

*Manitoba Child Care Association
presents*



Spring Workshops

MCCA has had a few requests to offer some online professional development. Please read over the policies and procedures before registering.

Policies and Procedures

- For the SECD workshops you can only register for one of them. The Reflective Practice workshop is geared for advanced ECEs.
- Each participant will receive a participant certificate and it will be mailed to their home address, so please ensure you enter the address correctly when registering.
- With the exception of the SECD workshops the other workshops will be held via Zoom.
- Participants should be knowledgeable in using zoom and will require a camera on their computer/iPad or tablet/smart phone. There will not be someone to troubleshoot if participants are having difficulties.
- Those who register for the Zoom workshops will be sent a Zoom link 24 hours before the event. Those who register for the SECD workshops will be sent an email with log in information.
- Prior to the Zoom workshops beginning, participants will wait in the “waiting room”.
- For the Zoom workshops, participants will mute their microphones and ask questions by typing them in the chat function.
- The Zoom workshops will be 1.5 hours in length and held from 7:00 pm – 8:30 pm.
- Workshop capacity for the Zoom workshops is 20 participants and for the SECD it is 30 participants. There is a minimum of 15 registrations per workshops for the workshop to take place.
- Once you are registered for the workshop, there are no refunds and no substitutions. Non-attendance does not qualify for a refund.
- Workshop payment is by credit card only as we are not accepting cheques or in person registration due to the pandemic. Receipts will be emailed.
- The email address of the person registering must be included so that they can receive the workshop information.
- After the Zoom workshops, participants will be emailed an evaluation to complete.
- There will be a link on MCCA’s website - workshop page to click on to register.

Questions regarding online registration, contact Dianne at djonespearson@mccahouse.org or 204-336-5065.

Questions about the professional development, contact Karen at kkowalski@mccahouse.org or 204-336-5062.



In partnership with Red River College the MCCA is able to provide the following professional development sessions.



Manitoba Child Care Association



RED RIVER COLLEGE

The workshop content (videos, readings, links, games, discussions) is completely online and available to participants during the duration of the workshop. **Participants have complete flexibility to work through the materials at times that are most convenient for them.** The content is from the *Science of Early Child Development (SECD)*. SECD's engaging, multimedia resources are used around the world by people who want to learn more about the impact of the early years on lifelong health and well-being. ***N.B. Participants should have a reliable internet connection and be comfortable reading and writing in English.***

Spring 2020 SECD Professional Development Workshops

Focusing on Play – FOC - 001

May 7 - 20, 2020

Topics include:

- The power of play
- Learning through play
- Active, outdoor and risky play
- Setting the stage for play

Reflective Practice – REF -001

N.B. Level = ADVANCED

May 26 – June 8, 2020

Topics include:

- What is reflective practice and why is it important?
- Nurturing reflective practice
- Tools and techniques
- Connection and collaboration: Extending reflective practice

Each workshop is equivalent to a full day workshop, or six hours of professional development.

Please note: You can only register for one of these SECD workshops.

Participants will watch videos of children around the world, hear from experts discussing the topics, do short readings and play interactive review games. Participants will also “meet” in online discussions guided by a facilitator, to hear each other’s ideas, and reflect on and apply what they learn.

Cost: \$35.00 MCCA Members, \$70.00 for Non-members (Please note that these workshops are regularly \$80.00 pp for MCCA members but during this pandemic period are being offered at this reduced rate, regular pricing will resume when regular workshops are offered).

Getting it Right With Kids!

GET – 001

May 5, 2020

7:00 – 8:30 pm

Do you sometimes struggle with how to deal with a child’s behaviour? Are there times when you think to yourself, “I could or should have done that differently”? Working with children, no matter their age, can be challenging, sometimes even exhausting but it can also be fun and filled with laughter and joy. The difference can be up to you! Join me in a discussion of what’s really important and some of the times we can just “let it go”. If you really want to start getting it right with kids, this workshop will be one of the best you’ve attended.

Facilitator: **Marilyn Valgardson** is an ECE III, Executive Director of Assiniboine Children’s Centre Inc. Marilyn is passionate about respectful care for children and is excited to share some of her tried and true strategies with you.

Cost: \$25.00 MCCA Members \$50.00 Non-members

Zoom workshop

Fry No More - Resilience Strategies for Stress, Uncertainty & Positive Mental Health

FRY – 001

May 7, 2020

7:00 pm – 8:30 pm

Life is full of adjustments and this current time is one of our greatest examples. We all want to navigate this new normal as best as we can. We can use this time as an opportunity to learn new skills and strategies that protect our mental health. This skill-building workshop is focused on strategies for increasing resilience, managing the body's stress response and breaking the burnout cycle. From the best of neuroscience, learn the practical and portable skills for those that want to better understand resilience and change small habits that have immediate positive impacts on our energy, productivity and joy.

In this interactive and dynamic workshop, participants will learn:

- Brain secrets for stress resiliency
- How to kick the worry habit that comes with uncertainty
- Practical ways to incorporate mindfulness into your day
- The shift from work-life balance to work-life boundaries (and how to do this in a work-from-home environment)
- Top strategies and everyday actions for positive mental health

Presenter: Shannon Gander is a Mental Health and Resiliency Strategist. She is a skilled consultant, trainer, counselor and mediator who has been consulting with individuals, workplaces and teams for over 20 years. She is the Director of Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health. Shannon has worked with multiple clients over the years whose stress level has impacted their ability to work and has contributed to short and long-term disability. She has a passion teaching skills that mitigate stress and help people prevent burnout. She also demonstrates how everyone can contribute to healthy organizational culture. Shannon's dynamic background in counselling and workplace interventions help her to bring mental health and wellness topics to life in a way that is authentic and helpful teaching participants skills to apply right away and into the future in all areas of life.

Cost: \$25.00 MCCA Members \$50.00 Non-members

Zoom workshop

Deconstructing Circle Times

DEC – 001

May 13, 2020

7:00 pm – 8:30 pm

What does circle time mean to you? Come and explore all the different possibilities that group time can offer. Learn how to incorporate science, math and dramatic play experiences, embrace emergent learning opportunities, transition ideas, and build resources.

Facilitator: **Julie Hanson** became an Early Childhood Educator in the year 2000. Since then, she has gained experience in a variety of areas within the field of Early Childhood Education: director of a preschool, supervisor of after-school care as well as 3-5 and Infant Toddler programs. Her primary focus has evolved to encompass team leadership, management training and program development. She has had articles published in provincial and national ECE journals on the topic of emergent curriculum and leadership. Julie's goal as an Early Childhood Educator and facilitator is to support fellow educators and early years professionals in providing high quality early learning experiences for children and families.

Cost: \$25.00 MCCA Members \$50.00 Non-members

Zoom workshop

Invitation to Play

INV– 001

May 21, 2020

7:00 pm – 8:30 pm

Join me in discovering the value and importance of provocations. We as educators can support child development by following the children's interests as we create environments and experiences for children to explore.

Facilitator: **Julie Hanson** became an Early Childhood Educator in the year 2000. Since then, she has gained experience in a variety of areas within the field of Early Childhood Education: director of a preschool, supervisor of after-school care as well as 3-5 and Infant Toddler programs. Her primary focus has evolved to encompass team leadership, management training and program development. She has had articles published in provincial and national ECE journals on the topic of emergent curriculum and leadership. Julie's goal as an Early Childhood Educator and facilitator is to support fellow educators and early years professionals in providing high quality early learning experiences for children and families.

Cost: \$25.00 MCCA Members \$50.00 Non-members

Zoom workshop

Helpful Strategies to Help Manage Stress and Anxious Feelings in Children

HEL-001

May 28, 2020

7:00 pm – 8:30 pm

This workshop will explore why some children are more anxious than others, and discuss the many helpful strategies that adults can use to reduce anxiety and anxious feelings in young children including building courage, reframing, scaffolding, managing expectations, routines, role-modelling, problem-solving, self-expression, calming strategies, physical environment and physical activity etc.

FACILITATOR: **Laurie McPherson** RPN MSc has over 30 years' experience in the mental health field with a focus on mental health promotion and family well-being. Laurie completed a Bachelor of Arts Honours degree from the University of Winnipeg majoring in Sociology and a Master of Science degree from the University of Manitoba in the Department of Family Social Sciences. Laurie's work experience includes a variety of roles at the Canadian Mental Health Association and over 13 years with Winnipeg Regional Health, most recently as program manager of the Mental Health Promotion program. She has specialized training in cultural safety, mindfulness, resilience, perinatal mental health and psychological health & safety in the workplace. Laurie now works as a private consultant based out of Winnipeg, Manitoba. Laurie has a passion for working with organizations and groups to increase personal and organizational capacity for supporting positive mental health within families and communities. As the mother of three adult children, and Nana to one grandchild, Laurie appreciates the challenges and joys of parenting and loves to support families and caregivers on the journey.

Cost: \$25.00 MCCA Members \$50.00 Non-members

Zoom workshop

Online Board Governance

Now is a great time to get your Board of Directors to complete the online Board Governance training.

MCCA worked with People First HR Services to develop [The Basics of Effective Board Governance: An Online Board Orientation Resource for Early Learning & Child Care Centres.](#)

This training series provides information to assist the board of directors in understanding their *roles and responsibilities, accountability, authority* and how to conduct *effective meetings*. The governing board is the legal entity and authority for a not for profit child care centre. It is accountable for the proper conduct of the centre's business and for all aspects of the centre's programs, staff and funds.

Each of the three modules is approximately 30 minutes and are designed to help both board members and the centre administrator(s) to understand their governance responsibilities individually and as an organization.

How do I register?

To register, visit <http://mccahouse.org/board-governance-2/> Once registered, you will receive a link from People First HR with the login instructions. The link will only be active for three months. You will receive weekly email reminders to complete the course.

Who do I register?

Each centre board member and the centre administrator(s) should register separately to maximize the learning opportunity. The director/chairperson can register everyone at once and add each individual's email address.

How do I use it?

Each module has a number of activities/quizzes which can be used to encourage group discussions and enhance the educational experience.

Upon completion of all three modules, the system will generate a certificate of completion for each participant who has completed the course. MCCA will email the certificates to centres for distribution to participants. **Each individual person needs to complete all three modules using their personal login access to receive a certificate.**

What is the cost?

The Online Board Governance Orientation is part of Manitoba's Action Plan, under the Canada-Manitoba Early Learning and Child Care Agreement. As such, subsidy is available for licensed not for profit facilities in Manitoba. Each centre will receive a subsidy of \$420 (to cover 12 registrations). Centres that have affiliate licenses, will receive an additional \$70/license (to cover 2 more registrations).
