



## Sooke - West Shore Professional Development Opportunities

January – June 2025  
Workshops

Your community's best source for childcare information and resources

### Online workshops:

- ❖ Participants must sign up with their correct email as a unique workshop link will be sent out 48 hours before the workshop.
- ❖ Ensure a compatible device and a working internet connection are used.
- ❖ Participants must attend the full workshop with their camera and mic on to be eligible for a certificate.
- ❖ Please ensure you have a quiet, uninterrupted space to facilitate your learning.

### In-person workshops:

- ❖ Registration for Licensed Group Centres will be held at a **maximum of 3** registrants from the same Licensed Group setting. If more would like to attend, a waitlist will be taken (please contact Melanie at [mlangman@sfrs.ca](mailto:mlangman@sfrs.ca)), and individuals will be contacted a week prior to the workshop.
- ❖ As child care is not available during workshops/trainings; please make other child care arrangements for your children during this time.

### Helpful information:

- ❖ Certificates for completed workshops will be issued by the Sooke/West Shore CCRR unless otherwise noted.
- ❖ It is the participants' responsibility to read the workshop/course description and objectives and make sure the training selected is suitable for their learning needs. If you have questions about a workshop certificate being accepted by the ECE Registry, please contact them at 1-888-338-6622 or email [eceregistry@gov.bc.ca](mailto:eceregistry@gov.bc.ca).

# January – June 2025

## The Business of Family Child Care



**Thursday, February 20<sup>th</sup> 2025**

6:30-8:30pm

Online – link to be provided

Are there areas that you could use support in? What are some of the important pieces to have in place when running a Family Child Care? Come learn and discuss some ins and outs of the business of Family Child Care.

**Presenter:** Melanie Langman

## Mindfulness for Children

**Saturday, March 8<sup>th</sup> 2025**

9:30-11:30am

In-person - Early Years Room at 345 Wale Road

Inviting the creative arts and somatic perspectives to explore playful mindfulness practices with children. This experiential workshop will be informed by art therapy and trauma sensitive lens to enrich caregivers' toolkit for working with little ones.

**Presenter:** Nathalia Gagnon



## Let's Get Messy with Art and Sensory

**Thursday, April 17<sup>th</sup> 2025**

6:30-8:30 pm

In-person - Early Years Room at 345 Wale Road

Let's get messy and explore some different mediums and methods to create art, sensory style. This is a hands-on workshop (we might get messy – so please dress for mess).

**Presenter:** Melanie Langman



# Sooke - West Shore CCRR Community of Practice (continuation)

2<sup>nd</sup> Thursday of the month

**January 9, February 13, March 13, April 10 and May 8 2025**



6:30-8:30 pm

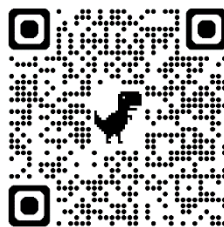
In-person - Early Years Room at 345 Wale Rd

This is a continuation from Fall. Gathering in community, and fostering a culture of curiosity, wonder and growth; we will explore topics that are current and present in our various settings. There will be time to connect over a light meal before delving into the topic of the month. This is a time to share ideas, resources, and gain perspective on any and all situations that may benefit from insight from your peers. We are continuing our exploration of two children's books to help ground this Community of Practice. This Community of Practice is subsidized by the ProD Bursary.

## Registration Link and QR Code for Workshops and Community of Practice (C.o.P.):

<https://outlook.office365.com/owa/calendar/SookeWestShoreCCRR>

[Workshops@sfrs.ca/bookings/](https://workshops@sfrs.ca/bookings/)



### Monday—Friday 8:30am-4:30pm

6672 Wadams Way (Sooke) / 345 Wale Road, Colwood (West Shore)

**Evenings: Wednesdays 4:30pm-6:30pm (Sooke)**

**Saturdays 8:30am-12:30pm (West Shore)**

**Website:** <https://www.sfrs.ca/programs/child-care-resource-and-referral-ccrr>

**Telephone:** (250) 940-4882

**Email:** [Sooke-WestShoreCCRR@sfrs.ca](mailto:Sooke-WestShoreCCRR@sfrs.ca)

**Facebook:** Sooke-West Shore Child Care Resource & Referral  
Sooke Family Resource Society

**Instagram:** @sookewestshore\_ccrr

[www.gov.bc.ca/ChildCareResourceReferralCentres](http://www.gov.bc.ca/ChildCareResourceReferralCentres) or Toll-free: 1 888 338-6622 (Option 4).

