

2026 WINTER/SPRING 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 Winter/Spring Workshop Series

Welcome to our winter/spring workshop series. We are so excited to offer you over 49 professional development opportunities to further your professional learning. We continue to offer 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. 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 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. Please note the workshop format, 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 by date for each type.

In-Person Workshops (pages 7 - 28): Most of these will be held at MCCA. Please watch for the finger icon.  This indicates that the location is elsewhere.

Zoom Workshops (pages 30 - 35): 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.

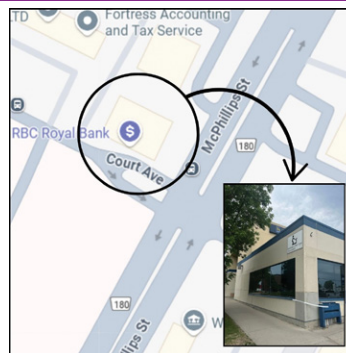
*If email addresses are missing or incomplete, registration will not be processed. The email address must be for the person who is wanting to attend the workshop.

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 36.

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

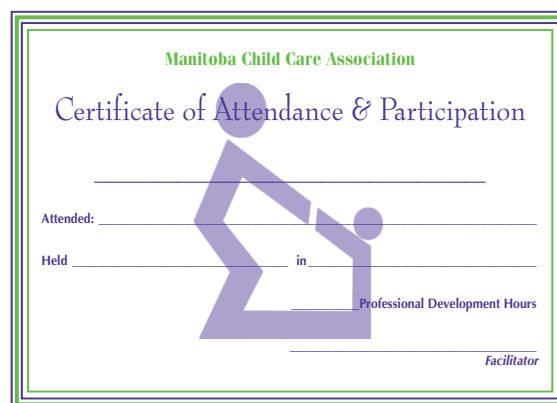
Please ensure when you register someone for a workshop the name is spelled correctly. The way it is entered will be how it will appear on the certificate. Errors made by the person completing the registration online or on paper will result in a \$10.00 charge to have a new certificate issued.

Certificates are issued in person or electronically depending on workshop delivery. 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 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 allow 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 36 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 sends out a courtesy reminder 2 days prior to your workshop. 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 2025, MCCA has organized over 30 personalized PDs for programs throughout Manitoba. The most popular workshop topic is Team Building and Respectful Workplaces.

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.**

Create Your Own Puppet

Monday, February 2, 2026
6:30 pm - 8:30 pm

Suitable For: All
Hours: 2

Choose a blank full body 26" puppet and choose what features you want to add. Learn how to attach eyes, nose, hair, and clothing.

Have fun creating your own character that you can use as a teaching tool, story teller, or a communication tool for talking to kids.

FACILITATORS: Kara and Curtis Nordstrom are a husband-and-wife team. When they first met, they asked each other "what would you do if money weren't an option?" Curtis wanted to make comic strips and quit his current job to do it full time. So, they made it happen. The next day he quit his job and started making comic strips.

Kara said she wanted to build puppets for a living but was terrible at it. Curtis got her to make him one and he was so proud of the really ugly puppet he made, that he posted it on Facebook. That gave her the confidence she needed. About three years ago they made it possible for Kara to quit her job and now they do these passions together full time.



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

WATCH FOR THIS!



IT MEANS THE WORKSHOP LOCATION IS NOT AT THE MCCA.

The Power of Sound

Tuesday, February 3, 2026
6:30 pm - 7:30 pm

Monday, June 1, 2026
6:30 pm - 7:30 pm

Suitable for: All

PD Hours: 1

Discover sound bath's transformative power. Immerse yourself in a full-body meditative experience involving the use of crystal singing bowls. The crystal singing bowls produce alluring sounds that fill the room; bathing participants mind, body and spirit.

What to expect:

During a sound bath session, participants lie down comfortably on a yoga mat or sit comfortably on a meditation pillow while the facilitator plays the crystal singing bowls. The resonant sounds produced by the bowls help to synchronize brain waves, producing a deep state of calmness; reducing stress, anxiety, improving sleep and overall physical and emotional well-being.

What you need:

- Yoga Mat/Blanket for comfort
- Pillow for comfort (optional)

FACILITATOR: Chantal Ramos is a compassionate registered nurse with a baccalaureate degree in nursing, she has always been drawn to holistic approaches to healing. When she discovered sound healing in 2023, she was captivated by its transformative power. The resonant tones of the crystal bowls spoke directly to her soul, and she knew she had to share this gift with others. Now, as a certified sound bath practitioner, she combines her nursing background with her passion for sound healing to create immersive experiences that nurture body, mind, and spirit. With additional certifications in spin, step, and yoga (230hr RYT), she is dedicated to helping others find balance and harmony in their lives. She is thrilled to share her knowledge and experience and guide you through you the power of sound.

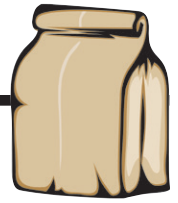


WORKSHOP DELIVERY: In-Person

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

COST: \$15.00 MCCA Member (each)
\$30.00 Non-member (each)

Directors Lunch ‘N Learn



Suitable for: Leaders (Directors & Assistant Directors)

Please join us for lunch!

Wednesday, February 4, 2026

Wednesday, April 15, 2026

Tuesday, June 9, 2026

11:15 am - 2:00 pm



11:15 am - 2:00 pm



11:15 am - 2:00 pm



Location: The Gates on Roblin
6945 Roblin Blvd.

Location: The Pavilion at Assiniboine
55 Pavilion Cres.

Location: Niakwa Country Club
620 Niakwa Rd.

Topic: Director’s Desk

Topic: TBA

Topic: TBA

Speaker: Lyndsay Seafoot
Curbridge Consulting

Speaker: TBA

Speaker: TBA

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 is MCCA’s Assistant Executive Director/Director of Professionalism.

WORKSHOP DELIVERY: In-Person



COST: \$65.00 MCCA Member (each)
\$130.00 Non-member (each)

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.

Pedagogical Leader: Community of Practice

Suitable for: Leadership

Thursday, February 5, 2026

9:00 am - 12:00 pm



Location: Discovery Children's Centre

PD Hours: 3

COST: \$35.00 MCCA Member
\$70.00 Non-member

Thursday, April 9, 2026

9:00 am - 12:00 pm



Location: Discovery Children's Centre

PD Hours: 3

COST: \$35.00 MCCA Member
\$70.00 Non-member

Friday, June 19, 2026

9:00 am - 3:00 pm



Location: TBA

PD Hours: 6

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

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 a specific questions posed to everyone, discussion of articles, pedagogical focused activities, and sharing of resources. To receive the full benefit of this group we encourage you to register and attend all five of the meetings that happen throughout the year.

Once you register, approximately one week before the meeting you will be sent an agenda and readings (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

Fire Extinguisher Training

Saturday, February 7, 2026

9:00 am - 10:30 am

Suitable For: All

Hours: 1.5

Each participant will:

- Break the tamper seal
- Pull the pin
- Aim
- Squeeze
- Sweep
- Practice the (PASS) technique while extinguishing the fire



FACILITATOR: This workshop will be facilitated by someone from **Safety Manitoba**.

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

Fast One-Stroke Face Painting

Monday, February 9, 2026
6:30 pm - 8:30 pm

Suitable For: Frontline
Hours: 2

This workshop will teach you the secret to getting fast, dramatic face paint designs that will make your participants smile! Focusing on paint loading, specialty strokes, and specific face paint patterns including Spiderman, Unicorns, Florals, Flames, and Butterflies, you will walk away with new, marketable skills that will turn any event into a party and will spark imagination in minds both young and old. Supplies will be provided for the course.

ALL SUPPLIES INCLUDED & INCLUDES BRAND NEW FACE PAINT KIT



FACILITATORS: **Laura Bonneville** has been a popular Winnipeg face painter for over 20 years, and her experience shows! Specializing in decorative line work, she understands face paint patterns and design like the professional that she is and is great at conveying direction and instruction while teaching.

Kristin Okhmatovski has more than 17 years face paint experience and will be assisting Laura in her instruction to ensure each participant has as much direct instruction as possible.

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

Counting Colours

Tuesday, February 10, 2026
6:30 pm - 8:30 pm

Suitable For: Frontline
Hours: 2

This literacy framed workshop will explore how children can use creativity as a lens to process important concepts such as numeracy. A variety of open-ended process art activities that support early math skills such as patterns, counting, comparing and manipulating quantities will be shared.

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

What? A New Code!

Wednesday, February 11, 2026
6:30 pm - 8:30 pm

Suitable For: All
Hours: 2

This workshop is an opportunity for those who have taken all 4 parts of the original Ethics Series to become acquainted with the new code and responsibilities. We've got all the information you need in a tidy 2-hour workshop.

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.

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.

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

Empowering Inclusive Practices: Leading the Way

Tuesday, February 17, 2026
6:30 pm - 8:30 pm

Suitable For: All
Hours: 2

This workshop is the last of five in a series developed to support and enhance inclusive practices.

Empowering Inclusive Practices is about leading the way in advocating for an inclusive environment and deepening understanding in your program. Professional development in early childhood education is not only about attending workshops, gaining certifications, or fulfilling licensing requirements. It is about learning through practice, reflection, and shared stories that shape how educators grow in their roles.

We will be sharing stories with you to collaborate on how you will take away the message in these stories and to empower inclusive practices in each of your settings. This session allows you to be more confident to articulate what inclusion looks like for you and how important it is to have these conversations with your fellow colleagues.

Practical, relational, and rooted values will be discussed to build your own skills and encourage you to unite your colleagues in a shared vision of inclusion.

ALL children bring gifts, and have the right to be valued, accepted and included. We embrace inclusion and celebrate diversity as the means to foster the well-being of every child and enrich our communities. All are entitled to full participation and support to meet their individual needs using a strength based, family centred approach, where we all learn from each other.

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 most of her career as a Quality Enhancement Specialist for the Manitoba Early Learning and Child Care program. Director of River Road Child Care at St. Amant and currently an Educational Developer in the Science of Early Childhood Research Team at Red River College Polytech.

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: FREE
Limit 2 per centre

Sponsored in Partnership with:

Canada 

Manitoba 

Situational Leadership

Monday, February 23, 2026
9:00 am - 3:00 pm

Suitable For: Leaders
Hours: 6

Situational Leadership gives leaders the flexibility to meet their team where they're at, adapting their style to the needs, strengths, and confidence levels of each educator.

This workshop introduces participants to the core principles of Situational Leadership and explores how these approaches can strengthen relationships, boost team morale, and improve daily practice.

Through scenarios-based activities, participants will learn how and when to direct, coach, support, and delegate. We will discuss strategies for navigating change, guiding new educators, empowering experienced staff, and maintaining a positive, collaborative culture during busy or challenging moments.

Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and an airfryer 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: \$120.00 MCCA Member
\$240.00 Non-member

Networking in a Winter Wonderland - Sleigh Ride at Birds Hill Ranch

Saturday, February 28, 2026
10:45 am - 1:00 pm

Suitable For: All
Hours: 2.25

Bundle up, grab your mitts, and get ready to network with Karen and Kayla in one of the most Canadian ways possible, on a horse-drawn sleigh through Birds Hill's winter trails! First, we will head out on the trails and then we will gather around the fire for a hot dog roast. Come connect, reset and enjoy the beauty of winter!

WORKSHOP DELIVERY: In-Person



LOCATION: Bird's Hill Park Ranch
(in Bird's Hill Park)

COST: \$30.00 MCCA Member
\$60.00 Non-member



Behind the Scenes: How a Psych Assessment Really Works

Tuesday, March 3, 2026
6:30 pm - 9:00 pm

Suitable For: Inclusion/All
Hours: 2.5

Ever wondered what happens after a child is referred for an assessment? Go behind the scenes to see how information is gathered, how diagnoses are made, and how recommendations are developed, all explained in plain language with real-world examples.

FACILITATOR: Amber Kulczycki is a relationship-focused educator, school psychologist and facilitator with over 15 years of experience supporting children, caregivers, and professionals in clinical, educational, and community contexts. Amber is known for a facilitation style that blends evidence-based practice with humour, warmth, and practical strategies. Skilled at delivering engaging, meaningful professional development that sparks reflection and real-world change.



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

MMIWG Red Dress Beading

Saturday, March 7, 2026
10:00 am - 1:00 pm

Suitable For: All
Hours: 3

As we approach International Women's Day, join Lisa for a reflective and heartfelt beading workshop dedicated to honouring the Red Dress and the powerful stories it represents. Together, we will explore the meaning behind the Red Dress symbol and its connection to Missing and Murdered Indigenous Women, Girls, and Two-Spirit People (MMIWG2S+).

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 over 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
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

52 Ways to Reconcile

Monday, March 9, 2026
6:30 pm - 8:30 pm

Suitable For: All
Hours: 2

Join David A. Robertson, one of Canada's most celebrated Indigenous authors and storytellers, for an interactive workshop that brings his acclaimed book *52 Ways to Reconcile* to life. This hands-on session is designed to engage participants directly in the work of reconciliation—transforming understanding into action through dialogue, reflection, and collaboration.

Reconciliation can sometimes feel overwhelming or abstract. In this workshop, David breaks it down into human stories, meaningful activities, and tangible steps that help participants connect personally with the process. With humour, honesty, and empathy, he creates a supportive environment where participants can learn, share, and grow together.

Participants will explore:

- **The Power of Storytelling:** Experience how stories connect us and serve as bridges across cultures and communities.
- **Everyday Actions, Lasting Change:** Identify and plan practical ways to contribute to reconciliation in your workplace, classroom, or community.
- **Accessibility Through Engagement:** Use humour, vulnerability, and authenticity to create space for open, respectful dialogue.
- **Shared Responsibility:** Reflect on what reconciliation means personally and collectively—and how we can build stronger, more inclusive futures together.

Through guided discussion, group exercises, and storytelling, participants will leave this workshop not only with greater insight but with clear, actionable steps to bring reconciliation into their daily lives—one story, one relationship, and one commitment at a time.

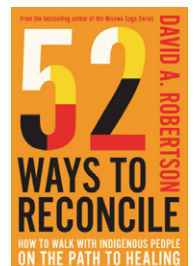
FACILITATOR: David Robertson stands as one of Canada's most influential voices in literature and public discourse. A member of Norway House Cree Nation, he is a celebrated author, graphic novelist, and podcaster. His work offers profound insights into critical topics like Indigenous themes, mental health, and freedom of expression. Throughout his career, his extensive body of work has earned him widespread acclaim. This includes two Governor General's Literary Awards and numerous other honours. On the world stage, he is Canada's nominee for the prestigious Hans Christian Andersen Award. Furthermore, his significant contributions to the arts have earned him honorary doctorates from both the University of Manitoba and the University of Lethbridge.



At the heart of David Robertson's work lies a deep commitment to sharing Indigenous stories and perspectives. His celebrated novels, such as *The Theory of Crows*, explore profound human themes. Similarly, his powerful memoir *Black Water* delves into family, legacy, and cultural reconnection. He also created the award-winning podcast *Kiwew* to further explore these narratives. In every medium, he tackles essential conversations with honesty and grace. Consequently, his work reflects the resilience and love that anchor Indigenous communities.

As a keynote speaker, David Robertson translates these powerful narratives into unforgettable live experiences. He shares deeply personal insights drawn from his own life to connect authentically with his audience. With this platform, he educates and inspires people on crucial topics like Indigenous rights and mental health awareness. His presentations are not merely informative; he designs them to spark genuine dialogue and encourage empathy among colleagues. Ultimately, this approach empowers teams, leaving them with a renewed sense of connection and shared purpose.

Beyond his own creative work, David Robertson actively builds a legacy for future generations. He serves as the editorial director for Swift Water Books, the first Indigenous-led imprint at a major Canadian publishing house. This leadership role cements his status as a vital and forward-thinking force for change in the arts.



WORKSHOP DELIVERY: In-Person



LOCATION: Victoria Inn & Conference Centre
1808 Wellington St.
Wellington Ballroom

COST: FREE for MCCA Member
(includes a copy of *52 Ways to Reconcile*)
\$25.00 for Non-Member
(includes a copy of *52 Ways to Reconcile*)

Best Choices: Ethics IV

Tuesday, March 10, 2026
6:00 pm - 9:00 pm

Suitable For: All
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 will include updated content. This will be the last time we offer part IV.

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!

This capstone workshop will help you to make a commitment of ethical practice in your daily work and enhance your awareness of your own values, beliefs and assumptions. You will also understand why, when faced with an ethical dilemma, it is difficult to follow through with your best choice.

Bring your binder or handouts from Part III and your ethics certificate to receive your Part IV sticker.

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 MCCA Member
\$100.00 Non-member

Through Their Eyes: Exploring Quality with Your Team and Children

Wednesday, March 11, 2026
9:00 am - 12:00 pm

Suitable For: All
Hours: 3

Are you a director or leader trying to figure out how to begin the journey toward higher quality care in your program? Do you ever wonder if the simple, everyday moments your educators create are already providing quality for children, perhaps more than you realize? How do you support your team in understanding what quality really looks like?

This workshop will guide you through recognizing the quality practices already present in your centre, learning how to grow them, and understanding how to engage your team in meaningful, reflective group conversations, bringing awareness to the small interactions that make a big impact on children's sense of belonging, safety, and joy.

Participants will leave with practical strategies to identify, nurture, and elevate quality practices in collaboration with their team, focusing not just on program expectations, but on the lived experiences of children. Perfect for leaders looking for a practical and encouraging place to start.

FACILITATOR: **Susana Lam** serves as the Executive Director of Seven Oaks Child Day Care Centre, where she has dedicated over 28 years to the program. With more than 30 years of experience in the field, Susana is deeply committed to supporting and mentoring her team, celebrating their growth, and sharing in their successes. She draws inspiration from fostering growth and learning alongside her colleagues. Passionate about inclusion, Susana firmly believes that all children deserve equal care and opportunities and continues to advocate tirelessly on their behalf.

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.

Reflecting Together in a Community of Practice

Thursday, March 12, 2026
6:30 pm - 8:30 pm

Suitable For: All
Hours: 2

“My eyes have changed. What I pay attention to has changed. I am not the same teacher I was when I started this work. What I love, though, hasn’t changed. The children show up every day expectant of the wonderful time that we will share together.” Provider Kelly, as quoted from, *Learning Together with Young Children*, 2017.

Do these statements resonate with you?

Join us as we come together as a Community of Practice to share our stories of joy and delight, moments that drain us and moments that energize us! We invite you to ask yourself, “How have my eyes changed?”

Together we will build the momentum and engage each other in new ways of seeing and understanding children. This meeting, rather than a workshop style presentation, creates an interactive opportunity for discussion and collaboration with peers.

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.

Laureen Brandson has loved her choice of careers for the entire 40 years she’s been at it. She has a degree in Human Ecology and since then has been passionate about her work in the child care field. As Assistant Director of a child care centre, Laureen has helped guide her program through their own pedagogical journey.

Outside of her professional roles, she is a proud mother of two grown sons and Amma to two grandsons.

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 \$90.00	MCCA Member Non-member
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Pedagogical Institute Gathering: Where Are We Now?

Saturday, March 14, 2026
9:00 am - 12:00 pm

Suitable For: Ped. Institute Attendees
Hours: 3

So, you attended the Pedagogical Institute – Reclaiming Care: The Sacred Work of Early Childhood back in October. You gathered some great ideas, resources and formed a new community of practice, but now what?

It's been 6 months, where are you in your pedagogical journey and your new learning? Did things fizzle out or explode with all of your zest for reflection? Have you had a lot of support from your co-workers or are you struggling to get some of co-workers on board? Have you spent some time reflecting and wish you could discuss some things with your community of practice from the Institute? Join us for a three-hour session on hearing where everyone is and/or helping you to get back on track. An agenda will be sent out prior to the gathering.

Please note this gathering is for those who attended the Pedagogical Institute in October 2025.

FACILITATOR: Karen Kowalski is MCCA's Assistant Executive Director/Director of Professionalism. Karen is passionate about professional development and facilitates the Pedagogical Leader - Community of Practice Group.



WORKSHOP DELIVERY: In-Person

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

COST: \$30.00 MCCA Member
\$60.00 Non-member

Who is in Charge Here Anyways?

Tuesday, March 24, 2026
6:30 pm - 9:00 pm

Suitable For: Frontline
Hours: 2.5

This workshop explores what happens when we shift control from adults to children in school-age programs. Melanie will share how giving children real ownership transformed our environment and improved relationships, boosted engagement, and created a stronger sense of community.

With simple and practical strategies for balancing structure with autonomy and supporting children as capable leaders in their own space.

FACILITATOR: 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: In-Person

LOCATION: MCCA
2nd Floor, 2350 McPhillips Street.
Located in the Royal Bank building on the corner of Court Ave & McPhillips Street

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

How to Handle Toxic Behaviours

Wednesday, March 25, 2026
9:00 am - 3:00 pm

Suitable For: Leaders
Hours: 6

Employees who demonstrate toxic behaviour can poison the best work environment and derail teamwork and motivation. 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 an airfryer 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

Workshop Tip:

Always keep your original workshop certificate.

Give your employer a copy.

Delegation & Empowerment

Tuesday, April 7, 2026
9:00 am - 12:00 pm

Suitable For: Leaders
Hours: 3

Effective leaders know that delegation is more than assigning tasks—it's about empowering others to take ownership, develop their skills, and contribute meaningfully to the centre's success. This interactive workshop explores practical strategies for delegating with clarity, fostering accountability, and creating a culture of trust where child care professionals feel empowered to step into their strengths.

By the end of this session, you will be able to:

- Recognize the difference between delegation and simply “handing off” work
- Identify barriers to effective delegation, including trust, control, and communication challenges
- Apply a structured approach to delegating tasks that balances responsibility with autonomy
- Build confidence and encourage initiative in team members to be empowered

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

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

Saturday, April 11, 2026
10:00 am - 1:00 pm

Suitable For: FCCP
Hours: 3



Join us for a lunch & learn designed specifically for family child care providers!

Enjoy lunch while networking and learning 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!

FACILITATOR: MCCA's Family Child Care Committee will be facilitating this session.



WORKSHOP DELIVERY: In-Person

LOCATION: MCCA
2nd Floor, 2350 McPhillips Street.
Located in the Royal Bank building on the corner of Court Ave & McPhillips Street

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

Understanding the Alphabet Soup: ADHD, ASD, IDD, and More

Tuesday, April 14, 2026
6:30 pm - 9:00 pm

Suitable For: Inclusion/All
Hours: 2.5

An accessible, engaging overview of common childhood diagnoses, what they really mean, and how they show up in everyday behaviours. You'll gain practical ideas for supporting children in ways that match their needs.

FACILITATOR: Amber Kulczycki is a relationship-focused educator, school psychologist and facilitator with over 15 years of experience supporting children, caregivers, and professionals in clinical, educational, and community contexts. Amber is known for a facilitation style that blends evidence-based practice with humour, warmth, and practical strategies. Skilled at delivering engaging, meaningful professional development that sparks reflection and real-world change.



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 \$90.00	MCCA Member Non-member
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Documentation and Reflective Practice

Saturday, April 18, 2026
10:00 am - 1:00 pm

Suitable For: Frontline
Hours: 3

Looking for interesting ways to document play observations? This session might be exactly what you've been searching for!

While documentation takes many forms and is a core component in quality care, curriculum documentation records learning experiences and weaves narratives that uncover deeper meanings. The vital role of documentation in support of meaningful curriculum planning and a reflective practice is the focus of this session.

This workshop explores which documentation approach—or combination of approaches—best fosters a richer educational environment, makes learning visible and curriculum planning engaging.

We will consider these questions:

- Which style of documentation 'calls to you'? and,
- Which style of documentation do you want to explore further?

FACILITATOR: Sue Narozniak is a former Instructor and Academic Coordinator for the Early Childhood Education Program at Red River College Polytechnic and a founding member of the Manitoba Reggio Inspired Coalition of Educators (serving for 10 years as Chair and Co-Chair). Sue was the first Manitoban to study at the Loris Malaguzzi Centre in Reggio Emilia, Italy and has been deeply involved in supporting Professional Development of emergent curriculum and Reggio-inspired work within Manitoba. Sue is a popular ELCC presenter and can often be found working on various yoga and Pilates challenges or being walked by the family dog along with her husband and daughter.

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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The Equity Equation: Building Fair Workplaces

Monday, April 20, 2026
9:00 am - 12:00 pm

Suitable For: Leaders
Hours: 3

Workplace equity is more than a principle—it's the foundation of trust, respect, and organizational success. Yet, favoritism and nepotism can quietly undermine morale, limit opportunities, and erode confidence in leadership. We will define nepotism and favoritism while recognizing their impact on workplace culture and performance. Bias, privilege, and informal networks can unintentionally perpetuate inequity in the workplace. This workshop invites participants to examine how these practices show up in subtle and overt ways, and to explore strategies for creating fair, transparent, and empowering workplaces.

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:	\$60.00 MCCA Member \$120.00 Non-member
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Checking your Rearview Mirror

Tuesday, April 21, 2026
9:00 am - 12:00 pm

Suitable For: All
Hours: 3

In the last few years, memories and odd thoughts just pop up. You really haven't had time upon which to reflect on these.

It feels as if there is a transition coming. Is it time to check your rearview mirror and look at how far you've come? Then consider your life's on-going road trip. Put that car into drive and towards the cross-roads. Imagine what might be your next goal, destination, adventure, or longed for journey.

This workshop is intended for those who have been in the field for at least 15 years and now are willing to reflect and share what's emerging as most important.

FACILITATOR: Sina Romsa served in a range of positions in ECE, community services and on the MCCA and the CCCF boards. One of the MCCA Ethics Committee founders and past chair, her passion for diversity, ethics, and the "road less travelled" continues.

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
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Networking Walk and Talk

Suitable for: All

Thursday, April 23, 2026
6:30 pm - 8:00 pm

Location: Kildonan Park

PD Hours: 1.5

Wednesday, June 17, 2026
6:30 pm - 8:00 pm

Location: St. Vital Duck Pond

PD Hours: 1.5

Join Karen & Kayla for a mindful walk with colleagues. No PowerPoints, no presentations, no handouts. Just fresh air, good conversation, and space to ask questions or have a conversation in a relaxed, easygoing way. Get outside, get moving, and head back feeling connected, re-energized, and refreshed.

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

Kayla Mauricio is MCCA's Program Services Administrator.



WORKSHOP DELIVERY: In-Person

COST: FREE for Members & Non-Members
Registration is still required on Cvent for your certificate!

Wooden Wonders: Cameras

Saturday, April 25, 2026
2:00 pm - 4:00 pm

Suitable For: All
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 Canada, you'll create your very own wooden toy camera to take home. As you create you will learn and 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
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

Unpacking Unconscious Bias

Tuesday, April 28, 2026
9:00 am - 3:00 pm

Suitable For: Leaders
Hours: 6

Unconscious bias influences how we perceive, interact, and make decisions—often without realizing it. Left unexamined, these biases can impact workplace culture, relationships, and opportunities for growth. This interactive workshop provides a safe space to explore the roots of unconscious bias, understand its effects, and practice strategies to reduce its impact. Participants will gain tools to foster greater self-awareness, challenge assumptions, and create more inclusive environments where everyone feels valued.

By the end of this session, you will be able to:

- Define unconscious bias and recognize how it shows up in workplace interactions
- Identify personal and systemic biases that influence workplace dynamics
- Explore the impact of bias on decision-making, communication, and inclusion
- Practice strategies to interrupt bias and make more equitable choices
- Commit to ongoing reflection and action that supports diversity, equity, and inclusion

Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and an airfryer 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
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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. Part 4 will be offered in the winter/spring 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

Resolving Conflict with Assertive Communication

Tuesday, June 2, 2026
9:00 am - 3:00 pm

Suitable For: Leaders
Hours: 6

Conflict is a natural part of any workplace, especially in the fast-paced and emotionally demanding environment of child care. How we respond to conflict can either strengthen relationships or create lasting tension. This workshop empowers child care professionals to use assertive communication as a tool for resolving disagreements respectfully and effectively. Participants will learn how to express their needs clearly, listen actively, and maintain professionalism—even in challenging situations. By practicing assertive strategies, staff can foster healthier team dynamics, reduce stress, and create a more positive environment for all.

By the end of this session, you will be able to:

- Understand the difference between passive, aggressive, and assertive communication styles
- Recognize common sources of conflict in childcare settings
- Apply assertive communication techniques to express needs and boundaries respectfully
- Practice active listening and empathy to de-escalate tense situations
- Build confidence in handling difficult conversations with colleagues, families, and leaders

Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and an airfryer 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

You Sing a Song...

Saturday, June 6, 2026
9:00 am - 1:00 pm

Suitable For: Frontline
Hours: 4

We'll Sing a Song and You'll Sing Along and We'll Sing a Song Together. We're back, and we're still singing! Join Melanie and Michele for a Saturday sing along. You will leave with their take-home song book and some Make 'n Take props that you will create to use with children in your program. This is a highly participatory and active workshop, so put on your toe-tapping shoes and join them for a morning of joyful song.

FACILITATORS: Michele Grant will be the first to tell you that she grew up as a very shy child, but through stories she was able to see the world as an exciting and adventurous place to explore. Many children have access to books and have caregivers who read to them daily. Think about the power you have to engage children and bring those stories to life!

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: 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
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Skills for Emerging Leaders

Monday, June 8, 2026
9:00 am - 12:00 pm

Suitable For: New Leaders
Hours: 3

Transitioning into leadership in child care means more than overseeing routines—it requires professionalism, vision, and the ability to inspire others. Emerging leaders often face the challenge of shifting from being “one of the team” to supervising peers, which can mean redefining boundaries and communication styles. This workshop equips childcare professionals with the skills to role model professionalism, balance compassion with accountability, and understand that supervising a childcare setting also involves contributing to managing a business. Participants will explore how to lead with confidence, foster collaboration, and ensure that child care centres thrive as both nurturing environments and sustainable organizations for everyone.

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

Reframing Behaviour

Wednesday, February 4, 2026
6:30 pm - 8:30 pm

Suitable for: Frontline
PD Hours: 2

Rooted in a brain-based understanding, participants gain valuable insight to “why does he do that?” with exploration of co-regulation throughout the early years. We re-frame our understanding of behaviours, deeply connect with the model of ‘upstairs brain/downstairs brain’ with strategic, on-the-floor, actionable responses for educators.

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

Showing Up as Your Best ECE Self and Not Taking Things Personally

Wednesday, February 18, 2026
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

Early Childhood Education is deeply rewarding, but it can also be emotionally draining. Between addressing parent concerns, colleague dynamics, and the daily pressures of caring for young children, it’s easy to feel overwhelmed or take things personally. In this workshop, educators will:

- Develop professional boundaries that allow them to show up as their best, calm, confident, and compassionate selves, even on the most difficult days.
- Reflect and discuss practical tools for managing moments of stress and conflict rather than reacting emotionally.
- Learn how to handle challenging situations with grace while protecting their passion for this important work.

FACILITATOR: **Ana Valle Rivera** is a proud mother of three, a public speaker, TEDx speaker, workshop facilitator, consultant, and founder of Early Years Thriving. Since 2007, Ana has worked in various capacities in the early years field to support children, families, and educators. Ana has a background in ECE, a Bachelor’s Degree in Child & Youth Care, and a Master’s of Professional Education in Early Childhood Education.

WORKSHOP DELIVERY: Zoom



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

What? A New Code!

Thursday, February 19, 2026
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

This workshop is an opportunity for those who have taken all 4 parts of the Ethics Series to become acquainted with the new code and responsibilities. We've got all the information you need in a tidy 2-hour workshop..

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.

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.

WORKSHOP DELIVERY: Zoom



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

Protecting Your Joy: Reclaiming Purpose in Early Learning

Wednesday, February 25, 2026
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

In a profession where emotional energy is constantly given, it's easy to lose sight of the deeper "why" that brought us here. This professional learning session invites educators to pause and reflect on what joy looks like in their practice today and how they can protect it moving forward. Educators will be reminded that they are seen, that they are valued, and that they are essential to the heart of early learning.

FACILITATOR: **Marcia Nicole** is a dedicated mother of three and the founder of Ispyr to Educate. Holding a Master's degree in Early Childhood Education, Curriculum and Development from Western University, and an Ontario Bachelor of Education with an OCT certification, she brings over 20 years of rich experience to early childhood education. Her passion is to foster an environment where educators and students thrive together in creativity and discovery.

WORKSHOP DELIVERY: Zoom



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



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

Empowering Inclusive Practices: Leading the Way

Thursday, February 26, 2026
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

This workshop is the last of five in a series developed to support and enhance inclusive practices.

Empowering Inclusive Practices is about leading the way in advocating for an inclusive environment and deepening understanding in your program. Professional development in early childhood education is not only about attending workshops, gaining certifications, or fulfilling licensing requirements. It is about learning through practice, reflection, and shared stories that shape how educators grow in their roles.

We will be sharing stories with you to collaborate on how you will take away the message in these stories and empower inclusive practices in each of your settings. This session allows you to be more confident to articulate what inclusion looks like for you and how important it is to have these conversations with your fellow colleagues. Practical, relational, and rooted values will be discussed to build your own skills and encourage you to unite your colleagues in a shared vision of inclusion.

ALL children bring gifts, and have the right to be valued, accepted and included. We embrace inclusion and celebrate diversity as the means to foster the well-being of every child and enrich our communities. All are entitled to full participation and support to meet their individual needs using a strength based, family centred approach, where we all learn from each other.

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 most of her career as a Quality Enhancement Specialist for the Manitoba Early Learning and Child Care program. Director of River Road Child Care at St. Amant and currently an Educational Developer in the Science of Early Childhood Research Team at Red River College Polytech.

WORKSHOP DELIVERY: Zoom



COST: FREE
Limit 2 per centre

Sponsored in Partnership with:



Prioritizing Wellness Without the Guilt

Monday, March 2, 2026
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

In this honest and supportive session, we'll explore how personal well-being directly impacts professional effectiveness, team dynamics, and children's experiences. The guilt that often accompanies self-care, and focus on strategies that are manageable, meaningful, and realistic within the demands of early childhood education. You deserve the opportunity to pause, reflect, and breathe for your own well-being, not just in service of others.

FACILITATOR: **Marcia Nicole** is a dedicated mother of three and the founder of Ispyr to Educate. Holding a Master's degree in Early Childhood Education, Curriculum and Development from Western University, and an Ontario Bachelor of Education with an OCT certification, she brings over 20 years of rich experience to early childhood education. Her passion is to foster an environment where educators and students thrive together in creativity and discovery.

WORKSHOP DELIVERY: Zoom



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

Professional Conduct as an Educator on Social Media and in the Digital World

Thursday, March 5, 2026
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

In today's digital age, the lines between our personal and professional lives can easily blur, especially on social media. As Early Childhood Educators, we have a responsibility to maintain professionalism not only in our programs but also online. In this workshop, educators will:

- Explore the complexities of being an educator and the impact of leaving a digital footprint in this world.
- Understand professional boundaries and ethics in digital spaces, including the implications of anonymity and the impacts of contributing to early childhood narratives.
- Gain clarity on how to ethically show up online, appropriately share content, and professionally use AI

FACILITATOR: **Ana Valle Rivera** is a proud mother of three, a public speaker, TEDx speaker, workshop facilitator, consultant, and founder of Early Years Thriving. Since 2007, Ana has worked in various capacities in the early years field to support children, families, and educators. Ana has a background in ECE, a Bachelor's Degree in Child & Youth Care, and a Master's of Professional Education in Early Childhood Education.

WORKSHOP DELIVERY: Zoom



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

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

When Sleep Feels Unpredictable: Your 4 Step Roadmap to Consistent Sleep

Monday, March 23, 2026
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

When your sleep feels unpredictable—great one night and restless the next—it can start to feel like nothing you try makes a real difference. And when you're running on inconsistent sleep, it affects everything: your mood, your focus, your patience, and how you show up for yourself, your relationships, and your work.

If you've tried adjusting your routine, limiting screens, or "relaxing more" and still feel stuck in a cycle of fragmented nights, you're not alone.

In this workshop, you'll learn why sleep becomes inconsistent, why common tips often fall short, and how CBT-I (Cognitive Behavioral Therapy for Insomnia) offers an evidence-based path to more predictable nights.

This session is open to everyone—whether you struggle with insomnia, have the occasional rough night, or just want to feel more rested during the day.

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

Sensory Processing

Wednesday, March 25, 2026
6:30 pm - 8:30 pm

Suitable for: Frontline
PD Hours: 2

Explore "sensory processing", what it really means, and how this process may look different for neurodivergent children. Participants will learn the differences between hypo and hyper sensitivities, the 7 (not 5!) senses that we use to explore and regulate our environment, as well as how to adapt the environment for potential sensory processing disorder.

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

Navigating Digital Separation Anxiety in Young Children

Monday, April 13, 2026
6:30 pm - 8:30 pm

Suitable for: All
PD Hours: 2

As technology continues to influence all of our environments, educators are noticing how young children are impacted by digital attachment and transition challenges. This session provides reflective guidance and developmentally appropriate strategies to support children's emotional regulation and strengthen a healthy relationship with technology. **Educators will leave with insight into how they can partner with families and create balanced, connected routines that serve children's well-being.**

FACILITATOR: Marcia Nicole is a dedicated mother of three and the founder of Ispyr to Educate. Holding a Master's degree in Early Childhood Education, Curriculum and Development from Western University, and an Ontario Bachelor of Education with an OCT certification, she brings over 20 years of rich experience to early childhood education. Her passion is to foster an environment where educators and students thrive together in creativity and discovery.

WORKSHOP DELIVERY: Zoom



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

Raising Leadership: Setting the Stage for Success with Practicum Students

Wednesday, April 22, 2026
6:30 pm - 8:30 pm

Suitable for: Leaders/Practicum Advisors
PD Hours: 2

Mentoring practicum students is one of the most valuable contributions educators can make to the field. With practicum students, educators can prospect for future team members and hires while strengthening their own practice. However, supervising students isn't always easy and can present challenges such as balancing guidance with independence, providing constructive feedback, and managing different levels of comprehension and confidence. In this workshop, educators will:

- Learn how to establish clear expectations and communication with students from the start.
- Think deeply about how to develop a mentorship relationship that supports competency alongside confidence in students.
- Explore effective ways to address challenges and issues with students.
- Consider a team approach to observations and providing feedback.

FACILITATOR: Ana Valle Rivera is a proud mother of three, a public speaker, TEDx speaker, workshop facilitator, consultant, and founder of Early Years Thriving. Since 2007, Ana has worked in various capacities in the early years field to support children, families, and educators. Ana has a background in ECE, a Bachelor's Degree in Child & Youth Care, and a Master's of Professional Education in Early Childhood Education.

WORKSHOP DELIVERY: Zoom



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

WINTER/SPRING 2026 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.
- 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 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.