

# Mash, Bash and Crash: Incorporating Vestibular and Proprioception Needs of Children



Workshop presented by Janet Berezowecki and hosted by Central Region MCCA

## About the workshop

This interactive workshop focuses on the significance of big body and messy play in supporting the vestibular and proprioceptive needs of children. Participants will explore how these types of play experiences enhance children's body awareness, gross motor skills, and imaginative abilities. Through engaging activities and collaborative discussions, attendees will learn to create a safe, supportive environment that encourages adventurous play while considering developmental appropriateness.



## You will:

- Learn to create an environment where children can thrive through adventurous play
- Gain practical tools, creative ideas, and renewed enthusiasm!
- Have fun!

## Important information

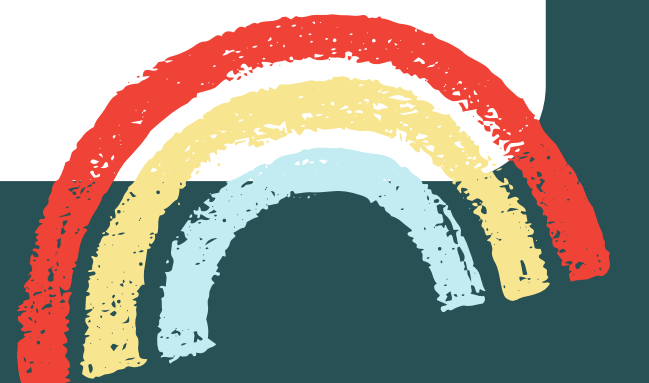
Date: May 13<sup>th</sup>, 2025

Time: 6:15pm - 8:30pm

Location: Stride Place Multi Purpose room, Portage la Prairie.

Fees: Member \$20

Non-Member \$40



# Mash, Bash and Crash Workshop Registration Form

Centre Name:

Employee Name:

Membership Number :

Total Members Fee:

Total Non Members Fee:

Registration closes May 6<sup>th</sup>, 2025

Please email registration form to [wedc8010@mymts.net](mailto:wedc8010@mymts.net)

Please mail payment to c/o Westend Daycare, 1825 Sask Ave W, Portage la Prairie, MB, R1N 0R6