



2025 FALL Workshop Brochure

PROFESSIONAL DEVELOPMENT



Manitoba Child Care Association

2 - 2350 McPhillips Street

Winnipeg, MB R2V 4J6

(204) 586-8587 or

Toll Free 1-888-323-4676

Fax: (204) 589-5613

Email: info@mccahouse.org

Visit us online at www.mccahouse.org

Welcome to the Fall Workshop Series

Welcome to our fall workshop series. We are so excited to offer you 60 professional development opportunities to further your professional learning. We continue to offer a balance of in person and zoom workshops. If you are wondering if the workshop is suitable for you, please refer to the place in the description where it states who the workshop is suitable for. So, if the workshop is geared for those who care for infants and you work in a school age program, then this workshop would not be ideal for you. It is very important to read all of the workshop information to help you decide if this is the right fit for you and is meeting your professional development goals.

Please ensure that you register early to avoid missing out on any workshop that you are hoping to attend. Most workshops are capped at 30 participants and canceled if registration is below 10.

Prior to registering, please read over the workshop descriptions. Ensure you note how the workshop is being delivered as refunds will not be provided.

Information about registration and payment is below. Information about certificates and substitutions is on pages 3 & 4.

If you have any questions about the workshops, please contact Kayla Mauricio at 204-336-5051 or Karen Kowalski at 204-336-5062 (toll-free in MB at 1-888-323-4676) kmauricio@mccahouse.org or kkowalski@mcchouse.org.

If you have any questions about registration or substitutions, please contact Debbie at 204-336-5065 (toll-free in MB at 1-888-323-4676 ext. 227) or dcrampton@mccahouse.org.

WORKSHOP DELIVERY

The brochure is divided into two parts: In-Person Workshops and Zoom Workshops. They are listed chronologically for each type.

In-Person Workshops (pages 6 - 40): Most of these will be held at MCCA. Please watch for the finger icon.  This indicates that the location is elsewhere.

Zoom Workshops (pages 43 - 56): These workshops are all virtual. A reliable internet connection is required for zoom workshops. Please note the zoom policies listed on page 43.

HOW TO REGISTER AND PAY

If you are paying by credit card then you must use our online registration. Go to www.mccahouse.org, click on the professional development button, select workshops and then click on the link to access the online registrations. Please avoid using auto-fill when registering online.

If you are paying by cheque, please complete the registration form (found online) and mail it with your cheque to MCCA. If you are registering people from the same centre, you can fill out one registration form for everyone.

You can also come to MCCA during our office hours to drop off your completed registration form and pay by cash, cheque, or debit/credit.

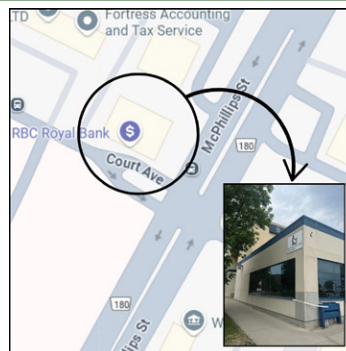
*If email addresses are missing or incomplete, registration will not be processed.

Please ensure that registration has the correct email address and the correct spelling of the participant's name. Make sure the name is the person who is attending and not who is doing the registering.

WHERE TO FIND US

MCCA is located on the second floor of the Royal Bank Building on the corner of Court and McPhillips Street.

Manitoba Child Care Association
2 - 2350 McPhillips Street
Winnipeg, Manitoba R2V 4J6



POLICIES

Prior to registering for workshops, please read the workshop policies, particularly cancellations and substitutions. The policies can be found on page 57.

PARKING

There is no parking allowed in the parking lot at the strip mall at 1021 Court. If you park there, your vehicle will likely be towed. There is no parking permitted in the Royal Bank Parking lot (this includes evenings and Saturdays).

Next to 1021 Court Medical Centre parking lot is a paid parking lot. It is \$8.00 for the full day. You may also download the hangTag app and pay via Visa debit or credit card. There is limited street parking available.



****MCCA is not responsible for towed vehicles. Ensure you are parking in the paid parking lot or on the street. ****

WORKSHOP CERTIFICATES

Please ensure when you register someone for a workshop the name is spelled correctly. The way it is entered will be how it will appear on the certificate. Errors made by the person completing the registration online or on paper will result in a \$10.00 charge to have a new certificate issued.

When you attend an in-person workshop, you will receive a paper certificate of participation. Zoom participants will receive an electronic certificate. Each certificate will have the amount of workshop hours on it to help you track your professional development hours. Best Practices recommends 24 hours of professional development each year.

Replacement certificates for workshops are available for \$10.00 each.

Keep the original certificate and provide copy to employer.

If you are attending Best Choices: Ethics Part II, III, or IV, you will need to bring your certificate and handouts with you.



SUBSTITUTIONS

MCCA does not offer refunds for workshops. If you are unable to attend a workshop for any reason that you have registered for, you can send someone in your place as a substitute. Contact Debbie Crampton at MCCA at 204-336-5065 or dcrampton@mccahouse.org. Substitutions must be made by 3:00 pm the day of the workshop for workshops held Monday – Thursday or 3:00 pm on Friday for Saturday workshops. This will ensure the substitute will receive a certificate. No refunds means that we won't reimburse the fee or allows the registrant to attend another workshop.

FEELING UNDER THE WEATHER?

If you are not feeling well, have a fever, coughing, achiness, or sore throat, we ask that you **do not** attend your in-person workshop to reduce the chance of infecting others. If you cannot attend a workshop that you are registered for (for whatever reason, illness or other), there are no refunds. You can send a substitute in your place. Please see above and refer to the workshop policies on page 57 for more information.

GETTING THE MOST OUT OF YOUR WORKSHOP

At MCCA we strive to provide our members with professional development opportunities that are relevant, presented by professionals, and offer opportunities to learn. We want your workshop experience to be an uplifting and valuable one so we have a few suggestions that can help you accomplish this.

Professional goals: You are looking over the workshop line up and deciding what workshops to take. What factors help you to decide what workshops to take? Do you have a goal to work on, are you looking for new ideas on a specific topic, or are you just filling professional development hours?

Arrive on time: Once you have signed up for a workshop, jot down the time and date on a calendar so you remember to attend your workshop on time or log on before the workshop begins. MCCA does not send out reminders. Put a note that if the workshop is in-person and where or if its via zoom

Venture out: People who work together over a period of time will usually have the same work philosophies, experiences, ways in which things get done, etc. How about spreading your wings and connecting with people you don't know? Try sitting with new people or use the break out room as an opportunity to connect with new people, learn from each other, share your ideas, and network.

Participate: If you have signed up for a workshop, it is your obligation to fully participate in that workshop. This can be difficult after a long work day but you will only get out of the workshop what you put in. Sharing your experiences may provide someone else with a solution to a dilemma that they have encountered or maybe your story will give someone a boost, or just a much needed laugh. A Zoom workshop is a live event and participation is expected. Zoom workshops are not webinars.

Evaluate: In order to provide you with quality workshops, MCCA needs your feedback. It is important for us to know what you thought about your workshop, the presenter, and what type of workshops you would like to see offered in the future. Please take the time to complete the online evaluation you are sent after the zoom workshop.

PROFESSIONAL DEVELOPMENT BROUGHT TO YOUR DOOR!

Are you looking for a workshop that would benefit your staff? Are you looking for some professional development for a staff meeting or a staff retreat? Have you attended a workshop and wished your entire staff heard the same message? If you answered yes to any of these questions then perhaps we have the solution. You can contact MCCA to arrange for your personalized professional development. This service is available to child care centres or groups of family child care providers across the province and can be delivered by Zoom or in-person.

Benefits of your own personalized professional development opportunity:

- Everyone hears the same message
- Reduced cost – the cost to bring someone in for 35 people is cheaper than registering 35 people for a workshop
- Topic specific to your needs
- Flexibility with dates and times

MCCA has an extensive database of presenters, many of which have been presenting professional development for many years. Due to this consistent relationship with us, the presenters may be able to provide a discounted rate through MCCA. In 2024, MCCA has organized almost 49 personalized PDs for programs throughout Manitoba. The most popular workshop topic is Team Building.

What do you need to do to book a workshop?

Contact Karen Kowalski at kkowalski@mccahouse.org and provide the following information:

- Topic you are seeking
- Number of staff that will participate
- Possible dates and times for your event
- Budget
- * In-person or Zoom

What MCCA will provide:

MCCA will search our presenter database to match your topic & budget and we will provide the following:

- Initial contact of the presenter
- Contract with the presenter
- Organize audiovisual, handouts, etc.
- Invoice the centre
- Provide participation certificates for your staff
- Provide evaluation forms
- Payment of the facilitator

Cost for the service is dependent on length of event, number of attendees, and other costs.

If you have questions or are interested in having MCCA book your next professional development event, contact Karen Kowalski at kkowalski@mccahouse.org or 204-336-5062 or toll free 1-888-323-4676 ext. 224.

When attending a professional development event we ask:

Please take responsibility for the energy you bring to this event.

Your words matter. Your behaviours matter.

Our Members, Facilitators, Guests & MCCA Staff matter.

Take a slow, deep breath and be mindful of your energy before entering this collaborative meeting and learning environment.

Thank you



IN-PERSON WORKSHOPS

Please ensure you make note of where your in-person workshop is located.

Not all in-person workshops are held at MCCA.

Closing Your Stress Loop: A deep dive, experiential day of the top 10 strategies and practices for self-regulation and a happier nervous system

Saturday, September 27, 2025
9:00 am - 3:00 pm

Suitable for: All
PD Hours: 6

Feeling overwhelmed, on edge, or stuck in survival mode? If you're tired of trying to figure out what actually works to reduce stress and want practical tools that feel right for you, this hands-on day may be a timely choice. Rooted in evidence-based research and inspired by the work of the Nagoskis (authors of *Burnout: The Secret to Unlocking the Stress Cycle*), this full-day experiential workshop will help participants understand how to close the stress loop and find stability in times of chaos.

Through breathwork, gentle movement, creative practices, and mindful reflection, you'll explore strategies that support your nervous system and build lasting resilience. You'll leave with a personalized, repeatable toolkit for calm, clarity, and connection, both in your centre and at home.

Whether you need a reset or just some new tools, this day is about putting your well-being back on the map—with support, science, and space to breathe.

In this interactive session, participants will learn how to:

- Understand your nervous system and where to start with regulation
- Close your stress loop and why it matters for your body, mind, and relationships
- Try out practical strategies, some quick, some creative, all backed by research
- Build your own go-to plan that feels realistic and meaningful
- Stay accountable when stress rises and motivation dips

Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.

FACILITATOR: Shannon Gander understands what it's like to work on the edge of burnout. She has also worked with multiple clients whose stress has impacted their ability to work and has contributed to short and long-term disability. Shannon is highly motivated to prevent this by equipping individuals and teams with skills for thriving through stress and preventing burnout. She also demonstrates how everyone can contribute to healthy organizational culture for better health, engagement and safety at work.

Drawing on her academic background in counselling, corporate health and conflict mediation, Shannon leaves participants with portable skills and practical strategies to apply right away from the boardroom, classroom, to the kitchen table.

Shannon is one of the authors in the book: Teacher Take Care – a guide to well-being and workplace wellness for educators. When not presenting, Shannon works in her private counselling practice in Winnipeg, Manitoba.

WORKSHOP DELIVERY: In-Person

LOCATION:	MCCA	COST:	\$100.00	MCCA Member
	2 - 2350 McPhillips St.		\$200.00	Non-member
	Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.			

Exploring Forest School Through Play

Saturday, October 4, 2025
10:00 am - 1:00 pm

Location: Fort Whyte Alive – Field Station



Location Note: Parking information will be provided before each workshop.

Suitable for: Front Line
PD Hours: 3

Participate in learning the basics around the Forest School, ethos of trust, reciprocity, and freedom. With practical information and guidance on how to support the six categories of risky play in your practice as an educator.

Connecting to nature in nature, as the first step to getting the children outdoors more!

FACILITATOR: Leah Smith (she/her), After completing her Forest School Practitioner course at FortWhyte in 2016, Leah has brought her passion for nature-based learning everywhere she goes. With nearly 20 years of experience and an honours diploma in Early Childhood Education, Leah has found inspiration in many settings of early learning. From large centres, to Montessori schools, to private multi-family care, to her own entrepreneurial Forest School sessions along the riverbanks of Winnipeg, her commitment to outdoor child-led curriculum runs deep. Leading workshops on risky play and the forest school ethos for independent child care centres and professional development conferences has also been a big part of her career in recent years. Leah is a mother of two young teens who love exploring new and familiar places in nature, in their neighbourhood, along with a few annual road trips.

WORKSHOP DELIVERY: In-Person

COST: \$40.00 MCCA Member (each)
\$80.00 Non-member (each)

LOCATION: Fort Whyte Alive – Forest School (Field Station)
Parking Information to Follow

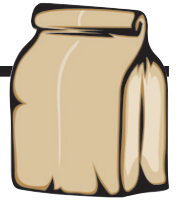


WATCH FOR THIS!



IT MEANS THE WORKSHOP LOCATION IS NOT AT THE MCCA.

Directors Lunch 'N Learn



Suitable for: Leaders (Directors & Assistant Directors)

*Please join us
for lunch!*

Tuesday, October 7, 2025
11:15 am - 2:00 pm

Thursday, December 11, 2025
11:15 am - 2:00 pm

Location: Centro Caboto Centre
1055 Wilkes Avenue



Location: Fort Gibraltar
866 Rue St. Joseph



Speaker: Retired MCCA Members
Retirement – Tips from Retirees

Speaker: Hon. Tracy Schmidt
Update from the Province

Networking & MCCA News: 11:15 am - 12:00 pm
Lunch: 12:00 pm - 1:00 pm
Speaker: 1:00 pm - 2:00 pm

FACILITATOR: Karen Kowalski

WORKSHOP DELIVERY: In-Person

COST: \$60.00 MCCA Member (each)
\$120.00 Non-member (each)

Networking Walk & Talk

Tuesday, October 7, 2025
6:30 pm - 8:00 pm

Suitable for: All
PD Hours: 1-1/2

Join Jodie, Karen and Kayla for an evening stroll through Assiniboine Park. No PowerPoints, no workshop presentation, no handouts, just some time spent with colleagues talking about early childhood learning and care issues and topics. Do you have questions about advocacy, professional development or MCCA membership, ask away! Bring your runners and your inquiry minds and meet us at the Lyric Theatre at 6:30 pm.

FACILITATOR: Jodie Kehl, Karen Kowalski & Kayla Mauricio

WORKSHOP DELIVERY: In-Person

LOCATION: Assiniboine Park – Lyric Theatre



COST: Free for MCCA Members and Non-members



Welcoming New Children and Families into Group Care

Wednesday, October 8, 2025
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

Discover essential strategies to prepare the classroom environment and allocate resources proactively. Educators will gain insights into fostering family connections and supporting children transitioning to group care. The goal is to create nurturing environments where every child and family feels valued and embraced.

By the end of the workshop, participants will learn:

- How educators can prepare the classroom for new children
- How to welcome new families, make them feel comfortable and informed about their child's care
- How to support children transitioning to group care for the first time (including strategies to support those having a particularly difficult time)

FACILITATOR: **Carla Ward** is an Early Childhood Educator, speaker, podcaster, and consultant with over 20 years of experience in the profession. She is the founder of *The Everything ECE Podcast*, *The ECE Latte Lounge membership*, and *ECE Podcast Academy*, where she empowers educators to elevate their practice and their voices.

Carla is known for her engaging workshops, real-talk training sessions, and advocacy for professionalism and joy in Early Childhood Education. Whether she's speaking on stage, teaching online, or behind the mic, she brings practical insights, a deep respect for educators, and a passion for reshaping the way the world sees ECE.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST:	\$50.00	MCCA Member
	\$100.00	Non-member

For evening and Saturday workshops, the elevator door will be locked 15 minutes past the start of the workshop. If the elevator is locked, press the intercom button to the left of the elevator and the workshop host will let you in.

The Daycare Myth: What We Get Wrong About Early Care and Education (and What We Should Do About It)

Thursday, October 9, 2025

Suitable for: Managers, Leaders, Instructors, Policy Makers, etc.

9:30 am - 11:30 am

PD Hours: 2

For close to a century, early childhood policy has been premised on a myth. The falsehood - which dictates that child care and education are somehow separate and distinct - not only suboptimizes humankind's most critical period of development, but costs taxpayers an untold fortune. It's time to think differently. Join Dr. Dan Wuori, one of the field's most respected bipartisan policy experts for a conversation around his new book, *The Daycare Myth and its implications in Canada and beyond*.

FACILITATOR: Dr. Dan Wuori the Founder and President of Early Childhood Policy Solutions, a bipartisan public policy consultancy focused on the needs of young children, their families, and the early years professionals who serve them. He serves concurrently as a Strategic Advisor on Early Childhood to the Saul Zaentz Charitable Foundation. In both roles – and in his prior position as the founding Director of Early Childhood at The Hunt Institute in Cary, North Carolina - Dr. Wuori works alongside governors and state legislators to improve early years policy across the United States.

But to parents the world over, Dan is known not for his policy work, but for his innovative use of social media to educate about infants and toddlers – with more than 300,000 followers tuning in to his daily video child development lessons across platforms. This work was recently profiled in *The New York Times*, which called his X (Twitter) account “a font of delight and edification... educational, but also – put simply – *aww*”

His new book *The Daycare Myth: What We Get Wrong About Early Care and Education (and What We Should Do About It)* was released in September 2024. Upon its announcement, the book – which explores the costly disconnect between what we know and what we do when it comes to the needs of young children – spent more than a week at the top of Amazon's education best sellers list. It is now in its seventh printing.

Dan is currently hard at work on a second book, *Wonderment: Our First Three Years*, which was recently acquired by Ballantine Books (a division of Penguin-Random House) for publication in early 2027.



WORKSHOP DELIVERY: In-Person

LOCATION: The Victoria Inn & Conference Centre
1808 Wellington Ave.
Embassy Ballroom

COST: \$20.00

MCCA Member
& Non-member

Sponsored in Partnership with:

Canada 

Manitoba 

The Early Years Last a Lifetime

Thursday, October 9, 2025
7:00 pm - 9:00 pm

Suitable for: All/Parents and Guardians
PD Hours: 2

"We want children to come to school ready to learn." Underlying this common refrain lies a fundamental misunderstanding about young children's learning... which not only does not begin at the schoolhouse door, but predates even birth itself. Join Dr. Dan Wuori, known globally for his uplifting and informative social media presence, as he unpacks the origins of language, love, and learning using the same informative infant/toddler video clips that lead an audience of more than 300,000 to tune into his daily child development lessons online.

FACILITATOR: Dr. Dan Wuori the Founder and President of Early Childhood Policy Solutions, a bipartisan public policy consultancy focused on the needs of young children, their families, and the early years professionals who serve them. He serves concurrently as a Strategic Advisor on Early Childhood to the Saul Zaentz Charitable Foundation. In both roles – and in his prior position as the founding Director of Early Childhood at The Hunt Institute in Cary, North Carolina - Dr. Wuori works alongside governors and state legislators to improve early years policy across the United States.

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WORKSHOP DELIVERY: In-Person



LOCATION: The Victoria Inn & Conference Centre
1808 Wellington Ave.
Embassy Ballroom

COST: \$10.00

MCCA Member
& Non-member

Workshop Generously Subsidized by:



Every Child Belongs: Advancing Inclusion in Early Childhood Programs

Wednesday, October 15, 2025
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

This workshop is the fourth of five in a series developed to support and enhance inclusive practices. The last of the series will be presented in the spring of 2026. We embrace inclusion and celebrate diversity as the means to foster the well-being of every child and thereby enrich our communities. All are entitled to full participation and support to meet their individual needs using a strength based, family centred approach, whereby we all learn from each other.

In this interactive workshop, participants will explore practical, strength-based strategies to support meaningful inclusion in early childhood settings. Designed in partnership with the Manitoba Child Care Inclusion Committee, the Manitoba Child Care Association, and Early Learning and Child Care Program, this session offers a deep dive into:

1. What inclusion *really* looks like in practice
2. The benefits of inclusive programs for children, families, and staff
3. Common barriers to inclusion and how to overcome them
4. Collaborative approaches to working with families and professionals
5. Using observations to foster and ensure inclusivity in your programs

Participants will engage in breakout discussions, explore real case studies, and leave with actionable tools to support inclusion in their own programs.

Whether you're a seasoned educator or just beginning to adapt your program to be more inclusive, this session offers practical insight, shared experiences, and a reaffirmation that *every child belongs*.

This session is one of five workshops that has been developed in partnership by the Manitoba Child Care Inclusion Committee, Manitoba Child Care Association, and the Manitoba Early Learning and Child Care Division. The workshops are fully funded by the federal government as part of the Canada-Wide Early Learning and Child Care Agreement.

FACILITATORS: **Donna Freeman** brings over 40 years of experience in Early Learning and Child Care with a strong focus on inclusive practices. She has been a dedicated member of the Manitoba Childcare Inclusion Committee since 2003 and currently serves as its Co-Chair. Donna also contributes internationally as part of the Leadership Team for the World Forum Working Group on Including Children with Special Needs. As the Executive Director of Discovery Children's Centre, Donna leads with a commitment to equity, belonging, and accessibility for all children. Her work reflects a deep passion for fostering inclusive environments where every child can thrive. Donna's workshops are rooted in real-world experience and informed by her longstanding leadership in both local and global inclusion initiatives.

Gerrie Stolz is a classified Early Childhood Educator III with years of experience in a variety of roles in the field of early childhood education. She started her career working with infants and preschoolers, was an instructor in the Early Childhood Education Program at Red River College and spent the majority of her career as a Quality Enhancement Specialist for the Manitoba Early Learning and Child Care program. The past five years she was the director at River Road Child Care, and recently accepted a position as a Resource Developer in the Science of Early Childhood Development at Red River College, in the Research and Innovation Unit.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the
corner of Court Ave. & McPhillips St.

Canada 

Manitoba 

COST: FREE Limit 2 per centre

Best Choices: Ethics I + II *FRENCH*

Saturday, October 18, 2025
9:00 am - 4:00 pm

Suitable for: All
PD Hours: 6

Le 22 mai 2025, un Code de déontologie révisé a été ratifié par les membres de la MCCA. En conséquence, la série d'ateliers sur l'éthique sera mise à jour pour refléter le nouveau code et inclura du contenu actualisé.

Au cours de l'année à venir, le Comité d'éthique offrira la série d'ateliers originale basée sur l'ancien code pour ceux qui souhaitent la compléter. Ainsi, les ateliers 1 et 2 seront proposés dans la série d'ateliers d'automne, atelier 3 pendant la série d'hiver, et atelier 4 serait offert en automne 2026. Les régions situées à l'extérieur de Winnipeg, ainsi que des groupes comme notre communauté francophone, peuvent contacter Karen Kowalski pour organiser des occasions permettant à leur communauté de compléter la série d'ateliers originale.

Alors que les ateliers originaux seront présentés une dernière fois, une nouvelle série sera développée et prête à être offerte à l'hiver 2027.

À propos de la série d'ateliers Cheminement éthique – Faire le meilleur choix

La série d'ateliers Cheminement éthique – Faire le meilleur choix se compose de quatre ateliers qui vous aideront à acquérir les compétences nécessaires pour adopter une pratique éthique. Un cheminement éthique est un processus personnel et continu de prise de décisions éthiquement éclairées qui tient compte des expériences personnelles.

CHEMINEMENT ÉTHIQUE – FAIRE LE MEILLEUR CHOIX

Atelier I – Croyances, valeurs et règles éthiques personnelles

Durant l'atelier I, vous effectuerez une série d'exercices qui vous aideront à cerner et à préciser votre système de croyances, une étape cruciale du cheminement éthique. Ce premier atelier est pré-requis pour les trois prochains ateliers du cheminement éthique.

CHEMINEMENT ÉTHIQUE – FAIRE LE MEILLEUR CHOIX

Atelier II – Croyances, valeurs et règles éthiques professionnelles

Durant l'atelier II, vous apprendrez à connaître le code de déontologie de la MCCA et vous découvrirez comment vous pouvez le mettre en application au quotidien en la présence d'enjeux et de dilemmes.

Les participants doivent apporter leur propre dîner.

FACILITATORS: **Gines Combiadakis** travail auprès des enfants depuis 1991. Sa carrière en service de garde a commencé en 1999 et en 2004, il a obtenu son diplôme en EJE II. Il a travaillé comme éducateur, superviseur et directeur jusqu'à 2011 quand il s'est joint à l'Université de Saint-Boniface où il enseigne en Éducation de la jeune enfance. En 2012, il a obtenu son diplôme en EJE III et en 2016, a complété sa formation pour devenir guide des ateliers en cheminement éthique et membre du comité d'éthique avec la MCCA.

Michelle Vesey est une éducatrice de la jeune enfance niveau III. Elle travaille dans le domaine de la jeune enfance depuis 1998. Pendant ce temps, elle a occupé plusieurs postes auprès des enfants scolaires, préscolaires et des pouspons comme éducatrice, superviseur et directrice de service de garde. Présentement, Michelle travaille à l'université de Saint-Boniface comme professeure en éducation de la jeune enfance. Elle est membre du comité d'éthique de MCCA et s'attend à guider les autres dans leur cheminement éthique.

WORKSHOP DELIVERY: In-Person

LOCATION: Université de Saint-Boniface
Room 0617



COST: \$100.00 MCCA Member
\$200.00 Non-member

Wooden Wonders: Making and Maintaining Wooden Toys

Monday, October 20, 2025
6:30 pm - 8:30 pm

Suitable for: Front Line
PD Hours: 2

Tap into the timeless charm of handcrafted play! In this hands-on workshop, you'll learn the basics of building and caring for wooden toys, designed to last through years of imagination and adventure.

Guided by Quinn from Kustom Kitties, you'll create your very own wooden toy camera to take home. As you create you will learn tricks for sanding, sealing, and safely maintaining wooden toys in early learning environments.

FACILITATOR: **Quinn Nikulak** is an enigma wrapped in a mystery. Well, actually, he's just a former teacher who now makes toys. Starting his career as a special education teacher and frustrated by the cost of anything educational, he took on the task of building anything and everything for early childhood.

Based in Cupar, Saskatchewan, he builds everything under the sun. He also teaches teachers and kids how to use tools to make their own toys. From coast to coast to coast (or at least Manitoba and Saskatchewan), you can find him spreading the joy of creating toys with your own two hands.

WORKSHOP DELIVERY: In-Person

LOCATION:	MCCA	COST:	\$50.00	MCCA Member
	2 - 2350 McPhillips St.		\$100.00	Non-member
	Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.			

ETHICS WORKSHOPS INFO

On May 22, 2025, a revised Code of Ethics was ratified by the MCCA membership. As a result, the ethics workshop series will be revised to reflect the new code and include updated content.

Over the next year, the Ethics Committee will offer the original workshop series using the original code for those who would like to complete the series. As such, Part 2, Part 3 and Part 4 will be offered in the fall workshop series, Part 3 and Part 4 in the winter workshop series, and Part 4 will be offered at the MCCA conference in 2026. Regions outside of Winnipeg and groups such as our Francophone community, can contact Karen Kowalski to plan opportunities for your community to complete the original workshop series.

As the original workshops are delivered one final time, a new series will be developed and ready to offer in the Winter of 2027. If at this time you have not completed the series, you will start again with this revised series.

For more information please contact Karen Kowalski at kkowalski@mccahouse.org

Pedagogical Leader: Community of Practice

Thursday, October 23, 2025
9:00 am - 12:00 pm

Location:

Discovery Children's Centre
367 Hampton St.



Suitable for: Leaders

PD Hours: 3

Cost: \$30.00 MCCA member (each)
\$60.00 Non-member (each)

This Community of Practice grew out of a group of directors who wanted to meet to support each other on their pedagogical journey after they attended the 11th Annual Directors Conference – 'Leading a Year of Reflection'. This group has had members come and go but a core group has kept it going. We invite you to join us if you are in a leadership position or may be the pedagogical leader at your centre and mentor or coach staff.

Join us as we share and support each other's pedagogical journey. At each meeting, we spend three hours, getting together to think deeper about topics that are current and relevant to our daily practice. The meeting content includes a round table discussion of specific questions posed to everyone, discussion of articles, pedagogical fo-cused activities, guest speakers, and sharing of resources. To receive the full benefit of this group we encourage you to register and attend all five meetings that happen throughout the year.

Once you register, approximately one week before the meeting you will be sent an agenda and read-ings (to discuss at the meeting) by Karen Kowalski. The email will be sent to the email entered on the registration, so if multiple people from one centre are attending then please share with others.

FACILITATOR: Karen Kowalski is MCCA's Assistant Executive Director/Director of Professionalism

WORKSHOP DELIVERY: In-Person

Wednesday, December 10, 2025
9:00 am - 12:00 pm

Location:

Discovery Children's Centre
367 Hampton St.



Turtle Island Project – The Blanket Exercise

Saturday, October 25, 2025
9:00 am - 12:30 pm

Suitable for: All
PD Hours: 3.5

Turtle Island Project (TIP) is an action-oriented exercise designed to transform society's negative perceptions of Indigenous Peoples and engage in reconciliatory action. Participants will be invited to walk in the shoes of Indigenous Peoples on a journey that began 150 years ago, and then share in celebrating the lives of Indigenous Peoples today.

FACILITATOR: At the **Turtle Island Project (TIP)**, we believe in turning dialogue into action — *Reconcili-action* — for non-Indigenous, newcomer, and Canadian-born participants alike.

Through our unique **Experiential Exercise**, we create a safe and authentic space where open, respectful conversation can take place. Here, participants are encouraged to explore shared ground between Indigenous and newcomer communities, fostering mutual understanding and connection.

TIP facilitates meaningful opportunities for individuals to actively engage in reconciliation and build genuine, respectful relationships with Indigenous Peoples in Canada.

We help newcomer Canadians deepen their awareness of their roles and responsibilities in this country embracing the principle that “*We Are All Treaty People*.”

Above all, the Turtle Island Project is committed to dismantling myths and misinformation, shining light on truths, and helping build a stronger, more informed and unified future for everyone who calls Turtle Island home.

WORKSHOP DELIVERY: In-Person

LOCATION: Knox United Church
400 Edmonton St.
Street Parking Available



COST: \$40.00 MCCA Member
\$80.00 Non-member

Exploring the Primary Caregiver System in Infant Care

Monday, October 27, 2025
6:30 pm - 8:30 pm

Suitable for: Infant Educators
PD Hours: 2

Primary caregiving plays an essential role in offering high-quality infant child care programs. It is more than a method, it is a philosophy rooted in respect, empathy, and understanding of the unique needs of each infant and their family. Together, we will explore the benefits and principles of primary caregiving, how to develop trust-based and secure relationships with infants, and techniques for building respectful and collaborative relationships with families. Participants will also learn practical strategies to overcome challenges in primary caregiving, including managing caregiver burnout, balancing individual needs in group settings, and handling staff absences. This workshop is suitable for anyone involved in infant care programs who wants to learn more about primary caregiving and how they can make it work for their program. Join us in this engaging learning experience and take the first step toward enriching the lives of the infants in your care.

FACILITATOR: **Jenna Poborsa** has been in the child care field for over 20 years, most of it spent with Infants and Toddlers. She has training in Pedagogy and Resource for Infant Educators (RIE philosophy) and is a facilitator for both Circle of Security and Positive Discipline for Everyday Parenting. After lots of experience and learning, she is looking forward to sharing her passion and wealth of knowledge on infant play, interactions, and learning.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$45.00 MCCA Member
\$90.00 Non-member

Level Up Your Professional Practice

Tuesday, October 28, 2025
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

So, you have just finished a professional development workshop! For two hours you listened and engaged and felt inspired. The speaker shared their knowledge and participants shared their experiences. You leave with new ideas and thinking about your work. What do you do now?

Let's talk about it:

- What do you consider to be professional development?
- How do you choose a workshop or where to allocate those 24 hours of required professional development?
- What professional development works best for you: webinars, virtual workshops, in person, hands-on, reading?
- What is the connection between new learning and next steps?

What are the passions that drive you and how does that look in your professional development plan?

Together with Brigitte and Karen we will Level Up Your Professional Practice!

FACILITATORS: **Brigitte Insull** has 40 years of experience in the child care sector, working with preschoolers, as a Centre Director and as a practicum Instructor at Red River College Polytech. She has been retired for the last seven years and has taken on the role of Side-by-Side Mentor, working with a number of centres to support their pedagogy and professional development. She continues to be a member of the Inclusion Committee and the Reggio Inspired Collaborative for Educators.

Karen Kowalski is MCCA's Assistant Executive Director/Director of Professionalism. Karen is passionate about professional development and enjoys a good discussion on the topic.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$45.00 MCCA Member
\$90.00 Non-member



**Workshops begin promptly at
the start time, please ensure you have
arrived at your workshop 10 minutes
prior to the start time.**

The Painted Feather

Wednesday, October 29, 2025
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

Join us for an evening of creativity, connection, and storytelling as Jackie guides you through a unique painting inspired by her vibrant, powerful work on a wooden feather.

FACILITATOR: **Jacqueline “Jackie” Traverse** was born in Winnipeg, Manitoba. She is Ojibway from the Lake St. Martin First Nation. Jackie began drawing as a child and was inspired from a field trip to the Wahsa Gallery when she was 13 years old. It wasn’t until she was 32 years old that she decided to submit a portfolio of her works to the University of Manitoba where she studied Fine Arts and graduated with a diploma in May of 2009.

Jackie Traverse is a multi-disciplined Indigenous artist who works in several mediums from oil and acrylic paintings to mixed media, stop-motion animation and sculpture.

Jackie draws her inspiration from her indigenous culture and her experiences as a native woman living in Winnipeg. Today, as an artist, Jackie does a lot of work in the community. Her work is very women centered.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$65.00 MCCA Member
\$130.00 Non-member



Workshop Tip:

Always keep your original workshop certificate.

Give your employer a copy.

How to Handle Toxic Behaviour

Thursday, October 30, 2025
9:00 am - 3:00 pm

Suitable for: Leaders
PD Hours: 6

Employees who demonstrate toxic behaviour can poison the best work environment and derail teamwork and motivation and the worst part is you often don't know that you've hired one until it's too late. It's the person who has a negative response to any new idea, who's the first one out the door, who never volunteers to help out, who calls in sick often, who gossips, who complains, or who brings all of their personal problems to work!

Getting rid of them may not be simple and labour laws and possible legal implications must be considered. Ignoring or containing them seldom works. Managing the toxic employee can be one of the most challenging tasks you have to do each day.

This session through exercise and discussion will explore some ethical strategies that might just work.

Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.

FACILITATOR: Melenie Olfert has worked as an independent consultant sharing her knowledge and expertise through leadership projects and workplace training. With a background in adult education and training, Melenie is now a published writer, as well as an accomplished speaker on intercultural & diversity in the workplace, human resources and leadership development. Further to her training experience, Melenie is an instructor with the University of Winnipeg, PACE Program, where she teaches in the Leadership Program. She is also the co-facilitator of the Language Interpreter Training Program which supports language diversity in work and community settings. Outside of work, Melenie volunteers in assisting newcomers in preparing for their Canadian citizenship exams.



WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$100.00 MCCA Member
\$200.00 Non-member

Handle with Care: Building Block 3 - Supporting Emotions

Saturday, November 1, 2025
9:00 am - 12:00 pm

Suitable for: All
PD Hours: 3

Building Block 3 of the program centers around helping children figure out their feelings, helping them understand and express emotions constructively. Participants will learn how to assist children in regulating their emotions and explore the relationship between emotional development and language all of this which is essential for children to have their needs met, share experiences and build healthy relationships.

FACILITATOR: Michele Grant has been a dedicated member of the early learning and care community for over 40 years. A passionate advocate for high-quality child care, she is committed to ensuring that all children receive the support they need to thrive. Michele has been actively involved in promoting Handle with Care, a program focused on fostering the mental health of children ages 0–6 in community-based child care settings. Through this work, she supports educators with practical strategies to nurture children’s emotional well-being and development.

WORKSHOP DELIVERY: In-Person

LOCATION:	MCCA	COST:	\$50.00	MCCA Member
	2 - 2350 McPhillips St.		\$100.00	Non-member
	Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.			

The Beaded Poppy

Saturday, November 1, 2025
1:00 pm - 4:00 pm

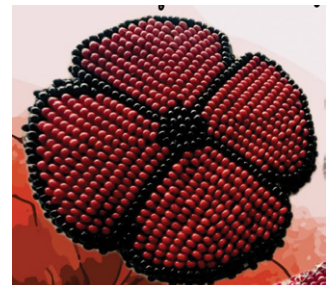
Suitable for: All
PD Hours: 3

In this hands-on workshop, participants will learn how to create their own beaded poppy pin, a meaningful project rooted in both remembrance and resistance. The class will begin with a smudge and introduction, followed by step-by-step guidance on stitching techniques, colour choices, and assembling a finished wearable pin. All materials will be provided and the workshop is suitable for beginners and experienced beaders alike.

Alongside the creative process, we will hold space to reflect on the significance of the poppy for Indigenous communities, honouring our ancestors, acknowledging our veterans, and recognizing the impacts of colonization and ongoing resistance. Participants will leave with a completed poppy (or video with step-by-step instructions on how to complete) and a deeper connection to their own stories and strengths.

FACILITATOR: Lisa Bowden is a proud Métis lesbian, beadwork artist, and workshop facilitator living and creating on Treaty 1 Territory. She has been beading since 2017, using it as a form of healing, storytelling, and cultural reconnection. Lisa is nearly 1,000 days sober, cannabis-friendly, and a strong advocate for restorative justice and community care.

Her work is rooted in Indigenous teachings, personal growth, and a commitment to making space for others to feel seen, safe, and inspired. Whether teaching workshops, organizing community events, or sharing stories through her art, Lisa leads with warmth, honesty, and a deep love for culture, creativity, and collective healing



WORKSHOP DELIVERY: In-Person

LOCATION:	MCCA	COST:	\$50.00	MCCA Member
	2 - 2350 McPhillips St.		\$100.00	Non-member
	Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.			

First Friends: Supporting Emotional Skills

Tuesday, November 4, 2025
6:30 pm - 8:30 pm

Suitable for: Frontline
PD Hours: 2

Have you noticed more and more young children needing additional social-emotional support? This workshop focuses on providing early literacy resources, tools and strategies that support the emerging social-emotional skills of children from birth to age 6. Content includes:

- Conducting an environmental scan of the early years landscape as it relates to social-emotional skills
- Discussing the science behind the development of social, emotional and relationship skills in the early years
- Sharing language and literacy strategies that support the building of these skills

FACILITATOR: this workshop will be facilitated by a **Bookmates** Facilitator.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
 2 - 2350 McPhillips St.
 Located in the Royal Bank building on the
 corner of Court Ave. & McPhillips St.

COST:	\$45.00	MCCA Member
	\$90.00	Non-member



Best Choices: Ethics III - A

Wednesday, November 5, 2025
6:00 pm - 9:00 pm

Suitable for: All
PD Hours: 3

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As the original workshops are delivered one final time, a new series will be developed and ready to offer in the Winter of 2027.

In Manitoba and Canada, those who work in early learning and child care 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!

In this third step of your ethical journey, you will use MCCA's Code of Ethics as a tool and examine a process for ethical decision making. Again, the complexity of best choice decision making will be apparent, but you will feel like you know how to decide what should be considered prior to making that best choice.

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.

Kisa MacIsaac is Métis, a mother, an educator, artist, advocate, and volunteer. She is an ECE III and holds a BA degree in Developmental Studies. Kisa jumped into the field of early learning and childcare back in 2002, has been a member of the MCCA Ethics Committee since 2008, and is a proud member of the MCCA Board of Directors. She is passionate about land-based curriculum, and loves to garden with children!

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the
corner of Court Ave. & McPhillips St.

COST: \$50.00 MCCA Member
\$100.00 Non-member

School Age Resource Evening: Make & Take



Thursday, November 6, 2025
7:00 pm - 9:00 pm

Suitable for: School-Age
PD Hours: 2

The School Age Committee invites you to our annual Resource Evening at the **Norwood Hotel**!

This year's event features another exciting **Make & Take** experience, where you'll get hands-on with:

- Creating your own sourdough starter
- Building a propagation station
- Getting hands on experience with school age games
- Exploring woodworking projects

We're also thrilled to showcase our brand-new **Forest School Curriculum Kit** — an inspiring resource for school age programs!

Come enjoy dinner, engage in meaningful learning, and show pride for School Age Care.



FACILITATORS: Hosted by the School Age Committee.

WORKSHOP DELIVERY: In-Person

LOCATION: Norwood Hotel
112 Marion St.
Parking Lot Available



COST: \$80.00 MCCA Member
\$160.00 Non-member



Best Choices: Ethics II - A

Wednesday, November 12, 2025
6:00 pm - 9:00 pm

Suitable for: All
PD Hours: 3

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In this second session in your ethical journey, you will be introduced to the MCCA Code of Ethics and understand its benefits. You will also begin to learn the process of ethical decision making. In this session you will receive your personal copy of the Code of Ethics and a handy wallet size card with the principles to keep at your fingertips

FACILITATORS: Shannon Curtaz is the Executive Director of Horizons Children's Centre. She has been working in the field of Early Childhood Education since 1997 as a front line ECE, a Supervisor and a Director. She believes that the relationships we form with all of the people who come in and out of our lives, both personal and professional, shape the person that we ultimately become and that therefore growth and learning is never ending.

Keri Waterman has over 30 years experience within the child care 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 DELIVERY: In-Person

LOCATION:	MCCA 2 - 2350 McPhillips St. Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.	COST:	\$50.00 \$100.00	MCCA Member Non-member
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Performance Coaching

Thursday, November 13, 2025
9:00 am - 3:00 pm

Suitable for: Leaders
PD Hours: 6

This session explores coaching for improved performance. Effective coaching is one of the most important drivers of team member performance. Whether leaders are guiding people toward success in new situations or helping people improve or enhance their work performance, their ability to effectively coach makes the difference between mediocrity and high performance. By helping participants practice the GROW coaching model and effectively build trust in coaching discussions, this session helps leaders have more effective and efficient interactions.

By the end of the session, participants will:

- Identify the behaviours and skills of an effective workplace coach
- Develop the 3 fundamental skills of coaching
- Take away tips for building trust in coaching partnerships
- Apply the GROW model when coaching and developing others
- Know where to start applying new coaching skills for maximum results and impact.

Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.

FACILITATOR: Melenie Olfert has worked as an independent consultant sharing her knowledge and expertise through leadership projects and workplace training. With a background in adult education and training, Melenie is now a published writer, as well as an accomplished speaker on intercultural & diversity in the workplace, human resources and leadership development. Further to her training experience, Melenie is an instructor with the University of Winnipeg, PACE Program, where she teaches in the Leadership Program. She is also the co-facilitator of the Language Interpreter Training Program which supports language diversity in work and community settings. Outside of work, Melenie volunteers in assisting newcomers in preparing for their Canadian citizenship exams.



WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$100.00 MCCA Member
\$200.00 Non-member

Create Your Life

Thursday, November 13, 2025
6:30 pm - 9:00 pm

Suitable for: All
PD Hours: 2.5

A Vision Board is a physical representation of what we want to pursue, grow or change in our lives. Having a visual depiction of our desires and thoughts helps us to manifest them.

I will guide participants to dig deeper into the purpose and importance of the process of Vision Boarding. After this we will create an atmosphere of time and support to allow you to create your unique pieces, and ultimately your unique life.

We will practice techniques to focus our attention and to ask ourselves questions that will guide us to our deeper desires.

Our discussions will explore what a vision board is, why and how to build one, and other resources to help you Create Your Life.

FACILITATOR: **Cas Acland** is a personal development guide & facilitator. She created a consulting business that provides programs & workshops for groups and individuals. Her focus is to dig deeper to remind her workshop participants how awesome they already are. When we focus on the power we have within ourselves we are able to clearly move forward. Success & growth doesn't seem so out of reach. She helps those she works with see a clearer path to move forward & live more mindfully allowing us to make the changes we seek.



WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST:	\$50.00	MCCA Member
	\$100.00	Non-member

Art as Activism: Printmaking for Change at Graffiti Art Gallery

Saturday, November 15, 2025
11:15 am - 3:30 pm

Suitable for: All
PD Hours: 3

In connection with *Redwash*, a powerful group exhibition curated by local Indigenous author and activist Clayton Thomas-Müller, this workshop explores the intersection of art, climate justice, and activism. The exhibit showcases compelling works that speak to the role of art in protest movements and environmental resistance.

Participants will engage in a hands-on **printmaking activity** inspired by the exhibit's themes. Guided by facilitators, attendees will create their own protest-style posters, using print as a medium for expression, resistance, and solidarity.

No prior art experience is required—just a willingness to create, reflect, and imagine a better world through art.

FACILITATOR: The **Graffiti Gallery** in Winnipeg's North End is a vibrant, youth-led art centre and exhibition space that has been transforming urban creativity since 1999. Part of Graffiti Art Programming Inc., the gallery offers free, trauma-informed workshops in visual art, dance, music, and podcasting—empowering young people through accessible arts programming. The gallery hosts six to eight exhibitions annually featuring local, national, and international urban artists, often collaborating with exhibiting artists to facilitate youth-led workshops and gallery tours. Through its inclusive, community-focused approach—melding hip-hop culture with contemporary street art—the Gallery strengthens community cohesion and cultural expression in Winnipeg.

WORKSHOP DELIVERY: In-Person

LOCATION: **Meeting at MCCA**
 2 - 2350 McPhillips St.
 Located in the Royal Bank building on the
 corner of Court Ave. & McPhillips St.

COST:	\$50.00	MCCA Member
	\$100.00	Non-member

We will be taking a school bus from MCCA to Graffiti Art Gallery.
Please arrive at 11:05am to sign in and board the bus.



Intro to Excel

Monday, November 17, 2025
9:00 am - 3:00 pm

Suitable for: Leaders/Bookkeepers
PD Hours: 6

Have you ever started or been working in a job that required Microsoft excel knowledge but weren't sure what to expect or how to get started? Well, this is the course for you!

During this Microsoft Excel Beginner Course - Introduction Excel you will build a solid foundation on which you will be able to learn, grow more and be able build confidence when using this friendly Microsoft program.

This class will provide you the Microsoft Excel basics such as:

- Understanding the Excel Interface and Document Structure
- Entering and Working with Data in an Excel Worksheet
- Formatting Your Excel Data to make it more Presentable
- Working with Formulas and the most common Excel Functions
- Creating and working with Excel Charts to Visually Present Data
- Have time to "Ask the instructor" questions related to Excel

Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.

Note: You must bring a laptop with Excel on it to this session, computers are not provided.

FACILITATOR: Ronald Sarran is proud to share that he was born and raised in Winnipeg and embraces what it takes to brave a Prairie Winter and enjoy our beautiful (yet too short!) summers. He is a graduate of the University of Manitoba with a Bachelor's Degree in Business (Commerce) and Adult Learning & Development (Education). This is an addition to completion of his designation from the Canadian Institute of Management with a Professional Manager's Designation and as a Certified Facilitator from Design Dimensions International (DDI). His current role is the Director, Strategy and Consultant Care with Paradigm Consulting Group where he lead a team of professionals who deliver on their unmatched offer across the organization. The 20+ years of work experience has allowed him to learn about banking, retail, telecom, public sectors management and now consulting. His responsibilities have spanned multi-million-dollar Capital and Operating Expense Programs at Bell MTS, Organizational Initiatives such as the updated Strategic Plan for Economic Development Winnipeg to the development of Leadership Programs across multiple companies. These valuable experiences have led to successful outcomes that can be seen at each of these organizations.



WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the
corner of Court Ave. & McPhillips St.

COST: \$150.00 MCCA Member
\$300.00 Non-member

School Age Networking: Food and School Ager



Monday, November 17, 2025
6:30 pm - 8:30 pm

Suitable for: School Age
PD Hours: 2

Join two experienced school age educators for a collaborative and interactive session focused on the role of food in school age programs. Through group sharing and discussion, we'll explore the many factors to consider when talking to children about food—nutrition, culture, language, autonomy, and more. Come ready to share ideas, ask questions, and reflect on your own practices. This session is all about connection, conversation, and building a thoughtful approach to food with school agers.

FACILITATORS: **Melanie Glaser** is the program supervisor at Seven Oaks Child Day Care Centre. She has been in the field of Early Learning and Child Care for over 30 years. She is passionate about making memories and creating joy with the children.

Arthur (Kris) Mateo is a CCA with four years of experience and graduated with Honours from Red River College's Professional Baking and Pastry Program. His experience as a pastry chef in various restaurants, bakeries, and ultimately as a Food Program Manager fuels his passion to educate others and share his knowledge about food.

WORKSHOP DELIVERY: In-Person

LOCATION:	MCCA	COST:	\$25.00	MCCA Member
	2 - 2350 McPhillips St.		\$50.00	Non-member
	Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.			

Best Choices: Ethics III - B

Wednesday, November 19, 2025
6:00 pm - 9:00 pm

Suitable for: All
PD Hours: 3

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FACILITATORS: **Mariëlla Carr** is the Executive Director at Prairie Children's Centre Inc. She started in the child care field in 1990 and has loved all of her different roles over the years. Mariëlla has been an Ethics Guide since 2008 and is on MCCA's Board of Directors, Ethics Committee and the Public Policy and Professionalism Committees. She is passionate about reconnecting children with nature and inclusive practice.

Keri Waterman has over 30 years experience within the child care 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 DELIVERY: In-Person

LOCATION:	MCCA 2 - 2350 McPhillips St. Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.	COST:	\$50.00 \$100.00	MCCA Member Non-member
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From Greetings to Goodbyes

Thursday, November 20, 2025
6:00 pm - 9:00 pm

Suitable for: All
PD Hours: 3

Child care centres are not just places where children learn and grow; they are also businesses that rely on satisfied families who trust their services. One of the key components of running a successful child care facility is providing exceptional customer service.

This workshop develops and enhances the skills necessary to create trust and build long-lasting relationships. Participants will learn how to adapt their communication style to meet the needs of their internal and external customers and will practice the essential service skills required for great customer service. We'll explore effective ways to train child care staff in customer service to ensure that every family and team member's experience is a positive one.

FACILITATOR: **Melenie Olfert** has worked as an independent consultant sharing her knowledge and expertise through leadership projects and workplace training. With a background in adult education and training, Melenie is now a published writer, as well as an accomplished speaker on intercultural & diversity in the workplace, human resources and leadership development. Further to her training experience, Melenie is an instructor with the University of Winnipeg, PACE Program, where she teaches in the Leadership Program. She is also the co-facilitator of the Language Interpreter Training Program which supports language diversity in work and community settings. Outside of work, Melenie volunteers in assisting newcomers in preparing for their Canadian citizenship exams.



WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$50.00 MCCA Member
\$100.00 Non-member

School Age: Hands on Make & Take



Saturday, November 22, 2025
9:00 am - 12:00 pm

Suitable for: All
PD Hours: 3

Bring creativity and connection to your program through clubs! In this hands-on, make-and-take workshop, educators will explore engaging club ideas for school-age children, try out mini club activities, and leave with ready-to-use plans and materials to start their own clubs right away.

FACILITATORS: **Melanie Glaser** is the program supervisor at Seven Oaks Child Day Care Centre. She has been in the field of Early Learning and Child Care for over 30 years. She is passionate about making memories and creating joy with the children.

Catarina Raposo is an Early Childhood Educator and lifelong learner. With 17 years of experience in the field, she believes that every day brings a new opportunity to learn and grow through our work with children.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$60.00 MCCA Member
\$120.00 Non-member

Let’s Take a Winter Hike: Bois-des-Esprits

Saturday, November 22, 2025
10:00 am - 12:00 pm

Suitable for: All
PD Hours: 2

Part of the forest school ethos is returning to the same natural space in every season.

Join in the discussion of how we can be more present with the natural world and sharpen our senses to the magic of nature. Learning mindfulness practices, participating in sit spots, creative writing and group sharing we will emerge from the forest, grounded, uplifted and inspired to share this gentle path with the children and colleagues in our lives.

“Nature never rushes and everything gets done.”

FACILITATOR: Leah Smith (she/her), After completing her Forest School Practitioner course at FortWhyte in 2016, Leah has brought her passion for nature-based learning everywhere she goes.

With nearly 20 years of experience and an honours diploma in Early Childhood Education, Leah has found inspiration in many settings of early learning. From large centres, to Montessori schools, to private multi-family care, to her own entrepreneurial Forest School sessions along the riverbanks of Winnipeg, her commitment to outdoor child-led curriculum runs deep. Leading workshops on risky play and the forest school ethos for independent childcare centres and professional development conferences has also been a big part of her career in recent years. Leah is a mother of two young teens who love exploring new and familiar places in nature, in their neighbourhood, along with a few annual road trips.



WORKSHOP DELIVERY: In-Person

LOCATION: Bois-des-Esprits
John Bruce Rd Parking Lot



COST:	\$50.00	MCCA Member
	\$100.00	Non-member

MAP AND INSTRUCTION WILL BE EMAILED TO PARTICIPANTS BEFORE WORKSHOP.

Climbing the Shelf Again? How to Create a Successful Infant Room Arrangement

Monday, November 24, 2025
6:30 pm - 8:30 pm

Suitable for: Infant Educators
PD Hours: 2

Creating a safe, nurturing, and stimulating environment is crucial in child care but can be challenging due to the diverse needs of infants. This workshop will guide participants through essential considerations when arranging an infant/toddler room to maintain engagement and interest while addressing developmental needs and challenges. Topics will include:

- Utilizing old materials in a new way
- Toys and materials to offer with little to no budget
- Understanding the WHY behind behaviours and how it impacts the environment
- Meeting the needs of the children and the staff
- Increasing the “Flow” to work smarter, not harder
- Maintaining consistency while offering novelty

Please be prepared to discuss your current room arrangements, including both its advantages and challenges. We will collaborate to develop solutions and innovative ideas that can be easily implemented. Participants will leave with practical strategies to improve their infant room environments, making the space both stimulating and manageable.

FACILITATOR: Jenna Poborsa has been in the child care field for over 20 years, most of it spent with Infants and Toddlers. She has training in Pedagogy and Resource for Infant Educators (RIE philosophy) and is a facilitator for both Circle of Security and Positive Discipline for Everyday Parenting. After lots of experience and learning, she is looking forward to sharing her passion and wealth of knowledge on infant play, interactions, and learning.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the
corner of Court Ave. & McPhillips St.

COST: \$45.00 MCCA Member
\$90.00 Non-member

Best Choices: Ethics II - B

Wednesday, November 26, 2025
6:00 pm - 9:00 pm

Suitable for: All
PD Hours: 3

Important Note: On May 22, 2025, a revised Code of Ethics was ratified by the MCCA membership. As a result, the ethics workshop series will be revised to reflect the new code and include updated content.

Over the next year, the Ethics Committee will offer the original workshop series using the original code for those who would like to complete the series. As such, Part 2, Part 3 and Part 4 will be offered in the fall workshop series, Part 3 and Part 4 in the winter workshop series, and Part 4 will be offered at the MCCA conference in 2026. Regions outside of Winnipeg and groups such as our Francophone community, can contact Karen Kowalski to plan opportunities for your community to complete the original workshop series.

As the original workshops are delivered one final time, a new series will be developed and ready to offer in the Winter of 2027.

In Manitoba and Canada, those who work in early learning and child care 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!

In this second session in your ethical journey, you will be introduced to the MCCA Code of Ethics and understand its benefits. You will also begin to learn the process of ethical decision making. In this session you will receive your personal copy of the Code of Ethics and a handy wallet size card with the principles to keep at your fingertips

FACILITATORS: **Mariëlla Carr** is the Executive Director at Prairie Children's Centre Inc. She started in the child care field in 1990 and has loved all of her different roles over the years. Mariëlla has been an Ethics Guide since 2008 and is on MCCA's Board of Directors, Ethics Committee and the Public Policy and Professionalism Committees. She is passionate about reconnecting children with nature and inclusive practice.

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.

WORKSHOP DELIVERY: In-Person

LOCATION:	MCCA 2 - 2350 McPhillips St. Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.	COST:	\$50.00 \$100.00	MCCA Member Non-member
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Open a Book, Open the World: Promoting Diversity Through Literacy

Thursday, November 27, 2025
6:30 pm - 8:30 pm

Suitable for: Frontline
PD Hours: 2

This workshop is focused on sharing early literacy resources that promote diversity including race, creed, gender, culture, family structures and abilities. Content includes:

- Reviewing the importance of being intentional with the types of early literacy information, tools and strategies we incorporate into our programs
- Exploring concepts to strengthen, support and enhance the fundamentals of literacy while celebrating diverse communities
- Sharing a variety of children's books and related hands-on literacy extension activities that can be integrated into our current environments. These resources will be primarily geared to children ages 2-6 years of age

FACILITATOR: This workshop will be facilitated by a Bookmates Facilitator.



WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$45.00 MCCA Member
\$90.00 Non-member

Gather & Grow: A Lunch & Learn for Family Child Care Providers

Saturday, November 29, 2025
10:00 am - 1:00 pm

Suitable for: FCCP
PD Hours: 3



Join us for a *Lunch & Learn* designed specifically for family child care providers! This engaging session will explore key topics that matter to your practice, including advocacy in early learning, enriching outdoor play, the power of storytelling, and practical strategies for working with school age children.

Enjoy a delicious Olive Garden lunch while networking with fellow providers, sharing ideas, and gaining valuable resources to support your daily work. Whether you're looking to build your voice, bring new energy to your program, or simply connect with others in the field—this event is for you!

FACILITATORS: MCCA's Family Child Care Committee Members.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$45.00 MCCA Member
\$90.00 Non-member



Learning How You Learn

Monday, December 1, 2025
6:00 pm - 9:00 pm

Suitable for: All
PD Hours: 3

Knowing the most effective strategies for **how to learn** can help you maximize your efforts when you are trying to acquire new ideas, concepts, and skills. If you are responsible to train others, this session will also help you match your training style to the person’s learning style based on their previous learning. Perhaps how we learn is also influenced by one’s cultural and generational characteristics as well so this will also be explored.

This session will focus on how to assess your learning style, match others’ learning style, and improve memory strategies. And of course, the best way to learn is by having fun!

FACILITATOR: **Melenie Olfert** has worked as an independent consultant sharing her knowledge and expertise through leadership projects and workplace training. With a background in adult education and training, Melenie is now a published writer, as well as an accomplished speaker on intercultural & diversity in the workplace, human resources and leadership development. Further to her training experience, Melenie is an instructor with the University of Winnipeg, PACE Program, where she teaches in the Leadership Program. She is also the co-facilitator of the Language Interpreter Training Program which supports language diversity in work and community settings. Outside of work, Melenie volunteers in assisting newcomers in preparing for their Canadian citizenship exams.



WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
 2 - 2350 McPhillips St.
 Located in the Royal Bank building on the
 corner of Court Ave. & McPhillips St.

COST:	\$50.00	MCCA Member
	\$100.00	Non-member

The Plain Language Approach

Tuesday, December 2, 2025
9:00 am - 3:00 pm

Suitable for: All
PD Hours: 6

It's frustrating when a carefully prepared document fails to convey its intended message. Requests for clarification and follow-up questions can highlight communication gaps, creating additional work and stress. If you've experienced this, you're not alone. Many people find it hard to write clearly, especially if they were taught that formal, jargon-heavy writing sounds more professional.

This workshop offers practical strategies to make your writing clearer and more effective. You'll learn how to focus on your reader's needs, write strong sentences, and organize information in a way that makes sense. You'll also work with your own documents, get feedback, and participate in hands-on exercises to help you apply your knowledge.

Learning objectives

- Apply language techniques that improve clarity and make your message easy to understand
- Remove jargon and unnecessary words that make your message harder to follow
- Use plain language to connect with your reader and improve accessibility
- Write clear sentences that express your ideas accurately
- Write paragraphs that are easy to read and stay focused on the message
- Format documents so the information is easy to find and follow

This workshop is for anyone who wants to make their writing easier to understand. Whether you're writing emails, reports, or policies, this session will help you remove barriers to communication and reach more people with your message.

Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.

FACILITATOR: Susan Portelance is a consultant and facilitator for Eclectic Communications. After many years in the corporate world, Susan has turned her love of language into a career as a writer, editor and trainer. As an editor, Susan works with her clients to craft effective communications – from newsletters and blogs to eBooks and proposals. Susan brings to the classroom over 20 years of training experience and four years of Toastmasters participation where she has honed her public speaking and leadership skills.

Susan has completed training in adult education, presentation skills and coaching skills. She is certified to deliver presentations, workshops and one-on-one sessions using the EQ-i 2.0 Emotional Intelligence instrument. Susan is also a Certified Training and Development Professional (CTDP).

WORKSHOP DELIVERY: In-Person

LOCATION:	MCCA 2 - 2350 McPhillips St. Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.	COST:	\$100.00 MCCA Member \$200.00 Non-member
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Conflict Management

Wednesday, December 3, 2025
9:00 am - 3:00 pm

Suitable for: Leaders
PD Hours: 6

Conflict is a natural part of any collaborative environment, but how you handle it can make all the difference between productive dialogue and escalating disputes. This workshop is designed to equip you with the essential skills and strategies to effectively navigate and resolve conflicts in both personal and professional settings.

In this interactive and engaging workshop, you will:

- Understand Conflict Dynamics: Learn about the underlying causes of conflict, different conflict styles, and the impact of conflict on teams and relationships
- Develop Communication Skills: Acquire techniques for active listening, clear expression, and assertive communication that can help de-escalate tensions and foster mutual understanding
- Implement Conflict Resolution Strategies: Explore practical strategies such as negotiation, mediation, and problem-solving to address conflicts constructively and reach win-win solutions
- Practice Real-World Scenarios: Participate in role-playing exercises and case studies to apply the concepts and skills learned, gaining hands-on experience in managing conflicts effectively
- Enhance Emotional Intelligence: Build self-awareness and empathy to better understand and manage your own emotions and those of others during conflicts

By the end of the workshop, you'll have a comprehensive toolkit to approach conflicts with confidence and turn potential disagreements into opportunities for growth and collaboration.

Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.

FACILITATOR: Ronald Sarran is proud to share that he was born and raised in Winnipeg and embraces what it takes to brave a Prairie Winter and enjoy our beautiful (yet too short!) summers. He is a graduate of the University of Manitoba with a Bachelor's Degree in Business (Commerce) and Adult Learning & Development (Education). This is an addition to completion of his designation from the Canadian Institute of Management with a Professional Manager's Designation and as a Certified Facilitator from Design Dimensions International (DDI). His current role is the Director, Strategy and Consultant Care with Paradigm Consulting Group where he lead a team of professionals who deliver on their unmatched offer across the organization. The 20+ years of work experience has allowed him to learn about banking, retail, telecom, public sectors management and now consulting. His responsibilities have spanned multi-million-dollar Capital and Operating Expense Programs at Bell MTS, Organizational Initiatives such as the updated Strategic Plan for Economic Development Winnipeg to the development of Leadership Programs across multiple companies. These valuable experiences have led to successful outcomes that can be seen at each of these organizations.



WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$150.00 MCCA Member
\$300.00 Non-member

Handle with Care: Building Block 9 - Environments

Saturday, December 6, 2025
9:00 am - 12:00 pm

Suitable for: Front Line
PD Hours: 3

In this building block in the Handle with Care series we will explore how the centre setting is an important factor in promoting children's mental health. Typically, emphasis is on the basic physical condition of centres with regard to safety. While this is critical, many other aspects of the physical environment also contribute to children's social and emotional development. During the workshop we will explore what events and experiences children have at the centre and what aspects of a centre spaces affect children in their daily life at the centre.

FACILITATOR: Michele Grant has been a dedicated member of the early learning and care community for over 40 years. A passionate advocate for high-quality child care, she is committed to ensuring that all children receive the support they need to thrive. Michele has been actively involved in promoting Handle with Care, a program focused on fostering the mental health of children ages 0–6 in community-based child care settings. Through this work, she supports educators with practical strategies to nurture children's emotional well-being and development.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$50.00 MCCA Member
\$100.00 Non-member

Deck the Halls – Holiday Greenery Box

Saturday, December 13, 2025
11:00 am - 2:00 pm

Suitable for: All
PD Hours: 3

Get into the festive spirit with an afternoon of hands-on holiday cheer! Join Kaitlyn from Wood N Knots, for a joyful and creative workshop where you'll craft your very own stunning holiday display.

You'll decorate your own 10" x 10" x 6" wooden box and fill it with fresh, fragrant holiday greens—perfect for sprucing up your home or gifting to someone special. No experience needed—just bring your holiday spirit and we'll provide the rest!



All materials included.

WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2 - 2350 McPhillips St.
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

COST: \$65.00 MCCA Member
& Non-member

ONLINE WORKSHOP



Preventing Disruptive Behaviours in the Early Years

October 2 – 22, 2025

Suitable for: Frontline
PD Hours: 12

This workshop offers a variety of content (videos, readings, links, reviews, discussions) from the Encyclopedia on Early Childhood Development and the Science of Early Child Development (SECD). The workshop content is completely online and available to participants for the duration of the workshop. There are weekly expectations and participants have complete flexibility to work through the materials at times that are most convenient for them.

Participants will watch videos of children, hear from experts discussing the topics, do short readings and play interactive review games. Participants will have the opportunity to reflect on their learning by answering questions and responding to other participants' posts in an online discussion forum. Online forum discussions happen over the course of each week and participants post and reply at times that suit them.

Topics include:

- Types of aggressions and how children use them
- Typical evolution of aggression and how to identify children at risk of persistent aggressive behaviour
- Peaceful strategies to replace disruptive behaviours
- Self-control and social skills
- Quality early learning environments to help prevent disruptive behaviours

This is equivalent to a two-day workshop, or **twelve hours** of professional development.

Participants should have a reliable internet connection and be comfortable reading and writing in English.

FACILITATOR: A member of the SECD team at Red River College Polytechnic will assist and support participation and online learning.

WORKSHOP DELIVERY: Online

COST:	\$180.00	MCCA Member
	\$360.00	Non-member

ZOOM WORKSHOPS

POLICIES FOR ZOOM WORKSHOPS

- Please click on the zoom link 10 - 15 minutes before the workshop begins. Our zoom workshop hostess will begin admitting participants in at that time.

- Zoom workshops are live workshops that require participants to keep their video on the entire time.

- Upon entering the workshop everyone will be muted to minimize background sounds. If you wish to make a comment or ask a question you can unmute yourself or comment in the chat feature.

- Please name your device with your full name so that we can check you off on the attendance. We don't know who you are if it just says iPhone 10 or iPad. We want to make sure we have verified your attendance so that you will receive a certificate.



- After the workshop you will be sent a link to complete a workshop evaluation using Survey Monkey. Please do the evaluation within 48 hours.
- Certificates of Participation will be emailed to participants after 75% of participants have completed the evaluation.
- If for any reason we cannot identify who you are, we will need to remove you from the workshop. Unfortunately you will not be let back into the workshop, will not receive a certificate and will not be refunded.
- The zoom link we send is only for you. It should not be shared and other people should not be listening to the workshop who have not registered.
- If two or more people are registered and sharing one screen, please let the host/hostess know. It is recommended that each person is on their own device.
- The zoom link is sent out at least 24 hours to the workshop start time. If you have not received the zoom link contact MCCA by 3:00pm so that we can send you the link.

Discovering Loose Parts and Upcycled Materials with Toddlers: Fostering Creativity, Fine Motor Skills, and Cognitive Growth

Monday, October 6, 2025
6:30 pm - 8:30 pm

Suitable for: Front Line
PD Hours: 2

This interactive and inspiring session is designed to support educators in exploring how everyday items and up-cycled materials can create engaging learning opportunities for toddlers.

What You Will Learn:

- The benefits of incorporating loose parts and upcycled materials in toddler programs
- Strategies for creating engaging invitations that spark curiosity and creativity
- How to foster fine motor skill development and support cognitive growth through open-ended play
- Tips for creating sustainable and eco-friendly learning environments

This session is ideal for educators who want to expand their understanding of how simple, everyday items can lead to profound learning experiences for toddlers. You will leave with practical ideas to implement in your program right away, along with inspiration to spark children's imaginations and curiosity.

I look forward to learning and growing with you in this exciting workshop.

FACILITATOR: Julie Hansen has been an Early Childhood Educator for 24 years, having received her Diploma in Early Childhood Education from Douglas College. Since then, she has gained experience in a variety of areas within the field of Early Childhood Education: Director of a preschool, supervisor of after-school care as well as 3-5 and Infant Toddler programs and centre management. Her primary focus has evolved to encompass team leadership, management training and program development. She has had articles published in provincial and national ECE journals on the topic of emergent curriculum and leadership. Her goal as an Early Childhood Educator and facilitator is to support fellow educators and early years professionals in providing high-quality early learning experiences for children and families.



WORKSHOP DELIVERY: Zoom



COST:	\$45.00	MCCA Member
	\$90.00	Non-member



Workshops begin promptly at
the start time, please ensure you have
joined the Zoom workshop 10 minutes
prior to the start time.

Administrator’s Guide to Hiring and Onboarding Now What: Supporting Educators in Their First Three Months - PART 2 -

Wednesday, October 8, 2025
9:00 am - 11:00 am

Suitable for: Leaders
PD Hours: 2

This workshop is designed for administrators seeking to enhance their hiring and onboarding processes in the first three months for new educators. We will explore effective strategies for goal setting, professional development, and empowering educators during their critical first three months. Participants will learn how to:

- Acknowledge and celebrate growth in new hires
- Foster strong communication and connections with children, families, and co-educators
- Implement policies and procedures that promote program buy-in
- Encourage initiative and active participation in the learning environment

Join us to equip yourself with the tools and insights needed to support and guide new educators, ensuring a smooth transition into their roles and promoting a thriving educational community.

FACILITATORS: **Carla Ward** is an Early Childhood Educator, speaker, podcaster, and consultant with over 20 years of experience in the profession. She is the founder of *The Everything ECE Podcast*, *The ECE Latte Lounge* membership, and *ECE Podcast Academy*, where she empowers educators to elevate their practice and their voices.

Carla is known for her engaging workshops, real-talk training sessions, and advocacy for professionalism and joy in Early Childhood Education. Whether she’s speaking on stage, teaching online, or behind the mic, she brings practical insights, a deep respect for educators, and a passion for reshaping the way the world sees ECE.

Julie Hansen has been an Early Childhood Educator for 24 years, having received her Diploma in Early Childhood Education from Douglas College. Since then, she has gained experience in a variety of areas within the field of Early Childhood Education: Director of a preschool, supervisor of after-school care as well as 3-5 and Infant Toddler programs and centre management. Her primary focus has evolved to encompass team leadership, management training and program development. She has had articles published in provincial and national ECE journals on the topic of emergent curriculum and leadership. Her goal as an Early Childhood Educator and facilitator is to support fellow educators and early years professionals in providing high-quality early learning experiences for children and families.

Part I was offered in fall of 2024. You can attend Part II if you didn’t attend Part I.

WORKSHOP DELIVERY: Zoom



COST:

\$60.00

\$120.00

MCCA Member

Non-member

Exploring our Image of Child

Tuesday, October 14, 2025
6:30 pm - 8:30 pm

Suitable for: Front Line
PD Hours: 2

Exploring the image of the child, educator, and what we think about learning is important in understanding our expectations and changing societal perspectives on our work. What we think will impact each of our pedagogical choices, whether we are aware of it or not. In this workshop, educators will:

- Take time to revisit our and share our child care philosophy
- Think deeply about the biases that may be impacting their practice
- Discuss ways that we can communicate the importance of our work to others

FACILITATOR: Ana Valle Rivera is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007, Ana has worked with children and families with complex needs using inclusive and trauma-informed approaches. Ana has a background in ECE, a Bachelor's Degree in Child & Youth Care, and is currently completing a Master's Degree in Professional Education in ECE.



WORKSHOP DELIVERY: Zoom



COST:	\$45.00	MCCA Member
	\$90.00	Non-member

**The Best Practices Licensing Manual recommends
24 hours of professional development
for Directors, ECEs, and CCAs.**

Parents and Professionals as Partners: Building our Village (and keeping it!)

Wednesday, October 22, 2025
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

Explore family centred practice, as well as the importance of supporting professionals to build holistic communities of care. This workshop will discuss the various roles involved in supporting children, strategies for talking to parents about tricky moments, how we can encourage collaboration with home, as well as how to build & maintain community partnerships.

FACILITATOR: **Monica Maddison** has compiled 14 years of her professional practice (as a therapist, college instructor, director of specialized education, consultant, and educator...) into understandable, actionable, and engaging workshops and Keynote sessions for educators to not only better understand neurodiversity, but to gain confidence in creating inclusive classroom spaces. Educators are encouraged to challenge their past bias, engage with up-to-date research, and develop their individual educational philosophies.

WORKSHOP DELIVERY: Zoom



COST:	\$45.00	MCCA Member
	\$90.00	Non-member

Virtual School Age Networking: Leadership in School Age Programs



Thursday, October 23, 2025
6:30 pm - 8:30 pm

Suitable for: School Age Educators
PD Hours: 2

Through collaborative conversation and networking, participants will share experiences, challenges, and practical ideas to strengthen programming, build meaningful relationships, and foster belonging for all children, especially those who are aging out of traditional care models. Come ready to connect, reflect, and lead with intention.

FACILITATORS: **Amanda Ament** has been working in childcare for over 14 years. Amanda is an ECE III, the Supervisor of 3 school-age programs, an ECE Program Course Instructor and Practicum Instructor at Robertson College. She also serves on the MCCA School-Age Committee. She LOVES working with school-age children and have spent the bulk of her career with that age group. Music, cooking, and gardening are some of her biggest passions, so she is always trying to incorporate them into her practice as an educator. She is very passionate about childcare and about creating safe, inclusive, and exciting environments for children to learn through play. Her personal motto when it comes to child care is... "Why not?"

Noelle Pallson is an Early Childhood Educator and a member of the MCCA School Age Committee. She works at Seven Oaks Child Daycare Centre as the School Age Site Supervisor.

Melanie Glaser is the program supervisor at Seven Oaks Child Day Care Centre. She has been in the field of Early Learning and Child Care for over 30 years. She is passionate about making memories and creating joy with the children.

WORKSHOP DELIVERY: Zoom



COST:	\$25.00	MCCA Member
	\$50.00	Non-member

Every Child Belongs: Advancing Inclusion in Early Childhood Programs

Thursday, October 30, 2025
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

This workshop is the fourth of five in a series developed to support and enhance inclusive practices. The last of the series will be presented in the spring of 2026. We embrace inclusion and celebrate diversity as the means to foster the well-being of every child and thereby enrich our communities. All are entitled to full participation and support to meet their individual needs using a strength based, family centred approach, whereby we all learn from each other.

In this interactive workshop, participants will explore practical, strength-based strategies to support meaningful inclusion in early childhood settings. Designed in partnership with the Manitoba Child Care Inclusion Committee, the Manitoba Child Care Association, and Early Learning and Child Care Program, this session offers a deep dive into:

1. What inclusion really looks like in practice
2. The benefits of inclusive programs for children, families, and staff
3. Common barriers to inclusion and how to overcome them
4. Collaborative approaches to working with families and professionals
5. Using observations to foster and ensure inclusivity in your programs

Participants will engage in breakout discussions, explore real case studies, and leave with actionable tools to support inclusion in their own programs.

Whether you're a seasoned educator or just beginning to adapt your program to be more inclusive, this session offers practical insight, shared experiences, and a reaffirmation that every child belongs.

This session is one of five workshops that has been developed in partnership by the Manitoba Child Care Inclusion Committee, Manitoba Child Care Association, and the Manitoba Early Learning and Child Care Division. The workshops are fully funded by the federal government as part of the Canada-Wide Early Learning and Child Care Agreement.

FACILITATORS: **Donna Freeman** brings over 40 years of experience in Early Learning and Child Care with a strong focus on inclusive practices. She has been a dedicated member of the Manitoba Childcare Inclusion Committee since 2003 and currently serves as its Co-Chair. Donna also contributes internationally as part of the Leadership Team for the World Forum Working Group on Including Children with Special Needs. As the Executive Director of Discovery Children's Centre, Donna leads with a commitment to equity, belonging, and accessibility for all children. Her work reflects a deep passion for fostering inclusive environments where every child can thrive. Donna's workshops are rooted in real-world experience and informed by her longstanding leadership in both local and global inclusion initiatives.

Gerrie Stolz is a classified Early Childhood Educator III with years of experience in a variety of roles in the field of early childhood education. She started her career working with infants and preschoolers, was an instructor in the Early Childhood Education Program at Red River College and spent the majority of her career as a Quality Enhancement Specialist for the Manitoba Early Learning and Child Care program. The past five years she was the director at River Road Child Care, and recently accepted a position as a Resource Developer in the Science of Early Childhood Development at Red River College, in the Research and Innovation Unit.

WORKSHOP DELIVERY: Zoom



COST: FREE - Limit 2 per centre

Unleashing the Power of Children’s Interests Through Documentation

Monday, November 3, 2025
6:30 pm - 8:30 pm

Suitable for: Front Line
PD Hours: 2

This workshop is for educators who work in early learning spaces where curriculum is co-created with children. In this workshop, ECEs will use a framework to observe, reflect, and respond to children’s interests and inquiries. This same framework will support educators in creating documentation that reflects the emergent curriculum. In this workshop, educators will:

- Reflect on team communication and cohesion strategies when it comes to curriculum planning
- Be given practical strategies for working with emergent curriculum and documentation
- Brainstorm descriptive, inclusive, and engaging language to make children’s learning visible

FACILITATOR: **Ana Valle Rivera** is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007, Ana has worked with children and families with complex needs using inclusive and trauma-informed approaches. Ana has a background in ECE, a Bachelor’s Degree in Child & Youth Care, and is currently completing a Master’s Degree in Professional Education in ECE.



WORKSHOP DELIVERY: Zoom



COST:	\$45.00	MCCA Member
	\$90.00	Non-member

Understanding Time Management for Early Years Administrators

Tuesday, November 4, 2025
9:00 am - 11:00 am

Suitable for: Leaders
PD Hours: 2

This workshop is designed for early years administrators to gain a comprehensive understanding of how managers in early childhood education settings allocate and manage their time. Participants will explore the various responsibilities and tasks that managers juggle, providing insight into the complexities of managerial roles and how administrators can support effective time management.

Objectives:

- To understand the key responsibilities of early years managers
- To identify common time management challenges faced by managers
- To explore strategies that managers use to prioritize and manage their tasks effectively
- To discuss ways administrators can optimize their time
- Effective communication and feedback mechanisms
- Encouraging a culture of collaboration and support

FACILITATORS: **Carla Ward** is an Early Childhood Educator, speaker, podcaster, and consultant with over 20 years of experience in the profession. She is the founder of *The Everything ECE Podcast*, *The ECE Latte Lounge* membership, and *ECE Podcast Academy*, where she empowers educators to elevate their practice and their voices.

Carla is known for her engaging workshops, real-talk training sessions, and advocacy for professionalism and joy in Early Childhood Education. Whether she's speaking on stage, teaching online, or behind the mic, she brings practical insights, a deep respect for educators, and a passion for reshaping the way the world sees ECE.

Julie Hansen has been an Early Childhood Educator for 24 years, having received her Diploma in Early Childhood Education from Douglas College. Since then, she has gained experience in a variety of areas within the field of Early Childhood Education: Director of a preschool, supervisor of after-school care as well as 3-5 and Infant Toddler programs and centre management. Her primary focus has evolved to encompass team leadership, management training and program development. She has had articles published in provincial and national ECE journals on the topic of emergent curriculum and leadership. Her goal as an Early Childhood Educator and facilitator is to support fellow educators and early years professionals in providing high-quality early learning experiences for children and families.

WORKSHOP DELIVERY: Zoom



COST:	\$60.00	MCCA Member
	\$120.00	Non-member

Procrastination, Phones & Foggy Brains: How to Focus a Distracted Mind

Monday, November 10, 2025
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

In a world where notifications never stop and our to-do lists keep growing, it's no wonder our attention feels scattered. Many child care professionals find themselves overwhelmed, not just by external demands, but by internal mental noise that makes it hard to focus, prioritize, and recharge. Whether it's procrastination, phone fatigue, full inboxes or that all-too-familiar "foggy brain" feeling, this session is designed to help by working with your brain, not against it. Grounded in neuroscience and infused with practical tools we'll explore how to create space and use strategy for clarity and focus, even on the busiest of days.

In this interactive session, participants will learn how to:

- Understand the brain science behind distraction and why focus feels harder in today's world.
- Identify personal habits that contribute to procrastination and mental fatigue, and learn how to gently shift them.
- Explore tools and techniques to reduce digital overwhelm, especially when technology is both our lifeline and distraction.
- Learn how to reset a foggy brain using simple self-regulation strategies that restore clarity and calm.
- Walk away with a personalized focus toolkit to support attention, energy, and presence, on and off the job.

FACILITATOR: Shannon Gander is a "go-to" mental health and resilience expert and long-time facilitator with MCCA.

Having spent her career in the health profession, Shannon understands what it's like to work on the edge of burnout. She has also worked with multiple clients whose stress has impacted their ability to work and has contributed to short and long-term disability. Shannon is highly motivated to prevent this by equipping individuals and teams with skills for thriving through stress and preventing burnout. She also demonstrates how everyone can contribute to healthy organizational culture for better health, engagement and safety at work.



Drawing on her academic background in counselling, corporate health and conflict mediation, Shannon leaves participants with portable skills and practical strategies to apply right away from the boardroom, classroom, to the kitchen table.

Shannon is one of the authors in the book: *Teacher Take Care – a guide to well-being and workplace wellness for educators*. When not presenting, Shannon works in her private counselling practice in Winnipeg, Manitoba.

WORKSHOP DELIVERY: Zoom



COST:	\$45.00	MCCA Member
	\$90.00	Non-member

The Truth About Adult Sleep Struggles – and How to Finally Fix Yours

Tuesday, November 18, 2025
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

Reducing caffeine, limiting screen time, and sticking to a bedtime routine are all helpful habits that support better sleep. But for many adults, especially those struggling with persistent sleep issues, they're not always enough.

If you've done "all the right things" and still find yourself wide awake in the middle of the night, you're not alone.

In this webinar, you'll learn why common sleep tips (a.k.a. sleep hygiene) often fall short, and what most adults are missing when it comes to truly restful sleep.

Whether you're dealing with chronic insomnia or just want to wake up feeling more refreshed, this webinar will give you practical tools and fresh insight to support your sleep, starting tonight.

FACILITATOR: Alyssa Bietz is a wife, mom of three, coffee lover, and Certified Adult Sleep Consultant. With a background in Kinesiology and years working in health and wellness, her passion for sleep deepened after becoming a mom and experiencing sleep deprivation firsthand. That led her to sleep consulting — first for children, and now exclusively for adults. Alyssa works with tired, frustrated adults who are doing *all the right things* but still can't sleep. She helps adults learn to fall asleep faster and stay asleep longer so they finally have energy for the things they love in life!



WORKSHOP DELIVERY: Zoom



COST:	\$45.00	MCCA Member
	\$90.00	Non-member

Lighting up the Outdoors: Flashlight Adventures of Children

Tuesday, November 25, 2025
6:30 pm - 8:30 pm

Suitable for: Frontline
PD Hours: 2

Flashlights can be so magical for play, learning and discovery - they bring endless possibilities to children's outdoor play. This workshop is intended to shine a light on creativity, exploration, and ways of connecting play, light and environmental conditions to the enchanting world of flashlights in outdoor play.

FACILITATOR: Dr. Beverlie Dietze is passionate about advancing children's opportunities to engage in outdoor experiences. She is the author of ten textbooks related to play and children's programming and has several peer-reviewed articles published on early childhood and adult education topics. She is the publisher and Editor-in-Chief of the Canadian *Play Outdoors* magazine.

WORKSHOP DELIVERY: Zoom



COST:	\$45.00	MCCA Member
	\$90.00	Non-member

Going Beyond Passive Inclusion: Supporting and Welcoming all Children and Families

Tuesday, December 2, 2025
6:30 pm - 8:30 pm

Suitable for: Frontline
PD Hours: 2

This interactive workshop will require participants to engage in a lively discussion. In this workshop, participants will discuss inclusion capacity building in a way that decenters the child, challenges deficit narratives, and supports educators in developing strength-based practices. In this workshop, participants will:

- Discuss what educators find challenging and brainstorm solutions
- Learn about the role of child development and how it impacts the image of the child
- Reflect on three categories of inclusion: active inclusion, passive inclusion, and active exclusion

FACILITATOR: Ana Valle Rivera is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007, Ana has worked with children and families with complex needs using inclusive and trauma-informed approaches. Ana has a background in ECE, a Bachelor's Degree in Child & Youth Care, and is currently completing a Master's Degree in Professional Education in ECE.



WORKSHOP DELIVERY: Zoom



COST: \$45.00 MCCA Member
\$90.00 Non-member

21st Century Skills and the Importance of Play

Wednesday, December 3, 2025
6:30 pm - 8:30 pm

Suitable for: Frontline
PD Hours: 2

The development of 21st century skills begin in early childhood. Advocates for children's play indicate the importance of integrating 21st century skills that are anchored in the 4cs – critical thinking, collaboration, communication and creativity - into early learning programs to support children in building these skills that they will draw upon as part of their life journey. This session will provide examples of how children's environments can incorporate opportunities for children to be exposed to 21st century skills through their play.

FACILITATOR: Dr. Beverlie Dietze is passionate about advancing children's opportunities to engage in outdoor experiences. She is the author of ten textbooks related to play and children's programming and has several peer-reviewed articles published on early childhood and adult education topics. She is the publisher and Editor-in-Chief of the Canadian *Play Outdoors* magazine.

WORKSHOP DELIVERY: Zoom



COST: \$45.00 MCCA Member
\$90.00 Non-member

Pedagogy and Plan: Innovative Program Planning Through YES Spaces

Monday, December 8, 2025
6:30 pm - 8:30 pm

Suitable for: Frontline
PD Hours: 2

In this workshop, we will introduce YES Spaces as a transformative framework for program planning. Explore how observation, documentation, and provocations for learning can create environments that foster curiosity, engagement, and meaningful learning experiences.

By the end of the workshop, participants will

- Understand the principles of YES Spaces in program planning
- Learn techniques to enhance observation and documentation
- Know how to design environments that spark exploration
- Understand how to use provocations to promote inquiry-based learning
- Gain actionable strategies to align pedagogy with innovative planning

FACILITATOR: **Carla Ward** is an Early Childhood Educator, speaker, podcaster, and consultant with over 20 years of experience in the profession. She is the founder of *The Everything ECE Podcast*, *The ECE Latte Lounge* membership, and *ECE Podcast Academy*, where she empowers educators to elevate their practice and their voices.

Carla is known for her engaging workshops, real-talk training sessions, and advocacy for professionalism and joy in Early Childhood Education. Whether she’s speaking on stage, teaching online, or behind the mic, she brings practical insights, a deep respect for educators, and a passion for reshaping the way the world sees ECE.

WORKSHOP DELIVERY: Zoom



COST:	\$45.00	MCCA Member
	\$90.00	Non-member

Exploring Trends and Technology in Before and Afterschool Programs

Tuesday, December 9, 2025
6:30 pm - 8:30 pm

Suitable for: School Age
PD Hours: 2

Stay ahead of the curve by exploring how emerging trends and technology can elevate the experiences of children in before and after-school programs. This dynamic session invites educators and program leaders to rethink how innovation can be used to enrich learning, build critical skills, and spark joy.

Participants will:

- Discover new trends shaping school-age care, from maker spaces and digital storytelling to social-emotional learning apps and inclusive tech tools
- Learn how to integrate age-appropriate technology in a way that supports creativity, collaboration, and inquiry-based learning
- Gain practical strategies for balancing tech with hands-on, play-based experiences
- Explore accessible, budget-friendly tech solutions and community partnerships that enhance programming without overwhelming staff or resources
- Reflect on their current practices and identify next steps for embracing innovation with confidence

Whether you are tech-savvy or just getting started, this workshop will leave you inspired and equipped to use technology meaningfully and mindfully in your program.

FACILITATOR: **Jamie Wagler** is the founder of Miss Jamie Consulting. She brings over 14 years of experience in the early learning sector as a Registered Early Childhood Educator and Ontario Certified Teacher. Jamie’s work spans leadership, mentorship, and adult education, she is currently the Supervisor of Stratford Cygnets Preschool, a part-time college professor, the host of *The Forgotten ECE* podcast and a consultant/workshop facilitator.

As a workshop facilitator, she specializes in empowering educators with hands-on, engaging, and meaningful professional learning experiences that are rooted in play-based practices, inclusive approaches, and practical tools for immediate implementation. I’m particularly passionate about supporting school-age educators, enhancing professional well-being, and integrating innovative strategies like American Sign Language, social-emotional learning, and nature-based pedagogy into early learning environments.

WORKSHOP DELIVERY: Zoom



COST:

\$45.00

\$90.00

MCCA Member

Non-member

From Values to Action: Anchor Your Caregiving Practice

Thursday, December 11, 2025
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

This interactive workshop empowers early childhood educators to explore their beliefs and values and align them with their caregiving practices for greater authenticity, consistency, and professionalism. Participants will reflect on how values shape their relationships with children, the role of the educator, learning environments, and self-care practices. By the end of the workshop, educators will gain clarity, practical strategies, and an actionable plan to enhance their impact and well-being.

FACILITATOR: **Cathy Belgrave** is an Early Childhood and Elementary Educator with over 25 years of experience. As the host of *The Intentional ECE* podcast and founder of *Creative Studio for Children*, she is passionate about helping educators feel confident and inspired in their teaching. She support educators in aligning their values and their teaching practices through thoughtful reflection and practical, actionable strategies.

WORKSHOP DELIVERY: Zoom



COST:

\$45.00

\$90.00

MCCA Member

Non-member

FALL 2025 PROFESSIONAL DEVELOPMENT WORKSHOPS

REGISTRATION PROCEDURES & POLICIES

- You must be a personal member of MCCA to qualify for member pricing. To confirm your membership number check your card or ask your director.
- Please check our website to see which workshops are full or have been postponed/cancelled.
- Your registration will not be processed unless we have received your completed registration form detailing sessions you would like to be registered for with payment enclosed. We do not invoice for workshops.
- Telephone, faxed registrations and post dated cheques will not be accepted.
- Registration deadline is one day prior to each session unless otherwise indicated.
- Methods of Payment:
Cheque, Visa, MasterCard are accepted. Interac is available for in person registration. If paying by cheque, mail your registration form and payment to:

**Manitoba Child Care Association
2 - 2350 McPhillips Street
Royal Bank Building
Winnipeg, Manitoba R2V 4J6**

If you are paying by credit card then you must register online. Go to mccahouse.org and click on the professional development button, select workshops, and then click on the link for online registration. Please avoid using auto-fill.

- Receipts will be emailed.
- If you are unable to attend a workshop that you have registered for and would like to send someone in your place (must be from the same centre and must be a replacing a member) email Debbie Crampton before 3:00 pm prior to the workshop at dcrampton@mccahouse.org. Debbie's direct line is 204-336-5065. We require the name and email of the replacement so that the Zoom link, any handouts, and certificate can be sent to the new person attending.
- There are no workshop refunds and this includes if the participant misses the workshop.
- To replace a "Certificate of Participation" the cost is \$10.00.
- Participants for Zoom workshops will receive a certificate of participation via email once 75% of participants have completed the workshop survey. Participants for in-person workshops will receive a paper certificate at the workshop.
- A reminder, for in person workshops will be emailed 2 days before the workshop.
- If enrollment for any workshop is insufficient, MCCA reserves the right to cancel or reschedule it. In such instances, registrants will be notified and the fee refunded.
- In the event that weather prevents a participant (from outside of Winnipeg) from attending a workshop, a workshop credit will be granted if Environment Canada has recommended that a specific highway not be travelled on or is closed. A workshop credit allows the transfer of money from one workshop towards a future workshop and must be used in the same calendar year.
- If a workshop is cancelled due to weather, we will call/email to advise you the workshop is cancelled.
- If you are ill please do not attend your in person workshop, send a substitute.
- We reserve the right to change the workshop location. Registrants will be notified by phone or email.