education in the designs of life. The presentation will also focus on the "missing beginnings"- the reasons why there is a globally present disconnect between early education & school education. Dr. Annabella will continue the conversation on the introduced concepts and share two examples of swaddling pedagogies. Participants will get a glimpse of children's genuine capacity for openness & wonder by feeling it themselves. She will remind her participants how to be joyful, playful, & open, and why these states of mind provoke deep & long-lasting learning in children.

Presenter: Dr. Annabella Cant

Dr. Annabella Cant is a professor in Early Childhood Education at Capilano University. She is the convener of the Centre for Research and Childhood Studies. Annabella is a member of the Academic Council of the Centre for Imagination in Research, Culture, and Education. She has been practicing ECCE since 1994; in 1999 she started opening her own childcare centres in Europe (her schools were dedicated to children with very diverse backgrounds and abilities).



NETWORKING: FESTIVAL OF LIGHTS - AN EVENING OF TRADITIONS AROUND THE WORLD

Tuesday, December 1st, 2026 • 6:30-8:00PM • New Westminster CCRR • 10-620 Royal Ave • Cost: \$5.00
• Suitable for child care providers and child care workforce.

Let's celebrate the season of light! Join us for a festive evening as we explore the traditions, stories, and meaning behind Festivals of Light celebrated around the world. Discover activities, songs, and culturally responsive ideas to enrich your programs, while connecting and networking with fellow child care providers in a warm and inclusive setting.

Presenters: CCRR Consultants

Light refreshments will be provided.

A 1 hour professional development certificate will be issued.



NETWORKING: A SPLASH OF COLOUR & PINCH OF LOVE

Saturday, December 5th, 2026 • 10:30AM-12:00PM • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$5.00 • Suitable for child care providers and child care workforce.

A festive social with a paint brush in hand, connecting as we create cards to give to our families and friends. Join us for a Holiday Celebration! Connect with other childcare providers as you design and paint custom holiday cards using watercolours and stencils, while sharing your experiences and ideas with others, on how you incorporate paint into your programs with the children. "Art is Literacy of the heart" -Elliot Eisner

Presenters: CCRR Consultants

Light refreshments will be provided.

A 1 hour professional development certificate will be issued.

SIGN ME A STORY FOR CIRCLE TIME: VOLUME ONE

Wednesday, December 9th, 2026 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Stories are a fundamental part of a child's life, so spice things up by telling stories using American Sign Language! In Sign Me a Story for Circle Time, Volume 1, stories include Brown Bear, Brown Bear, What Do You See?, Goldilocks and the Three Bears, and more. Signing stories is an inclusive and engaging activity for any child care centre.

Presenter: Kim Brown

Kim Brown has been working with children and families for over 36 years. Kim has her ECE/special needs and a BA in psychology. Kim is an ASL instructor teaching a variety of American Sign Language courses designed for childcare providers. Kim also facilitated parenting programs and works with supported child development. Kim herself, has been hard of hearing since 1988.



PEACEFUL PLAY FOR KIDS

Wednesday, January 13th, 2027 • 7:00-9:00PM • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$10.00 • Suitable for child care providers, child care workforce, and parents.

Discover the many benefits of Yoga and mindfulness for children and how they support healthy physical and emotional development. The best part is that these practices are offered to children through a lens of creativity and play, offering imaginative breathing and playful movement designed to bring happiness into their minds and hearts, creating a joyful classroom environment for both the child and the educator.

Presenter: Jennie Abbot

Jennie Abbot is the Founder of The Harmony Kids Co, providing yoga and mindfulness tools and training for developing resilient children and an award-winning Children's Yoga and Mindfulness Educator. With over 20 years of experiences, she is a Registered Yoga Teacher and Children's Yoga Teacher; and has training in: Mindfulness for Youth, Yoga for Special Needs, Safe Anatomy for Children, MBSR, Trauma Informed Yoga for Youth, and Mindful Self Compassion Therapy.



This workshop includes gentle movement, yoga poses and breathing exercises. Participation is encouraged, and all mats and supplies will be provided.

MAKING DOCUMENTATION DOABLE

Saturday, January 23rd, 2027 • 9:30AM-2:00PM (30 min. lunch break) • Coquitlam CCRR • 1130C Austin Avenue • Cost: \$15.00 • Suitable for child care providers and child care workforce.

In the fast-paced early childhood environment, documentation can feel daunting, with educators wondering where to begin and how to make it meaningful. This workshop will explore the purpose and value of documentation, the relationship between observation, documentation and pedagogical narration, and how these practices support children, families and educators. Using the BC Early Learning Framework as a guide, participants will learn a simple outline for creating a pedagogical narration and briefly discuss Canva (a free online resource) as a tool for creating visual documentation. With discussion and examples, participants will leave with ideas and strategies for making documentation in their practice more meaningful, manageable and connected to children's learning experiences.

Presenter: Alicia Kirlik

Alicia Kirlik has worked in Early Childhood Education since 2011 in a variety of settings including infant/ toddler, preschool, group care and school-age programs. Although she is currently away from the classroom, her passion for observation, documentation and reflective practice continues. Inspired by the BC Early Learning Framework and the principles of RIE®, she enjoys sharing ideas that support thoughtful and meaningful early learning practice.



NETWORKING: NEW YEAR, BRIGHT BEGINNINGS - VISIONING FUN FOR CHILD CARE

Tuesday, January 26, 2027 • 6:30-8:00PM • New Westminster CCRR • 10-620 Royal Ave • Cost: \$5.00 • Suitable for child care providers and child care workforce.

You're invited to a fun and inspiring Lunar New Year vision board experience! Together, we'll get creative as we set intentions for the year ahead. We'll explore simple, joyful ways to bring Lunar New Year traditions and vision-setting activities into early childhood programs—boosting children's creativity, cultural awareness, and sense of belonging. Come spark new ideas and start the year energized and refreshed!

Presenters: CCRR Consultants

Light refreshments will be provided.

A 1 hour professional development certificate will be issued.

Bring Professional Development to Your Child Care!



Did you know the YMCA CCRR offers **FREE** professional development workshops for child care teams?

Book one of our CCRR consultants to facilitate a workshop for you and your staff on-site at your child care or virtually—perfect for your next Professional Development Day!

Current workshops include:

- Early Learning Framework
- Guidance & Behaviour
- Importance of Play
- **NEW!** Literacy in the Early Childhood Context

Coming soon: Early Learning Framework 2!

Ready to book? Complete our [Support Visit Request Form](#) or scan the QR code to request a CCRR staff-facilitated workshop.

We would be delighted to have you visit us! :)



ChildCareBC

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

YMCA Child Care Resource & Referral

1130 C Austin Avenue, Coquitlam BC V3K 3P5
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4460 Beresford Street, Burnaby BC V5H 0B8
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