



Cultivating Wellness in Early Learning

Recharge, Reflect and Reconnect

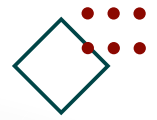
*Fall Conference
November 12 and 13, 2026
at the Thompson Legion*



For more information email:
mccathompsonregion@gmail.com



Welcome Message



Scan the QR
Code for
Registration



Fees

Member - Starting at \$45

Non-member - Starting at \$90

Student - Starting at \$45

As early learning and child care professionals, we dedicate ourselves to supporting children, families, and communities every day. This conference is designed to provide opportunities for self-care, learning, reflection, and wellness so that we can continue to care for others while caring for ourselves.



For more information email
mccathompsonregion@gmail.com

Thursday

12:30pm to
6:00pm

Kairos Blanket Exercise

12:30 PM – 3:30 PM

Participate in this powerful experiential workshop that explores the historic and contemporary relationships between Indigenous and non-Indigenous peoples in Canada. Through guided participation and reflection, participants will gain a deeper understanding of Indigenous perspectives and experiences.

*participants will need to remove their footwear for this exercise

Sound Bath

4:00pm-5:00pm

Join Samantha Long for a relaxing sound bath experience. Using singing bowls and other therapeutic instruments, participants will be immersed in calming sounds and vibrations designed to promote relaxation, mindfulness, and overall well-being. No experience is necessary, simply come comfortable. Bring a yoga mat, blanket or pillow and enjoy this opportunity to rest, recharge, and care for yourself.

Wellness Expo

4:00pm-6:00pm

Visit our Wellness Expo to explore local wellness vendors, discover new resources, and connect with services that support your health and well-being.



Members - \$ 45
Non-members - \$90

**9:00 am to
9:45am**

Friday Keynote

Lynn Martin, our Thompson Regional Chairperson will share her early learning and child care journey—from her beginnings as an early childhood educator to becoming an Executive Director, educator, mentor, and advocate for high-quality early learning.

Through personal stories, lessons learned, and experiences gained over more than 30 years in the field, Lynn will reflect on the challenges, opportunities, and people who have shaped her career. She will share how embracing continuous learning, building strong relationships, and leading with purpose have helped her grow both personally and professionally.

Whether you are just beginning your career or have years of experience, Lynn's presentation will leave you feeling inspired, encouraged, and reminded of the important difference early childhood educators make in the lives of children, families, and communities every day.



Members - \$130.00
Non-members - \$260.00
Students - \$90.00

Friday Morning

10:00am to
12:30pm



Please select one:

Advancing Child Care - through the HR Lens

This workshop will include 3 modules that address: retention, performance management, and leadership. This session is for Directors and Assistant Directors and will focus intently on the role of the leadership of a centre in the effective operations of that centre.

Presented by Lindsay Seafoot from Curbridge Consulting

OR

Positive Behaviour Management Through Building Positive Relationships

Positive behaviour management begins with understanding the whole child. In this workshop we will explore the many factors within our programs that influence children's behaviours, including environments, routines, relationships, expectations, and educators' responses.

Participants will examine children's behaviours through a variety of lenses to better understand the underlying needs, emotions, and developmental factors behind behaviour. Together, we will discuss practical, supportive strategies as well as review the concepts of Circle of Security that help create positive, responsive relationships and environments where children and staff can thrive.

Presented by Cindy Curry

Friday Afternoon



**1:30pm to
4:00pm**

Please select one:

Autism Spectrum Disorder: A Beginner's Guide

Grounded in applied behaviour analysis (ABA), this interactive workshop provides an overview of autism spectrum disorder (ASD), including diagnostic characteristics, its impact on learning, and evidence-informed strategies for early childhood settings. Through storytelling and real-world examples, participants will explore how autism presents in everyday practice. The session features active learning through group discussion, guided reflection, case study analysis, video-based observation, and hands-on practice with ABC (Antecedent-Behaviour-Consequence) charts. Practical strategies—reinforcement, prompting, visual supports, and functional communication—will be explored with a focus on skill development rather than compliance. Early intervention, ethical considerations, and inclusive practices are also addressed. Participants will leave with practical tools and confidence to support children with ASD in meaningful, developmentally appropriate ways. Particularly relevant for educators in northern communities with limited access to specialized services.

Presented by Michelle Petricone

OR

Let's Go Outside! Promoting & Supporting Outdoor Play

There is a belief that real learning for children happens inside, usually at a table or sitting cross-legged, passively listening to an adult. It is believed that time spent outside only has value in providing children with an opportunity to 'blow off steam.'

It's time to bust this myth! We need to be able to identify all the learning that happens naturally when children are outdoors. Through this understanding, we begin to value outdoor experiences and then we can confidently advocate for outdoor play. As we unpack our own concerns and challenges about spending time outside, we can begin to overcome our apprehension and plan our days around spending large amounts of time outdoors. We will have the opportunity to play and take home some ideas that you can implement with the children in your programs.

Presented by Cindy Curry

Registration Information



- **The Northern Fall Conference will be held at the Thompson Legion in Thompson, MB**
- **Registration & Payment: Register online using Visa, Visa Debit, or Mastercard**
You can also register online and mail or drop off your cheque.
- **Conference Fees: Full Conference (2 Days): \$175.00 – MCCA Members**
\$350.00 – Non-members
Friday Only: \$130.00 - MCCA Members
\$260.00- Non-members
\$90.00 - MCCA Student Members
- **Full conference registration includes:**
 - **12 hours of professional development (12:30pm-4:30pm Thursday and 9:00am - 4:00pm Friday)**
 - **Refreshments both days and lunch on Friday**
- **Friday's conference registration includes:**
 - **7 hours of professional development (9:00am-4:00pm).**
 - **Refreshments and lunch**
- **Registration deadline is November 2, 2026.**
- **Cancellations/refunds will only be accepted until November 2 and a 25% admin fee per person will not be refunded. Substitutions are accepted until November 6, 2026.**
- **Hotel rooms can be booked at the Best Western Hotel using Group ID: 8G9ZM1D4**
- **Member rate applies to individual MCCA members only (active as of Jan. 1, 2026)**
- **Registration must be completed online and paid in full**
- **Cheques payable to:**
The Manitoba Child Care Association Thompson Region
101 Beaver Crescent, Thompson, Manitoba, R8N 1C5
- **If you have questions, please contact Lynn Martin at 204-778-7739 or mccathompsonregion@gmail.com**