

Sooke / Westshore Child Care Resource and Referral Workshops, Trainings, and Events 2011/2012

**The Sooke CCRR Site:
(all Sooke location trainings)**

Child Youth and Family Center
Sooke Family Resource Society (SFRS)
2145 Townsend Road
Sooke, BC V9Z 0H3

The Westshore CCRR Site:
Child, Youth, and Family Centre
2203-345 Wale Road
Colwood, BC V9B 6X2

**The Westshore CCRR Trainings:
(all Westshore location trainings)**

Family Resource Centre
2764 Jacklin Road
Located behind Ruth King School off of
Matson and Goldstream Road

Warm Reminders:

- It is necessary to pre-register and pre-pay registration fees (when applicable) at least 2 days prior to all workshop, trainings, and events.
- Please call 250-642-5152 and speak with Lauren, the SFRS receptionist, to register and pay.
- Payment can be made over the phone with a Visa credit card.
- Payment can be made in person at SFRS reception using a debit card.
- Payment can be made via cheque (made payable to SFRS) by mailing the cheque to SFRS (Sooke address is above)
- Workshops, trainings, or events with less than 6 people registered one week prior may be cancelled. Refunds will be issued at that time.
- **It is strongly recommended that you read over the workshop information very carefully and register as soon as possible to avoid disappointment as many of these workshops will fill up quickly!**
- As child care is not available during workshops/trainings; please make other child care arrangements for your children during this time.
- Please arrive on time as coming in late disrupts the workshop, and you will have missed essential information. **Certificates will only be issued for participants that attend workshop/training in their entirety.**
- If you are unable to attend a workshop, we ask that you please phone our Reception at 250-642-5152. A refund will not be granted unless there are special circumstances which will be reviewed on a case by case scenario. **Any refund granted will have a 2% administration fee.**

Thank you.

Date and Time	Workshop, Training, or Event	Location	CCRR Member Fee	Non-CCRR Member Fee	Other CCRR Events
<u>Registration for the following Fall/Winter 2011 offerings opens August 8, 2011.</u>					
<p>Sat, Sept 10, 2011 (9:00-5:00pm)</p> <p>Wed, Sept 14, 2011 (6:30-8:30pm)</p> <p>Sat, Sept 24, 2011 (9:00-5:00pm)</p> <p>Wed, Sept 28, 2011 (6:30-8:30pm)</p>	<p><u>Key Elements for School Aged Care Course</u> – 22 hours</p> <p>This is a comprehensive 22 hour course covering all of the essentials of caring for children 6-12 years old. Topics include curriculum, health and safety, guidance and development. This is a great course for group care and out-of-school care staff, and for Family Child Care providers offering school aged care.</p> <p style="text-align: center;"><u>Facilitator: Sharon McIntosh</u></p>	<p>Family Resource Centre At Ruth King Elementary School (portables)</p>	<p>\$50</p>	<p>\$65</p>	
<p>Wed, Sept 14, 2011 (6:30-8:30pm)</p>	<p><u>Solution Focused Communication Workshop</u></p> <p>Enhance communication with a solution focused approach. Develop techniques for conversations about sensitive issues.</p> <p style="text-align: center;"><u>Facilitator: Erin Holler</u></p>	<p>Sooke Child, Youth, and Family Centre</p>	<p>\$10</p>	<p>\$15</p>	
<p>Sat, Oct 29, 2011</p>		<p>Campbell River</p>	<p>Reg. packets and fee information will be distributed in September from the CCRR Regional Coordinator in Duncan</p>	<p>CCRR Members only</p>	<p><u>Vancouver Island CCRR Mini-Conference</u></p>

<p>Nov 23, 2011 6:30-8:30pm</p>	<p><u>CCRR Network/Appreciation Gathering and Health Nutrition for Kids Workshop</u></p> <p>(Registered CCRR Members only)</p> <p>Areli Hermanson is a Registered Dietitian who works as a Community Nutritionist for VIHA's Child, Youth and Family Community Health Program. Areli has 12 years experience working with parents and caregivers of infants, toddlers, preschoolers and school aged children. Areli has a 3 ½ year old son, Benjamin, who constantly requires her to practice what she teaches</p> <p>□ She enjoys speaking to parents and caregivers about meal time struggles, "picky eaters" and how to foster a healthy relationship with food and eating.</p> <p>Areli's-45 minute presentation will be follow up with time for questions and answers.</p> <p><u>Facilitator: Areli Hermanson, (Nutritionist)</u> <u>Hosts: Sharon McIntosh/Erin Holler</u></p>	<p>Sooke Child, Youth, and Family Centre</p>	<p>Free</p>	<p>CCRR Members only</p>	

Registration for the following Winter/Spring 2012 offerings opens December 1, 2011.

<p>Sat. Jan. 7 (9-5:00pm)</p> <p>Wed. Jan. 18 (6:30-8:30pm)</p> <p>Sat. Feb. 4 (9-5:00pm)</p> <p>Wed. Feb 29 (6:30-8:30pm)</p>	<p><u>Family Child Care Course (2012)</u> 20 hours</p> <p>Level 1, 2, and 3 from: Canadian Child Care Federation</p> <p>This is a comprehensive 22 hour course covering all of the essentials of caring for children. Topics include the Business of Family Child Care; Exploring Child Development; Planning for Health, Safety and Nutrition; Planning Children's Experiences in an enriched Environment; Guiding Children's Behaviour, Developing a Contract, Policies and Procedures; as well as Caring for Self and Developing Caring Partnerships</p> <p><u>Facilitator: Sharon McIntosh</u></p>	<p>Family Resource Centre At Ruth King Elementary School (portables)</p>	<p>\$100</p>	<p>\$115</p>	
<p>Wed, Jan 18, 2012 (6:30-8:30pm)</p>	<p><u>Guiding Children's Behaviour Workshop</u></p> <p>A good understanding of child development, using positive guidance techniques and recognizing various family's needs and goals help to build the foundation of a trusting relationship with the children and families with which you work.</p> <p>This workshop will prepare participants to: explore some common beliefs about the discipline of children, identify the care giver's role in guiding children's behaviour, as well as outline prevention and intervention strategies for responding to children's behaviour.</p> <p><u>Facilitator: Sharon McIntosh</u></p>	<p>Family Resource Centre At Ruth King Elementary School (portables)</p>	<p>\$10</p>	<p>\$15</p>	

<p>Wed, Jan 25 , 2012 (6:30-8:30pm)</p>	<p>Kids Have Stress Too!™ <u>Workshop</u></p> <p><i>Kids Have Stress Too!™</i> is an amazing program created by the Psychology Foundation of Canada to help parents and teachers learn child-friendly strategies for managing stress and building resilience. Raise your arms for the “Cloud Push” and stretch your imagination to ask “What if...” as you join in this interactive workshop. Take home resources provided.</p> <p>Linda Scott has been a Master Trainer with <i>Kids Have Stress Too</i> for the past 5 years, delivering workshops to parents and teachers that enable children and families to gain the tools to manage stress. Linda started her career as an ECE (IT) and she is currently the Program Manager with the Esquimalt Military Family Resource Centre, responsible for early years program development.</p> <p><u>Facilitator: Linda Scott</u> <u>Host: Erin Holler</u></p>	<p>Family Resource Centre At Ruth King Elementary School (portables)</p>	<p>\$10</p>	<p>\$15</p>	
<p>Wed, Feb 22, 2012 (6:30-8:30pm)</p>	<p><u>StoryYoga</u></p> <p><i>An Intro to Storyyoga™ & Some of its Playful Elements!</i></p> <p>Gain the knowledge & tools you need to bring Storyyoga™ into your childcare setting!</p> <p>During this two-hour presentation participants will explore:</p> <ul style="list-style-type: none"> - What Storyyoga™ is... - The benefits for young children 	<p>Sooke Child, Youth, and Family Centre</p>	<p>\$10</p>	<p>\$15</p>	

	<p>- Six key elements of Storyoga™ including: story, linking story to yoga, a child friendly sun salutation, fun floor poses, Storyoga™ songs, games/gross motor movements, relaxation & breathing techniques, as well as Vanessa's top 10 Storyoga™ books!</p> <p><i>* Participants will have the opportunity to experience and/or observe a sample Storyoga™ class, and will receive a handout that covers the content presented during the workshop.</i></p> <p>Vanessa Braun is an Early Childhood Educator and Certified Yoga Instructor. She is also the founder and instructor of Storyoga™ - which is a self-designed program that brings together children's literature and the joyous movement of yoga. Vanessa has been working with children for over six years and continues to be inspired by their free spirit, creativity, and sense of wonder.</p> <p><u>Facilitator: Vanessa Braun RYT</u> <u>Host: Daphne Raymond</u></p>				
<p>March 2012 TBA</p>		<p>Victoria</p>	<p>Reg. packets and fee information will be distributed in September from the CCRR Regional Coordinator in Duncan</p>	<p>TBA</p>	<p><u>Vancouver Island CCRR Mini-Conference</u></p>

Registration for the following Spring/Summer 2012 offerings opens March 1, 2012.

<p>April 18, 2012 6:30-8:30pm</p>	<p><u>Welcoming a Child with Special Needs Workshop</u></p> <p>Learn ways to enhance your child care setting and increase your awareness of supporting a child with special needs In this workshop we will explore:</p> <ul style="list-style-type: none">- Strengths you already have in your current child care setting- Connecting and collaborating with parents/guardians to create a successful child care arrangement- Simple ways to adapt your setting and activities to include children with a wide range of abilities <p>Liz Cox has worked as a consultant with children with special needs and their families for over 30 years. She is an experienced facilitator and trainer in the area of child development and disabilities in the field of Infant Development. She is a parent of 3 young men.</p> <p>Jeannie Owens-Wallace is an advocate for families raising a child with special needs, using skills she gained in raising her own special child. An experienced facilitator and mediator, she enjoys connecting in community to build awareness, communication and connections. She is the parent of two children.</p> <p><u>Facilitator: Jeannie Owens-Wallace and Liz Cox</u> <u>Host: Sharon McIntosh</u></p>	<p>Family Resource Centre At Ruth King Elementary School (portables)</p>	<p>\$10</p>	<p>\$15</p>	
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<p>Wed, May 23, 2012 (6:30-8:30pm)</p>	<p><u>CCRR Network/Appreciation Gathering</u></p> <p>(Registered CCRR Members only)</p> <p>Gather with Child Care Provider colleagues in your community for an evening of connection: chat with others in your profession, meet new care givers in your community, and share your experiences.</p> <p><u>Host/Facilitators:</u> <u>Daphne Raymond/Sharon McIntosh</u> <u>/Erin Holler</u></p> <p><u>This appreciation event will include</u> <u>Chocolate Fondue!!!</u></p>	<p>Family Resource Centre At Ruth King Elementary School (portables)</p>	<p>Free</p>	<p>CCRR members only</p>	