



Sooke / West Shore Child Care Resource and Referral
-A program of Sooke Family Resource Society (SFRS)
Workshops, Trainings, and Events 2018/2019

The Sooke CCRR Site location:
Sooke Child Youth and Family Centre
Sooke Family Resource Society (SFRS)
#100-6672 Wadams Way, Sooke, BC V9Z 0H3

The West Shore CCRR Site location:
West Shore Child Youth and Family Centre
Sooke Family Resource Society (SFRS)
#1611B-345 Wale Road, Colwood, BC V9B 6X2

Warm Reminders:

- It is strongly recommended that you read over the workshop information and register to avoid disappointment as many of these workshops will fill up quickly!
- It is necessary to pre-register and pre-pay registration fees (when applicable) for all workshop, trainings, and events.
- Please call 250-642-5152 to register with Sooke Family Resource Society Reception, unless otherwise noted for specific workshops.
- Workshops, trainings, or events with less than 5 people registered one week prior will be cancelled and those signed up will be notified.
- 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.**
- Certificates for completed workshops will be issued by the CCRR unless otherwise noted.
- If you are unable to attend a workshop, we ask that you please phone our Reception at 250-642-5152.

Thank you ☺

| <u>Date and Time</u> | <u>Workshop, Training, or Event</u> | <u>Location</u> | <u>CCRR Member Fee</u> | <u>Non-CCRR Member Fee</u> | <u>Other CCRR Events</u> |
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| Wed. Sept 19, 2018 (6:30-8:30pm) | <p align="center">Guidance Strategies</p> <p>For everyone who ever wondered: "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behaviour – and see more of the behaviour you like, and less of the behaviour you don't like.</p> <p align="center">Facilitator: Erin Holler</p> | <p align="center">Sooke CCRR</p> <p>Early Years Room 6672 Wadams Way, Sooke</p> | FREE | FREE | |
| Sat. Oct. 13, 2018 (9:00-4:00pm) | <p align="center">CCRR Vancouver Island Mini-Conference</p> <p align="center">Details will be provided when distributed from the CCRR Regional Coordinator in Duncan</p> | Nanaimo | Registration information will be distributed August 31 st from the CCRR Regional Coordinator in Duncan | CCRR Members only | Vancouver Island CCRR Mini-Conference |
| Wed. Oct 24, 2018 (6:30-8:30pm) | <p align="center">Raising Resilient Children</p> <p>How can you help children manage their emotions, so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.</p> <p align="center">Facilitator: Erin Holler</p> | <p align="center">West Shore CCRR</p> <p>Workshop will be held in the Early Years Room 345 Wale Road, Colwood</p> | FREE | FREE | |
| Wed. Nov 14, 2018 (6:30-8:30pm) | <p align="center">CCRR Network/Appreciation Anxiety in the Early Years: Tips for Childcare Providers</p> <p>Supporting an anxious child to explore the world and manage big fears can be quite challenging. We may see that a child is struggling to play, learn, and interact with others due to fear or uncertainty, but we may not always know the best ways to help them. In this session, we will discuss the various types of early childhood anxiety and introduce key strategies caregivers can use to help children face their fears and expand their comfort zone.</p> <p>Facilitators: Psychologists from Child & Youth Mental Health Hosts: Sharon McIntosh and Erin Holler</p> | <p align="center">West Shore CCRR</p> <p>Workshop will be held in the Early Years Room 345 Wale Road, Colwood</p> | FREE | CCRR MEMBERS ONLY | |

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| <p>Sat. Jan 12, 2019 (9:00am-4:30pm)</p> <p>Sat. Feb 2, 2019 (9:00am-4:30pm)</p> <p>Sat. Feb 23, 2019 (9:00am-3:30pm)</p> | <p><u>Family Child Care Course (2019)</u> 20 hours</p> <p>Level 1, 2, and 3 from: <u>Canadian Child Care Federation</u></p> <p>This is a comprehensive 20-hour course covering all the essentials of caring for children.</p> <p>Topic descriptions are included within each Workshop section.</p> <p>A light lunch will be provided!</p> <p>Facilitator: Sharon McIntosh</p> | <p>West Shore CCRR</p> <p>Workshop will be held in the Early Years Room (Jan 12, Feb 2, and Feb 23, 2019)</p> <p>Please call Sharon McIntosh to register: 250-940-4882</p> | <p>FREE</p> | <p>FREE</p> | |
| <p>Sat. Jan 12, 2019 (9:00am-noon)</p> | <p><u>Children's Health and Nutrition</u></p> <p>Creating opportunities to help children develop an awareness and interest in health, nutrition and the importance of regular daily physical activity will be offered. A fun look at planning meals and snacks that meet children's nutritional, cultural, and personal, preferences and needs will also be included.</p> <p>Facilitator: Sharon McIntosh</p> | <p>West Shore CCRR</p> <p>Workshop will be held in the Early Years Room 345 Wale Road, Colwood</p> <p>Please call Sharon McIntosh to register: 250-940-4882</p> | <p>FREE</p> | <p>FREE</p> | |
| <p>Sat. Jan 12, 2019 (12:30-4:30pm)</p> | <p><u>Creating Safer Play Environments</u></p> <p>Learn how to recognize children's vulnerability and the need for maintaining safe environments for young children. Dynamic and creative ways to understand how children can be helped to develop safety awareness will also be discussed</p> <p>Facilitator: Sharon McIntosh</p> | <p>West Shore CCRR</p> <p>Workshop will be held in the Early Years Room 345 Wale Road, Colwood</p> <p>Please call Sharon McIntosh to register: 250-940-4882</p> | <p>FREE</p> | <p>FREE</p> | |

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| <p>Sat. Feb 2, 2019 (9:00am-noon)</p> | <p align="center"><u>Child Development</u></p> <p>Learn about the importance of recognizing and supporting each individual child's pace of development and the appropriate steps to take when concern arises about a child's development. An overview of typical milestones as well as approaches that support children's healthy social and emotional development and feelings of acceptance and belonging will also be discussed.</p> <p align="center"><u>Facilitator: Sharon McIntosh</u></p> | <p>West Shore CCRR</p> <p>Workshop will be held in the Early Years Room 345 Wale Road, Colwood</p> <p>Please call Sharon McIntosh to register: 250-940-4882</p> | <p>FREE</p> | <p>FREE</p> | |
| <p>Sat. Feb 2, 2019 (12:30-4:30pm)</p> | <p align="center"><u>Guiding Children's Behaviour</u></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 align="center"><u>Facilitator: Sharon McIntosh</u></p> | <p>West Shore CCRR</p> <p>Workshop will be held in the Early Years Room 345 Wale Road, Colwood</p> <p>Please call Sharon McIntosh to register: 250-940-4882</p> | <p>FREE</p> | <p>FREE</p> | |
| <p>Sat. Feb 23, 2019 (9:00am-noon)</p> | <p align="center"><u>Helping Children Grow and Develop by Nurturing a Healthy Sense of Self-Esteem and Using Positive Communication</u></p> <p>For children, self-esteem will be influenced by how capable they feel, and how much they feel accepted and loved by the important people in their lives-parents, caregivers, teachers and peers. You are one of the important influences on the children in your Daycare setting, so it is especially important for you to provide a safe, caring and nurturing environment in which the children's self-esteem will flourish.</p> <p align="center"><u>Facilitator: Sharon McIntosh</u></p> | <p>West Shore CCRR</p> <p>Workshops will be held in the Early Years Room 345 Wale Road, Colwood</p> <p>Please call Sharon McIntosh to register: 250-940-4882</p> | <p>FREE</p> | <p>FREE</p> | |
| <p>Sat. Feb 23, 2019 (12:30-3:30pm)</p> | <p align="center"><u>Starting a Business and Marketing Your Child Care Setting in the Community</u></p> <p>Creating good business practices such as written child care agreements and maintaining appropriate administrative and financial records will be reviewed. An overview will be given on determining child care needs in the community and strategies around filling vacancies.</p> <p align="center"><u>Facilitator: Sharon McIntosh</u></p> | <p>West Shore CCRR</p> <p>Workshops will be held in the Early Years Room 345 Wale Road, Colwood</p> <p>Please call Sharon McIntosh to register: 250-940-4882</p> | <p>FREE</p> | <p>FREE</p> | |

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| <p>Wed. April 24, 2019 (6:30-8:30pm)</p> | <p style="text-align: center;"><u>Self-Care, Mindfulness and Stress Management for Child Care Providers</u></p> <p>Self-care is so important and necessary in our world today! By developing a greater awareness and understanding of your own needs and approaches that support your own well-being; this can improve your emotional and spiritual well-being. By understanding the importance of, and techniques for, personal goal-setting and creating effective time-management strategies, we can create opportunities to take better care of ourselves! Be prepared to have an evening of fun and laughter!!!</p> <p style="text-align: center;"><u>Facilitator: Sharon McIntosh</u></p> | <p>West Shore CCRR</p> <p>Workshop will be held in the Early Years Room 345 Wale Road, Colwood</p> | <p>FREE</p> | <p>FREE</p> | |
| <p>Wed. May 29, 2019 (6:30-8:30pm)</p> | <p style="text-align: center;"><u>CCRR Network/Appreciation Gathering Early Intervention and Supported Child Development</u></p> <p>The Early Intervention Program (EIP) provides services for children from birth to 5 years of age with or at risk for developmental delays, living in Greater Victoria and the Southern Gulf Islands. EIP is a multidisciplinary service based on child needs and family priorities.</p> <p>Services are provided in the child's home, daycare, preschool, community program or at one of our four office locations; Queen Alexandra Centre, Saanich Peninsula Health Unit, Parkes Tillicum Recreation Centre or the West Shore Child, Youth, and Family Centre (Wale Road).</p> <p style="text-align: center;"><u>Facilitator: Sarah Bower</u> <u>Host: Sharon McIntosh and Erin Holler</u></p> | <p>West Shore CCRR</p> <p>Early Years Room 6672 Wadams Way, Sooke</p> | <p>FREE</p> | <p>CCRR Members only</p> | |