****

**MCCA Interlake Branch Spring Workshop series 2025 Celebrating 20 years together**

Location: Lake View Hotel Gimli, 10 Center St. Gimli Manitoba

Date: April 5th, 2025

Registration and refreshments 8:15 am. Morning Sessions are from 9:00 am-12:00pm

Key Note Speaker: Stephanie Semotok from Phenomenally You Life Coach

Full day: MCCA members $60.00 - Non-Members $ 120.00 Half day: MCCA members $45.00 - Non-Members $90.00

**Final Registration Date: March 26, 2025**

All forms must be emailed to [mccainterlakebranch@hotmail.com](mailto:mccainterlakebranch@hotmail.com)

**The morning will have three workshop options,12:00 will be our Keynote speaker followed by lunch. The afternoon will have some ice breaker games along with some round table discussions.**

Name First & Last:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email address:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MCCA member number: (If you are not a member, please write NON- MEMBER):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please enter the name of your Centre/Family Child Care:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please select one workshop for the morning:

Morning Workshops:

⃝ Best Choices: Ethics Part IV

⃝ Cas Acland: Creating Wellness

⃝ Marc Battle: Inclusion

Will you be attending lunch?

⃝ Yes

⃝ No

Please list any allergies or dietary requirements:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment information:

⃝ My centre is paying

⃝ I am paying

Cheques must be made payable to MCCA Interlake Region

Mail to: Cynthia Thomsen Box 189 Riverton MB R0C2R0

**Total Amount:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Workshop: Inclusion**

A Lot of Different Flowers Make a Bouquet This old proverb was one my grandmother used quite often when she wanted to convince me that being different was okay. As I have gotten older those words ring true for me, especially when I think about programs for all children. That old saying is a relevant metaphor for describing the philosophy and value of inclusion in childcare today. This workshop, through the use of songs, stories and the wisdom of Disability Activists will explore two fundamental questions. Is the system set up for children requiring extra supports an inclusive model or an integrated one and does it matter? What are we working towards; what are our hopes and dreams for inclusion?

**Facilitators; Marc Battle:** Marc is an ECE Instructor at RRC Exchange District Campus

**Workshop: Best Choices: Ethics Part IV**

In Manitoba and Canada, those who work in early learning and childcare environments have a Code of Ethics to guide our standards of practice. Using this code is a professional obligation. This four-part series occurs in a specific order, with each workshop a pre-requisite for the following session. The series helps us to use this code in our daily practice and continues to receive rave reviews. Here’s your chance to join us in some serious fun!

This capstone workshop will help you to make a commitment of ethical practice in your daily work and enhance your awareness of your own values, beliefs and assumptions. You will also understand why, when faced with an ethical dilemma, it is difficult to follow through with your best choice. In this session, come with examples of ethical dilemmas that you have faced since you completed part three, and how you used the framework for ethical decision making to help you to make the best choice for that situation, at that time, with the information that you had on hand. Reflection is a big part of part IV!

\*Please note you must have completed Ethics Part III at least 4 months prior to the date of taking Part IV. Please bring your ethics certificate to get your Part IV Sticker.

**Facilitators; Michele Grant** has been involved in Manitoba’s early childhood community for many years as an early childhood practitioner, centre director, adult educator and volunteer. She is a past board member of both the MCCA and the CCCF and is a founding member and past chairperson of the MCCA Ethics Committee.

**Keri Waterman** has over 30 years experience within the childcare community, working with children of all ages, from front line to finance and administration including four years at the University of Manitoba as practicum supervisor. An Ethics Guide since 2002, she enjoys guiding people along their own ethical journeys.

**Workshop: Creating Wellness**

Our mental wellness influences how we handle stress, relate to others & make choices. In today’s world there is a lot of strain on our wellness and there are many things that we can do to strengthen it. I will guide participants through an exploration of meaningful conversations with others, developing mindfulness practices, and slowing down to become aware of our mindset & how we might enhance it to create the life we want. We’ll chat about packing 5 things on our journey to protect our energetic immunity: responsibility, reflection, priorities, action & celebration.

We will also make a plan to build wellness habits & dedicate time to creating a vision for ourselves using the workbook handout I provide & by digging deeper into the information our conversations uncover. This time together is a mix of sharing information, facilitating small group breakout sessions, and providing time for personal exploration.

We’ve spent too long not being empowered to make our decisions that we are questioning every decision we make and looking to too many experts. We fill our social media feeds, we buy books, we try to do it alone. We easily forget that we are already awesome! We deserve to slow down and be reminded; the power we have to change once we get clear on what we want is what will move us forward.

**Facilitator Cas Acland:** Hey, I’m Cas! I find great joy in leading teams & individuals to greatness and have spent much of my career doing so. After working in the childcare field for 20+ years and building a business of sharing opportunities for growth & change within individuals and teams I have created programs that work. I believe that when people are reminded that they are worth it and that they can change what isn’t working for them, they thrive. I want to spend time getting to know what starts and keeps each person’s fire burning and to give them a chance to share that with those that they spend much of their time with. I believe that everyone has dreams and that given the chance to sit in a space to uncover and articulate them they experience more joy in their days.