



VICTORIA CHILDCARE RESOURCE AND REFERRAL

# FALL WORKSHOP PACKAGE

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AUTUMN 2024

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[www.childcarevictoria.org](http://www.childcarevictoria.org)

2001A Douglas Street  
Victoria BC

## *Let's Talk About Anxiety*


DATE: SATURDAY, SEPTEMBER 21ST, 2024  
TIME: 9:30AM - 11:30 AM  
LOCATION: 2001 A DOUGLAS STREET, IN PERSON  
COST: \$20.00

Facilitated by:  
Cynthia Mackey

Understanding the science behind anxiety and how mindfulness and nature connections can help. This workshop details supporting young children through separation anxiety and how educators can manage their own anxiety.

Cynthia has devoted her career to the Early Years field. She has worked in a variety of settings and currently manages the Nature Program for 3-5's at Arbutus Grove Children's Centre, where she takes children out for daily walks in nature. She is also a children's author and poet. Her next children's book, *If A Bumblebee Lands On Your Toe*, is about overcoming anxiety using mindfulness and a connection to nature.





## *Through The Eyes Of The Child*

DATE: TUESDAY, SEPTEMBER 24TH, 2024  
TIME: 6:30 PM - 8:30 PM  
LOCATION: ONLINE ZOOM  
COST: \$ 20

Facilitated by:  
Debbie Cybulski & Cristi Oldfield Lindsay

Parents and care providers are reporting increased frustration, stress, aggression, and other related challenges that are well documented in our children and youth, but not well understood, especially during challenging times. And, adult direction, teaching, or intervention seem to have little effect or can even make matters worse. Care providers are invited to join us and share their experiences, as we gain insight into the root causes of many challenging behaviours and develop an understanding of how we can help children to grow out of these behaviours.

Registration is through The Learning Curve:  
<https://ldasvi.bc.ca/lda-parent-registration/>







*Neurodiverse Connections with Children:*  
*A learning circle*

DATE: SATURDAY OCTOBER 19TH, 2024  
TIME: 9:30 AM - 11:30 AM  
LOCATION: IN PERSON  
COST: \$ 20

Facilitated by: Erin Waddell

In this interactive learning circle, participants will explore using reflective practice tools to engage and connect meaningfully with neurodiverse children. Oftentimes, the barriers to authentic connections and meaningful relationships are identified through big behaviours and lack of preventative engagement. As we examine with a lens of shared vulnerability, our aim will be to create a space of safety and curiosity to investigate the roadblocks to showing up for each other and all children in our care. The journey of deeper thinking using key relational concepts from an interdisciplinary perspective will encourage us to analyze our viewpoints and consider the “why” and “how” we show up.



## *Understanding Social Development*

DATE: TUESDAY OCTOBER 22ND, 2024  
TIME: 6:30 PM – 8:30 PM  
LOCATION: ONLINE ZOOM  
COST: \$ 20

Facilitated by:  
Debbie Cybulski & Cristi Oldfield Lindsay

Are you concerned about your child's social skill development? You are not alone! Concerns regarding a child's social skills are in the top five phone calls of the 2500 inquiries per year to The Learning Curve. The Learning Curve has facilitated social skills groups for children and youth for over 20 years. Please join us to discuss how social skills are developed and gain new insight into how parents and care providers can facilitate healthy social development. This session builds on the foundational content of our Through the Eyes of a Child workshop, which is recommended as a prerequisite workshop.

Registration is through The Learning Curve:  
<https://ldasvi.bc.ca/lda-parent-registration/>



## *Caring for Ourselves So We Can Care for Others*


DATE: SATURDAY, NOVEMBER 2ND, 2024  
TIME: 9:30 AM – 11:30 AM  
LOCATION: IN PERSON  
COST: \$ 20

Facilitated by: Danielle Davis

In this workshop, participants will explore the concepts of collective care, self-care, and community care. How does collective care support us in our practice as early childhood educators? We will look at the history and theory behind the concepts of collective care and self-care. Furthermore we will look at how we embed these practices into our programs and how these practices can support the recruitment and retention of early childhood educators.

Danielle has been in the field of early childhood education for close to three decades. She has held many roles during her career, including educator, director, pedagogist, consultant, and college instructor. She is passionate about the early years and those who choose to make it their career.





*Save the Dates*  
*Victoria CCR*  
*Provocation Studios*

Join us again to spend time in our Provocation Studios, exploring current theory and practice through invitations to play.

Designed by:  
Belinda Macey and Erin Waddell

First studio open between September 21st and October 5th  
Second Studio open between November 23rd and December 7th

## *Attention Challenges & Self Regulation*

DATE: TUESDAY NOVEMBER 26TH, 2024  
TIME: 6:30 PM – 8:30 PM  
LOCATION: ONLINE ZOOM  
COST: \$ 20

Facilitated by:  
Debbie Cybulski & Cristi Oldfield Lindsay

Raising children is challenging enough without the often contradictory and anxiety-provoking information about attention challenges. This workshop will provide the opportunity to deepen your understanding of how attention and self-regulation are achieved, the challenges that can arise, and how we can assist the developmental process.

Our objective is to provide parents and care providers with the opportunity to:

- Share their concerns and triumphs
- Connect with others experiencing similar challenges
- Deepen their understanding of attention challenges
- Understand how adults can positively influence their child's behaviour and resilience.

This session builds on the foundational content of our Through the Eyes of a Child, which is recommended as a prerequisite workshop.

Registration is through The Learning Curve:  
<https://ldasvi.bc.ca/lda-parent-registration/>



# *Listening To And Welcoming Newcomer Children*

DATE: SATURDAY, JANUARY 11TH, 2025  
TIME: 9:30 AM – 11:30 AM  
LOCATION: IN PERSON  
COST: \$ 20

Facilitated by:  
Tatiane Rigonati Silva

This workshop/versation circle aims to highlight importance of listening to and valuing children's stories who have migrated from other places – particularly their process of developing their identities in a new country. By sharing the stories, narratives, and factors that have impacted four children in relation to their identity development and sense of belonging in Canada, my hope is to emphasize the ethical, political, and societal need to listen to culturally diverse children, especially from minority groups. Moving away from monolingual approaches, I intend to share, and open to and engage in conversations about multiple strategies used by educators to welcome and support newcomer children in developing a cohesive and meaningful identity that fosters immigrant children's well-being and sense of belonging. Strategies experienced by educators can also support them in creating an inclusive, reciprocal, equitable, and responsive environment for newcomer children.

• Tatiane an ECE with a Bachelor's in Pedagogy and a Master's student in Curriculum Studies at the University of Victoria researching Latin American newcomer children in Canada. She currently an instructor in the Early Learning and Care program at Camosun College.



## *Through The Eyes Of The Child*

DATE: WEDNESDAY, JANUARY 29TH, 2025  
TIME: 6:30 PM - 8:30 PM  
LOCATION: ONLINE ZOOM  
COST: \$ 20

Facilitated by:  
Debbie Cybulski & Cristi Oldfield Lindsay

Parents and care providers are reporting increased frustration, stress, aggression, and other related challenges that are well documented in our children and youth, but not well understood, especially during these challenging times. And, adult direction, teaching, or intervention seem to have little effect or can even make matters worse. Care providers are invited to join us and share their experiences, as we gain insight into the root causes of many challenging behaviours and develop an understanding of how we can help children to grow out of these behaviours.

Registration is through The Learning Curve:  
<https://ldasvi.bc.ca/lda-parent-registration/>

## Save The Date

### **Let's Talk About Touching**

January 25th & 26th, 2025  
Victoria CCRR | 8:30 am - 4:30 pm  
\$40.00

Victoria CCRR and ECEBC are proud to offer an in-person Educator Training opportunity at the Victoria Child Care Resource and Referral office. This training is for ECEs, Primary Teachers, and other professionals who work with children.

Let's Talk About Touching (LTAT) is a program that supports children's learning about Personal Safety and Body Awareness and was designed to increase abuse resistance skills in children. Developed by the Early Childhood Educators of BC (ECEBC), this program is tailored for children aged 0 to 8 years. Its implementation across Early Learning and Child Care programs, as well as in Primary school settings, has established LTAT as an essential resource for Early Years Educators.

The program underscores the importance of body autonomy, educating children on their rights to have control over their bodies, who touches them, and how they are touched. It helps them to differentiate between safe touches and not safe touches. LTAT introduces the six-body safety rules that give children some beginning skills to protect themselves: by understanding their body belongs to them, by saying "no" or "stop", getting away, and the encouragement to seek help by confiding in a trusted person.

*Registration to open in November 2024*