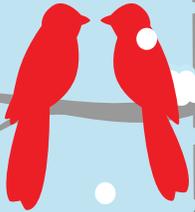




Manitoba Child Care Association

2350 McPhillips Street  
2nd Floor, Royal Bank Building  
Winnipeg, MB R2V 4J6  
(204) 586-8587 or Toll Free 1-888-323-4676  
Fax: (204) 589-5613 email: [info@mcca-house.org](mailto:info@mcca-house.org)

Visit us online at [www.mcca-house.org](http://www.mcca-house.org)



# Professional Development

## 2021 WINTER Workshop Brochure



# Welcome to the Winter Workshop Series

We are pleased to bring you this line up of workshops. There are 40 professional development opportunities listed in this brochure. Due to COVID -19 and gathering restrictions we have scheduled a very limited amount of in person workshops and they are scheduled for late March or early April. There were a few Zoom workshops that were quite popular in the fall series so we brought them back as we had requests for them.

Before registering for a workshop please ensure that you read the entire description in the brochure as the workshop may be geared to leaders, it may be a zoom or in person workshop and if in person may be held at a different location. The workshop will also have a Zoom logo if it is a Zoom workshop.

Each workshop has a minimum of 10 registrants for the workshop to take place, so please register early so that your workshop selection is not in jeopardy of being cancelled.

Prior to registering for a workshop, please read over the Policies and Procedures on page \_\_\_\_\_. If an in-person workshop is being cancelled we may move the workshop format to a Zoom workshop if possible. If it is a zoom workshop being cancelled the registrant can select another workshop or a full refund will be provided.

If you are registering by cheque, then download the registration form and mail it in with the cheque. If you are paying by credit card (Visa/Mastercard) please go to our website at [www.mccahouse.org](http://www.mccahouse.org), click on professional development, then click on workshops, then click on the registration link. Remember to use Google Chrome or Firefox, you won't be able to register using your phone or tablet. If your registration has gone through you WILL receive an email. If you don't then contact Dianne at [djonespearson@mccahouse.org](mailto:djonespearson@mccahouse.org).

If you have any question concerning professional development, you can email Karen Kowalski at [kkowalski@mccahouse.org](mailto:kkowalski@mccahouse.org).

## PROFESSIONAL DEVELOPMENT BROUGHT TO YOUR SCREEN VIA ZOOM!

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 now contact MCCA to arrange for your personalized professional development. This service is available to child care centres across the province and is currently delivered by Zoom.

Benefits of your own personalized pd 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. We have now booked workshops for over +30 child care centres in and outside of Winnipeg. Some of the popular topics have been MCCA's pedagogical workshops (learning stories, etc.), guiding children's behaviour, and respectful workplaces.

### What do you need to do to book a workshop?

Contact Karen Kowalski at [kkowalski@mccahouse.org](mailto: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

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 and number of attendees.

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



# COVID-19 Novel Coronavirus

---

**Do not enter if you should be self-isolating as a result of possible exposure to COVID-19 within the last 14 days due to:**

- Contact with someone that is suspected or confirmed to have COVID-19
- Return from international travel, or from Ontario (east of Terrace Bay), Quebec or the Atlantic provinces (travel restrictions are subject to change; up-to-date information is available at: <https://www.gov.mb.ca/covid19/soe.html>)

**Do not enter if you have a new onset of any of the following symptoms:**

Fever/chills  
Shortness of breath  
Cough  
Vomiting or diarrhea for more than 24 hours  
Loss of taste or smell  
Sore throat/hoarse voice

**Do not enter if you have a new onset of two or more of the following symptoms:**

Runny nose  
Muscle aches  
Fatigue  
Conjunctivitis  
Headache  
Nausea or loss of appetite  
Skin rash of unknown origin

You can send someone else to attend the workshop in your place. Please contact MCCA by 3:00 pm so that we can have a new certificate ready for that person.

Important information to note:

- In person workshop size is limited to current health orders and tables are physically distanced from one another.
- Upon entering MCCA to attend a workshop you will be asked to wash your hands or use the hand sanitizer provided.
- Attendance will be taken at the start of the workshop by the workshop hostess.
- Coffee and tea will no longer be available, you may provide your own.
- The library is not available to browse but the workshop hostess can assist you in retrieving any resources. At this time we are not lending out curriculum kits.

# GETTING THE MOST OUT OF YOUR WORKSHOP

At MCCA we strive to provide our members with professional workshops that are relevant, presented by professionals, and offer some food for thought. 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:** Your winter issue of *Child Care Bridges* just arrived and 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 and can ensure that you arrive before the workshop begins. MCCA does not send out reminders.

**Venture out:** So you have signed up for a workshop with your co-workers and you arrive at MCCA and find a table for all of you to sit at, but what about meeting some new people? 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 joining a table with people you don't know? This could be a great opportunity to share and network and who knows maybe you might even get a new idea or two.

**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.

**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 fill out your evaluation form at the end of the workshop and hand it in before you leave.

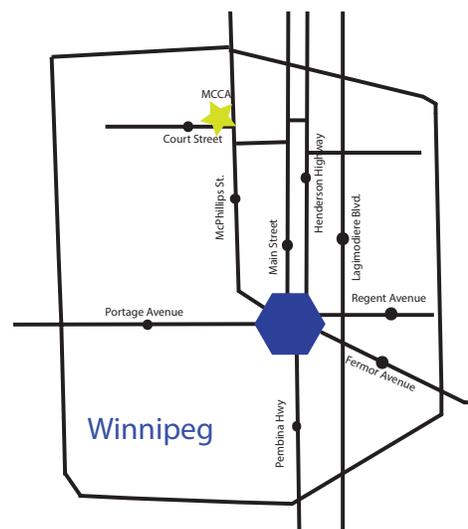
## PAYING BY CREDIT CARD

If you are paying by credit card then you must use our online registration. Go to [www.mccahouse.org](http://www.mccahouse.org), click on the professional development button, select workshops and then click on the link to access the online registrations. We will not accept faxed registrations for workshops.

If you are paying by cheque then fill out the registration form at the back of this brochure and submit it with your cheque and mail to MCCA. If you are registering people from the same centre you can fill out one form for all.

## Where to find us:

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



# POLICIES FOR ZOOM WORKSHOPS

- Please click on the zoom link 5 – 10 mins before the workshop begins. Our zoom workshop hostess will begin allowing participants in at that time.
- To ensure that we know participants are there and for workshop engagement we ask that participant's video is on during the entire workshop.
- 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 try to name your device you are using 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 and we want to make sure we have checked you off 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.
- If for any reason we cannot identify who you are, we will need to remove you from the workshop and unfortunately will not be let back into the workshop and will not receive a certificate.
- The zoom link we send you is only for you. It should not be shared and other people should not be listening to the workshop with you who have not registered.





## WHERE TO PARK?

There is no parking permitted in the Royal Bank Parking lot at any time (this includes evenings and Saturdays).

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.

Next to 1021 Court Medical Centre parking lot is a paid parking lot. It is \$4.00 for the whole day. So remember to bring loonies or toonies and purchase a ticket.

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



## WORKSHOP CERTIFICATES

**Please ensure when you register a person for a workshop the name is spelled correctly as that is how it will appear on the certificate. Errors made by the person doing the registration will result in a \$7.00 charge to have a new certificate issued.**

When you attend a workshop you will receive a certificate of participation. Each certificate will have the amount of workshop hours on it to help you track your professional development hours.

We would like to remind you if you are sending a substitute for a workshop and we do not receive a phone call with the name of the substitute before 3:00 pm prior to the workshop it will cost \$7.00 to re-issue the certificate.

If you are substituting an individual you must call Dianne Jones-Pearson at MCCA (204-336-5065) or email her by 3:00pm at [djonespearson@mccahouse.org](mailto:djonespearson@mccahouse.org).



## FEELING UNDER THE WEATHER?

If you have flu like symptoms such as a fever, tiredness and a cough, we ask that you do not attend your workshop at MCCA to reduce the chance of infecting others. If you cannot attend a workshop (for whatever reason, illness or other) that you are registered for, there are no refunds but you can send a substitute in your place. Please refer to the workshop policies on page 35 for substitutions.

# Capacity Building Inclusive Environments And Working With Challenging Behaviours

---

**CAP – 001**

**Monday, January 18, 2021**

**7:00 pm – 8:30 pm**

As part of a pilot project Ana had the chance to explore a capacity building role in which she worked with teams to enhance their inclusive environments. Join Ana in this workshop as she shares the steps she developed to capacity building and how you can implement these steps within your centre to help you enhance your inclusive capacity. In this workshop we also talk about community supports and what steps you can take if you are really worried about a child who is presenting challenges after making adaptations and modifications within your program.

**FACILITATOR: Ana Valle Rivera** is an ECE, Special Needs and Infant Toddler Educator, Contract Instructor and Facilitator. Raised in a large and lively family in East Vancouver BC, Ana knew her life's purpose was working with children. She began working in the childcare field in 2007. Since earning a Diploma in ECE, Special Needs and IT Education (2010), she has worked with children of all ages with different developmental needs in various childcare settings. Ana is currently completing a degree in Child and Youth Care with a Specialization in Early Years. Ana is a parent and a children's book author. Ana is the Owner and Founder of Early Years Workshops and Training. Ana has made it her mission to share her passion and knowledge of early years through creating and facilitating her own workshops and writings.

WORKSHOP DELIVERY:



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

# Strategies For Creating A Cohesive Team Culture

---

**STR– 001**

**Thursday, January 21, 2021**

**9:30 am – 11:00 am**

Establishing strategies that support a cohesive team culture is an essential part of management. Gain a clear understanding of each team members' communications style. Create individual and program goals, develop a team mission statement and learn the importance of setting aside time to connect with each team member. Understand the power of reflection and the importance of acknowledging team members' efforts on a regular basis. These are all effective management strategies that support teamwork.

**FACILITATOR: Julie Hansen** 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.

WORKSHOP DELIVERY:



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

## Positive Guidance - SECD



POS – 001

January 21 – February 3, 2021

This online workshop is another joint offering between the Manitoba Child Care Association and Red River College's Science of Early Child Development project. These highly popular workshops offer a variety of content (videos, readings, links, reviews, discussions). The content is from the **Science of Early Child Development (SECD)**. Professionals and students around the world use SECD's engaging, multimedia resources to learn more about the impact of the early years on lifelong health and wellbeing. (In Manitoba go to: [mb.scienceofecd.com](http://mb.scienceofecd.com))

The workshop content is completely online and available to participants during the duration of the workshop. **There are weekly expectations and participants have complete flexibility to work through the materials at times that are most convenient for them.**

Participants will watch videos of children around the world, hear from experts discussing the topics, do short readings and play interactive review games. **Participants will also participate in online discussions guided by an SECD facilitator, to hear each other's ideas, and reflect on and apply what they learn.** Discussions happen over the course of each week and participants post and reply at times that suit them.

Topics include:

- Child rights
- Relationships and communication
- Self-regulation
- Aggression and lying
- Friendships and getting along with peers
- Approaches to positive guidance

*N.B. This is equivalent to a full day workshop for **six hours of professional development**. Participants should have a reliable internet connection and be comfortable reading and writing in English.*

**When registering, please provide the email of the person who will be participating in the workshop not the centre email.**

**FACILITATOR:** Each SECD online workshop is facilitated by an RRC ECE instructor or an ECE practitioner, each of whom brings a wealth of knowledge and experience in the childcare sector. The facilitator oversees each workshop by welcoming, orienting and guiding participants.

COST:     \$85.00     MCCA Member  
             \$170.00     Non-member

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

## Dreaming, Organizing, And Improving In Your Centre

---

DRE- 001

Wednesday, January 27, 2021

10:00 am – 11:30 am

Reflect on your work as a leader with a larger vision for your childcare program. Study a concrete leadership framework for approaching and organizing your work to support your vision for building a strong learning community for your families, staff and the young children in their care. Deb will be focusing on the new 3rd edition of the Visionary Director book, which has a stronger focus on creating an organizational culture that is shaped by more diverse perspectives with an anti-racist, anti-bias, equity lens.

**FACILITATOR: Deb Curtis** has been in the field of early childhood education for a very long time in a variety of settings as a teacher of children and adults. She is currently a classroom teacher as well as consultant with programs to help grow reflective practices among teachers. This involves spending time with children and their teachers to observe closely, collect the details that capture our hearts and minds and then study together the complex process of teaching and learning. Her ongoing passions involve collecting materials and creating environments that invite complex learning and marveling about infants and toddlers with their teachers and families. You can contact Deb at [debecetrainers@gmail.com](mailto:debecetrainers@gmail.com).

WORKSHOP DELIVERY:



COST:

\$45.00  
\$90.00

MCCA Member  
Non-member

## Integrating Anti-Bias Education Into Our Thinking And Practice

---

INT – 001

Wednesday, January 27, 2021

7:00 pm – 8:30 pm

This webinar will provide practical tips and strategies for building the culture and environment for inclusive anti-bias communities for young children, families and staff. Highlighted will be how to design culturally responsive environments, responding to children's questions about differences, and choosing books and materials that provide mirrors and windows to the world.

**FACILITATOR: Debbie LeeKeenan** is a Lecturer, Co-Author of *Leading Anti-bias Early Childhood Programs: A Guide for Change*, and former director of the Eliot-Pearson Children's School at Tufts University. In addition she has been a member of the early childhood faculty at Lesley University in Cambridge, MA. and the University of Massachusetts in Amherst. She consults widely, locally, nationally and internationally. Debbie's recent publications include *From Survive to Thrive: A Director's Guide for Leading an Early Childhood Program* as well as chapters and articles in *Young Children*, *Child Care Exchange*, *Voices of the Practitioner*, *Theory into Practice*, the first edition of *The Hundred Languages of Children*, and *Proactive Parenting: Guiding Your Child from Two to Six*. She holds a Master's Degree in Education from the University of New Mexico. Her areas of expertise include anti-bias education, early childhood education, teacher preparation, inclusive special education, project based learning, teacher inquiry, family engagement, professional learning communities and public school partnerships. She is a former preschool and elementary school teacher. Past professional experience includes over 48 years of teaching in diverse university, public schools, and early childhood settings in Massachusetts, New York City, New Mexico, Philadelphia and Taiwan. Debbie has received numerous awards for her diversity work. Debbie recently moved to Seattle, WA. to be an active grandparent. More information can be found on her website <http://www.antibiasleadersece.com>.

WORKSHOP DELIVERY:



COST:

\$35.00  
\$70.00

MCCA Member  
Non-member

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

---

FRY – 001

Thursday, January 28, 2021

7:00 pm – 8:30 pm

**Please note this workshop was first presented last summer, the evaluations were so wonderful we brought it back for the winter series.**

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
- Top strategies and everyday actions for positive mental health

**FACILITATOR: Shannon Gander** is a Mental Health and Resiliency Strategist. She has an academic background that spans corporate health, mental health and conflict resolution. Shannon founded Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health. She has worked with multiple clients over the years whose stress level has impacted their ability to thrive at work, which drives her passion for empowering people with skills for mastering stress and preventing burnout. Shannon also demonstrates how everyone can contribute to healthy organizational culture. Drawing on her dynamic background, Shannon has a way of bringing wellness topics to life in a way that is authentic and engaging teaching participants skills to apply right away and into the future in all areas of life.

WORKSHOP DELIVERY:



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

# Transitioning From Theme-Based Curriculum To Following Children's Interests

---

TRA – 001

Saturday, January 30, 2021

10:00 am – 11:30 am

**This workshop was first offered in our fall series, brought back by popular demand.**

Making the transition from a theme-based curriculum to following the children's interests can seem intimidating. This is an introductory workshop about supporting educators in understanding Inquiry-based learning from a supportive perspective. This workshop is suitable for programs/educators that would like to make the transition from theme-based curriculum to following the children's interests. This workshop could also be helpful for educators who are used to theme-based curriculum but are working in a centre that is using Inquiry-based learning.

**FACILITATOR:** Ana Valle Rivera is an ECE, Special Needs and Infant Toddler Educator, Contract Instructor and Facilitator. Raised in a large and lively family in East Vancouver BC, Ana knew her life's purpose was working with children. She began working in the childcare field in 2007. Since earning a Diploma in ECE, Special Needs and IT Education (2010), she has worked with children of all ages with different developmental needs in various childcare settings. Ana is currently completing a degree in Child and Youth Care with a Specialization in Early Years. Ana is a parent and a children's book author. Ana is the Owner and Founder of Early Years Workshops and Training. Ana has made it her mission to share her passion and knowledge of early years through creating and facilitating her own workshops and writings.

WORKSHOP DELIVERY:



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

# Reggio Beyond Pinterest: Creating A Personal Pedagogy

---

REG – 001

Wednesday, February 3, 2021

7:00 pm – 8:30 pm

This workshop is designed to empower early learning and childcare professionals to take ownership in their practice and recognize the underlying theories that uphold these actions. We begin with a brief introduction to the Reggio Emilia approach and continue to look more closely at the idea of "The Image of the Child" as a framework for our own values-based pedagogy. We will practice looking beyond the aesthetics to identify the drivers behind pedagogical choices. Participants will be guided through a social constructivist, Reggio- inspired framework of critical thinking, collaboration, and creativity to discover more about their own guiding principles. We will make goals and think of small and big changes participants can make to closer align their practice with their beliefs about children, childhood and learning. Participants will leave feeling confident, clear in their purpose, and inspired with new ideas.

**FACILITATOR:** Karen Begley supports and empowers educators to feel fantastic about the work they are already doing by making connections between their underlying values, everyday programming, and pedagogical theory. Her playful style makes for interactive workshops that generate new ideas and increase participants' confidence and competency to bring practical and enriching experiences to the children in their care.

WORKSHOP DELIVERY:



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

# The Pedagogical Leader Community Of Practice

---

**PED – 001**

**Thursday, February 4, 2021**

**9:00 am – 12:00 pm**

**PED – 002**

**Thursday, April 1, 2021**

**9:00 am – 12:00 pm**

Join us as we share and support each other's pedagogical journey. This community of practice grew out of a group of directors who wanted to keep the learning alive from the 11th Annual Directors Conference – 'Leading a Year of Reflection'. This group has now grown to over 50 members and we invite those who have a pedagogical leadership role in their program to attend.

It is advantageous if you have attended one of MCCA's institutes or pedagogical workshops but it is not necessary.

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.

The meeting content includes a round table discussion of a specific question posed to everyone, discussion of articles, pedagogical focused activities, guest speakers and sharing of resources.

**FACILITATOR:** Karen Kowalski is MCCA's Professional Development Manager.

LOCATION:

February: via Zoom  
April: in person (if possible)  
Location to be determined.



COST:

\$25.00  
\$50.00

MCCA Member  
Non-member

\*You must register and pay for each one separately.

# Decoding Difficult Behaviour: An Attachment Perspective

---

**DEC – 001**

**Saturday, February 6, 2021**

**9:00 am – 3:00 pm**

Using an attachment lens we will explore the functionality of behaviour as communication, reflective of attachment patterns existing in a family, and marry that with our way of working with a child. We will use an attachment program called Circle of Security to understand the emotional needs of the child, and how to meet them.

Please Note: There will be breaks and at least 1/2 hour lunch break.

**FACILITATOR:** Joanne Brown has been a social worker with New Directions Reaching Out Project for nearly 30 years supporting child care centres and the families identified within them.

WORKSHOP DELIVERY:



COST:

\$60.00  
\$120.00

MCCA Member  
Non-member

## Thinking With Social Justice In ECE

---

TSJ – 001

Monday, February 8, 2021

7:00 pm – 8:30 pm

This workshop is meant to support educators in thinking with a social justice perspective by thinking about what social justice means to them. Through thinking with pedagogical questions, participants will engage in discussions to explore how to make visible injustices, advocate and begin to stand in solidarity with children and families who may need and want support.

**FACILITATOR: Ana Valle Rivera** is an ECE, Special Needs and Infant Toddler Educator, Contract Instructor and Facilitator. Raised in a large and lively family in East Vancouver BC, Ana knew her life's purpose was working with children. She began working in the childcare field in 2007. Since earning a Diploma in ECE, Special Needs and IT Education (2010), she has worked with children of all ages with different developmental needs in various childcare settings. Ana is currently completing a degree in Child and Youth Care with a Specialization in Early Years. Ana is a parent and a children's book author. Ana is the Owner and Founder of Early Years Workshops and Training. Ana has made it her mission to share her passion and knowledge of early years through creating and facilitating her own workshops and writings.

WORKSHOP DELIVERY:



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

## Cultivating Community And Connection During COVID

---

CUL – 001

Thursday, February 11, 2021

9:30 am – 11:30 am

Now more than ever, it's important for families to feel connected to their child-care centre. With the realities of COVID and families not being able to enter physical program spaces, this presents some serious challenges. In this workshop, you'll learn how to leverage various methods of communication, how to communicate effectively and how to create a sense of community from behind your computer.

**FACILITATOR: Lindsay Ridgley** is a Winnipeg-based communications professional with more than ten years' experience in the field. By day she helps one of Winnipeg's longest-standing charities tell its story, implements internal communications strategies and manages all media requests and outreach. By night she is a mother of two wonderful, strong-willed children and one incredibly large dog. When she's not momming or working, she's volunteering at her daughter's school and with local charities.

WORKSHOP DELIVERY:



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

# Reflective Practice - SECD



REP – 001  
February 11 – 24, 2021

This online workshop is another joint offering between the Manitoba Child Care Association and Red River College's Science of Early Child Development project. These highly popular workshops offer a variety of content (videos, readings, links, reviews, discussions). The content is from the **Science of Early Child Development (SECD)**. Professionals and students around the world use SECD's engaging, multimedia resources to learn more about the impact of the early years on lifelong health and wellbeing. (In Manitoba go to: [mb.scienceofecd.com](http://mb.scienceofecd.com))

The workshop content is completely online and available to participants during the duration of the workshop. **There are weekly expectations and participants have complete flexibility to work through the materials at times that are most convenient for them.**

Participants will watch videos of children around the world, hear from experts discussing the topics, do short readings and play interactive review games. **Participants will also participate in online discussions guided by an SECD facilitator, to hear each other's ideas, and reflect on and apply what they learn.** Discussions happen over the course of each week and participants post and reply at times that suit them.

Topics Include:

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

*N.B. This is equivalent to for **6 hours of professional development**. Participants should have a reliable internet connection and be comfortable reading and writing in English.*

Note: Level = Advanced

**When registering, please provide the email of the person who will be participating in the workshop not the centre email.**

**FACILITATOR:** Each SECD online workshop is facilitated by an RRC ECE instructor or an ECE practitioner, each of whom brings a wealth of knowledge and experience in the childcare sector. The facilitator oversees each workshop by welcoming, orienting and guiding participants.

COST:     \$85.00     MCCA Member  
             \$170.00    Non-member



**WATCH FOR THIS!**

**IT MEANS THE WORKSHOP LOCATION IS NOT AT THE MCCA.**

# The Power Of Positivity

---

POP – 001

Saturday, February 13, 2021

9:30 am – 11:30 am

Positive thinking leads to positive outcomes! Positive strengths-based energy is essential for creating vibrant learning communities where children, families, and educators can thrive. This workshop is designed to support early childhood educators as they move through this period of stress and uncertainty due to the COVID 19 pandemic.

This course will provide an understanding of the current positive psychology research to inspire participants. We will explore how these ten forms of positivity can re-energize your work:

Joy - Gratitude - Serenity - Inspiration - Interest  
Hope - Pride - Amusement - Awe - Love

The overarching goal is to support the educators as they develop new strengths-based skills to support children and families. The vital importance of modeling positivity in daily actions will be a key focus of our interactive work together.

Participants will be guided through a series of reflective activities that will support their ongoing professional growth. A well-researched resource list, including books, articles, videos, and podcasts, will be shared to help participants facilitate their independent learning.

**FACILITATOR: Susan MacDonald** is passionate about inspiring positive change in the early childhood field. Her expertise is reflected in her professional speaking, coaching and her books, *Inspiring Early Childhood Leadership and Inspiring Professional Growth*. Susan is the founder of Inspiring New Perspectives, a consultancy focused on empowering educators and school leaders to create programs that deeply respect and nurture the possibilities that lie within each child, parent and teacher. Susan has been developing and delivering inspirational courses and workshops for over 25 years. Her background includes director of a Reggio inspired preschool program, adjunct faculty at Lesley University and Wheelock College and Commonwealth of Massachusetts licensing supervisor. Susan holds a Master's degree in Instructional Design, and several professional coaching certifications. She is the past president of Boston Area Reggio Inspired Network and past vice president of the Massachusetts Association for the Education of Young Children.

WORKSHOP DELIVERY:



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

## Virtual Lunch ‘N’ Learn for Directors

---

LNL – 001

Wednesday, February 17, 2021

11:30 am – 1:00 pm

Are you feeling wired but tired while navigating this pandemic? Are you worried about how to keep staff going while wondering how to hold yourself up? These really are unprecedented times. Drawing on the Fry No More session for resilience, this lunch and learn will anchor us all back to the things we can do to help us through this time, help us find stability and remember the actions that have immediate positive impacts on our energy, productivity and joy.

Topic: How To Keep The Walls Up When The Bricks Are Falling Down

Speaker: Shannon Gander

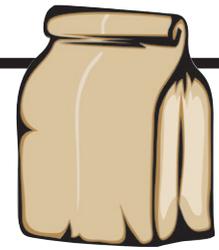
Bring your lunch to your desk and join us for some “zoom networking”.



Networking will take place from 11:30 – 12:00 and speaker 12:00 – 1:00.

COST: \$10.00 MCCA Member  
\$20.00 Non-member

\*This is for directors only.



*Please join us  
for a virtual lunch!*

## Crawling Through Creativity: Literacy And Art For Infants And Toddlers

---

CRA – 001

Wednesday, February 17, 2021

6:30 pm – 8:30 pm

Explore how creativity and art concepts in early learning environments support important development, creative thinking, and kinesthetic learning for infants and toddlers. This workshop will explore the arts not only as literacy reinforcement and extension, but as a support of emotion regulation, communication, relationship building, and fine motor skill development. Build your toolkit with creative project ideas and art inspiring book examples. This workshop is designed for those working with children from 0-6.

**FACILITATOR:** This workshop will be presented by a Bookmates Facilitator. Bookmates is a non-profit organization based in Winnipeg with over 33 years’ experience developing and delivering family literacy training. Bookmates’ trainings are created with the goal of enhancing pre-school children’s development and learning capabilities to help prepare them for success as they enter the school years.

WORKSHOP DELIVERY:



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

# Exploring The Principles Of Play And How To Be A Play Partner

EXP – 001

Thursday, February 18, 2021

7:00 pm – 8:30 pm

**This workshop was first offered in our fall series, brought back by popular demand.**

In “The Power of Vulnerability,” Dr. Brené Brown references Dr. Stuart Brown and provides us with the principles of play. In this workshop participants will get an overview of what the principles of play are, and participants will get a chance to explore how to be a play partner. Through the work of Dr. Stuart Brown, educators will get a review of the importance of a diverse range of play including rough and tumble play for the development of young children.

**FACILITATOR: Ana Valle Rivera** is an ECE, Special Needs and Infant Toddler Educator, Contract Instructor and Facilitator. Raised in a large and lively family in East Vancouver BC, Ana knew her life’s purpose was working with children. She began working in the childcare field in 2007. Since earning a Diploma in ECE, Special Needs and IT Education (2010), she has worked with children of all ages with different developmental needs in various childcare settings. Ana is currently completing a degree in Child and Youth Care with a Specialization in Early Years. Ana is a parent and a children’s book author. Ana is the Owner and Founder of Early Years Workshops and Training. Ana has made it her mission to share her passion and knowledge of early years through creating and facilitating her own workshops and writings.

WORKSHOP DELIVERY:



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

## WORKSHOP CERTIFICATES

**Please ensure when you register a person for a workshop the name is spelled correctly as that is how it will appear on the certificate. Errors made by the person doing the registration will result in a \$7.00 charge to have a new certificate issued.**

When you attend a workshop you will receive a certificate of participation. Each certificate will have the amount of workshop hours on it to help you track your professional development hours. Certificates for Zoom Workshops will be emailed within two business days following the workshop.

We would like to remind you if you are sending a substitute for a workshop and we do not receive a phone call with the name of the substitute before 3:00 pm prior to the workshop it will cost \$7.00 to re-issue the certificate.

If you are substituting an individual you must call Dianne Jones-Pearson at MCCA (204-336-5065) or email her by 3:00pm at [djonespearson@mccahouse.org](mailto:djonespearson@mccahouse.org).

# Reflecting Together Through A Community Of Practice Meeting

---

REF – 001

Monday, February 22, 2021

6:30 pm - 8:30 pm

REF – 002

Monday, April 19, 2021

6:30 pm - 8:30 pm

Are you missing your Community of Practice? Do you want to talk to others and see where they are at? Pedagogy.....Continue the Journey!

Ahh....you have come to the end of your work day! Does it stop there for you? Do you reflect on the day...were there moments of joy and delight? How will you capture those moments and build on them the next day? Do you ask, what energizes me, what drains me? What does professional development mean to me?

Come and have a meaningful and thought provoking conversation with your colleagues about some of these topics. Learn to “dig deeper” into your own personal values and understand how they become embedded in the culture of your organization. Together we will build the momentum and engage each other in new ways of understanding children. This will be an interactive meeting rather than a workshop style presentation. After registering you will receive an email of an article that will provoke your thinking and will be discussed at each meeting.

Those who have not attended previous sessions are encouraged to register and begin their pedagogical journey. A week prior to the meeting you will receive an email of an article that will be discussed at the gathering along with an agenda.

**FACILITATORS: Giovanna Rossing** is a proud Early Childhood Educator of 20 years at K.I.D.S. Incorporated Montrose Location. The passion of early childhood education has resulted in a Developmental Studies Degree in Inclusion and an Advanced Diploma in Leadership in Early Childhood Education, along with many other professional development opportunities throughout the years. Giovanna loves sharing this passion for learning as it is a never-ending journey in this field.

**Cindy Curry** is an ECE III and has been in the Early Childhood Education field for over 30 years. She has worked at a variety of programs in a variety of roles over the years. Currently she operates a group family child care program, instructs part time in the ECE program at Red River, Portage Campus, facilitates a variety of workshops, and runs a forest and nature school program.

LOCATION: February: via Zoom  
April: in person (if possible)  
held at MCCA.



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

\*You must register and pay for each one separately.

# Establishing Effective Communication In ECE Settings

---

EST – 001

Tuesday, February 23, 2021

9:30 am – 11:00 am

Learn techniques beyond basic interpersonal communication skills that will assist supervisors, managers and owners in the development of their teams, giving feedback, providing mentorship opportunities and creating a unified, productive and effective working environment.

**FACILITATOR:** Julie Hansen 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.

WORKSHOP DELIVERY:



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

# Connections In Nature For All Children

---

CIN – 001

Wednesday, February 24, 2021

7:00 pm – 9:00 pm

Developing a connection with nature is an integral piece of childhood. Through interactions with the natural world, children develop a sense of wonder, calm, joy, and fascination. In this interactive session, we explore play based learning with children of all ages. We discuss ways of moving past challenges, engaging stakeholders, and exploring simple and meaningful open-ended play ideas and learning invitations that bring children outside and bring nature in. Participants will leave with a nature play idea kit filled with strategies and inspiration, including ideas that require little to no preparation or materials and ideas that include Aboriginal perspectives and understandings.

**FACILITATOR:** Karen Begley supports and empowers educators to feel fantastic about the work they are already doing by making connections between their underlying values, everyday programming, and pedagogical theory. Her playful style makes for interactive workshops that generate new ideas and increase participants' confidence and competency to bring practical and enriching experiences to the children in their care.

WORKSHOP DELIVERY:



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

## Resilient Conversations For Leaders

---

RES – 001

Thursday, February 25, 2021

9:30 am – 11:00 am

Would you like to remain calm in difficult conversations? Do you want to be more skillful in navigating conflict with staff? This session designed for formal and informal leaders provides skills for working through day-to-day challenging interactions for better conversations in different settings. Whether you are in a challenging meeting, giving and receiving feedback or navigating a tense dialogue, learn the strategies that protect relationships and enhance teamwork when it comes to communication and conflict.

From this interactive and dynamic session, participants will learn:

- How to skillfully use awareness & manage your stress response for staying grounded
- The skills that transform conflict into conversations
- When and how to de-escalate intense interactions
- Steps to deal with rumination that comes from unresolved conflict
- The bounce back factor after difficult dialogues that is integral to protecting relationships

**FACILITATOR: Shannon Gander** is a Mental Health and Resiliency Strategist. She has an academic background that spans corporate health, mental health and conflict resolution. Shannon founded Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health. She has worked with multiple clients over the years whose stress level has impacted their ability to thrive at work, which drives her passion for empowering people with skills for mastering stress and preventing burnout. Shannon also demonstrates how everyone can contribute to healthy organizational culture. Drawing on her dynamic background, Shannon has a way of bringing wellness topics to life in a way that is authentic and engaging teaching participants skills to apply right away and into the future in all areas of life.

WORKSHOP DELIVERY:



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

## The Importance Of Aesthetics In Early Child Care Settings

---

IMP – 001

Saturday, February 27, 2021

10:00 am – 11:30 am

In this workshop participants get to explore the principles of Aesthetic from various theoretical perspectives but primarily from a Reggio Emilia inspired perspective. The environment is not just physical, it is social and emotional too which effects the well-being of children, families and educators. Let us explore together how to enhance the aesthetic environments in early years programs.

**FACILITATOR: Ana Valle Rivera** is an ECE, Special Needs and Infant Toddler Educator, Contract Instructor and Facilitator. Raised in a large and lively family in East Vancouver BC, Ana knew her life's purpose was working with children. She began working in the childcare field in 2007. Since earning a Diploma in ECE, Special Needs and IT Education (2010), she has worked with children of all ages with different developmental needs in various childcare settings. Ana is currently completing a degree in Child and Youth Care with a Specialization in Early Years. Ana is a parent and a children's book author. Ana is the Owner and Founder of Early Years Workshops and Training. Ana has made it her mission to share her passion and knowledge of early years through creating and facilitating her own workshops and writings.

WORKSHOP DELIVERY:



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

## Express Yourself: The Arts For Young Children

---

YOU – 001

Wednesday, March 3, 2021

7:00 pm – 9:00 pm

In this session we will explore principles and strategies for creating enjoyable and enriching opportunities for young children to explore fundamentals of visual art, music, dance, and drama as avenues for creativity, expression, performance, and more. Some portions will be participatory and we will move, create, laugh and learn in a safe supportive environment. Participants will leave the session with detailed plans for a variety of tested activities for children ages 1-6 (with extensions for school aged children) and increased confidence to bring more art into their programs.

**FACILITATOR:** Karen Begley supports and empowers educators to feel fantastic about the work they are already doing by making connections between their underlying values, everyday programming, and pedagogical theory. Her playful style makes for interactive workshops that generate new ideas and increase participants' confidence and competency to bring practical and enriching experiences to the children in their care.

WORKSHOP DELIVERY:



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

## Exploring Seasonal Gardening In Early Years Settings

---

ESG – 001

Saturday, March 6, 2021

10:00 am – 11:30 am

Discover a wide variety of ideas for planting, developing insect friendly garden spaces, container gardening options, and incorporating vegetable patches into program outdoor spaces.

Join me as we look at creating invitations for play that showcase the growing process, recycling and the beauty of nature.

**FACILITATOR:** Julie Hansen 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.

WORKSHOP DELIVERY:



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

## Indigenous Awareness In The Early Years

---

IND – 001

Monday, March 8, 2021

7:00 pm – 8:30 pm

This workshop will take the participants on a journey to understand pre-contact, contact and today's realities for Indigenous people. This journey will allow the participants to understand challenges brought on by colonization with discussion on the Indian Act, residential school, 60's/millennial scoop and ways to bring Indigenous people's resilience into the classroom in an authentic way. This journey will be facilitated with respect and vulnerability. Come and ask all the questions you always had regarding Indigenous people.

**FACILITATOR:** Anin nitisinihkas **Jade Brass** nitonci The Key iskinokanir Treaty four. Coast Sallish Territory known as Vancouver ndidaa. I have just completed the Aboriginal Early Childhood Education Diploma program at Native Education College and I will be continuing my studies this fall at UBC to obtain my bachelor of Indigenous education. I work at Langara Child Development Centre and East Side Family Place and I love how the centres connects families with community. As an Indigenous woman my goal is to continue to be a positive role model in our community and do this work for our children and our unborn babies.

WORKSHOP DELIVERY:



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

## Sharing Stories, Celebrating Diversity: Books As Mirrors And Windows

---

SHA – 001

Tuesday, March 9, 2021

6:30 pm – 8:30 pm

This workshop looks at multi-language and diverse children's books and activities complimented with strategies on how caregivers and professionals can extend literacy concepts to invite children to learn language and culture through books. Sharing these stories and literacy extension activities will allow children and their caregivers to explore concepts in a way that strengthen their understanding of language, ultimately supporting and enhancing the fundamentals of family literacy while celebrating diverse cultures. Receive recommendations for books that are inclusive, cultivate compassion, awareness, and a broader world-view. This workshop is designed for those working with children from 0-6.

**FACILITATOR:** This workshop will be presented by a Bookmates Facilitator. Bookmates is a non-profit organization based in Winnipeg with over 33 years' experience developing and delivering family literacy training. Bookmates' trainings are created with the goal of enhancing pre-school children's development and learning capabilities to help prepare them for success as they enter the school years.

WORKSHOP DELIVERY:



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

# Inspiring Professional Growth: Leadership Strategies To Guide, Motivate And Engage

---

INS – 001

Wednesday, March 10, 2021

9:30 am – 11:30 am

The focus of this workshop is to share the key strategies that early childhood leaders need to create a program culture that is intentionally focused on the continuous growth and development of early childhood educators. Our learning together will be centered around these fundamental questions school leaders are facing:

- How do I motivate and inspire ECEs to grow and develop?
- How can I smoothly transition into a leadership style that focuses on expecting educators to remain current regarding the knowledge and practices that enhance program quality?
- How can I infuse positive energy into my professional development work?
- What are the most powerful and impactful ways to develop the capabilities of early childhood educators?

We will explore how a Deliberately Developmental Organization (DDO) supports each individual's unique desire to reach their full potential. School leaders will leave this session energized! They will have new strategies, tools, and resources to support them as they make the changes needed to build professional accountability into their daily work with teachers.

To guide our work, we will draw on a variety of current resources including, Susan's books, *Inspiring Early Childhood Leadership: Eight Strategies to Ignite Passion and Transform Program Quality* and *Inspiring Professional Growth: Empowering Strategies to Lead, Motivate, and Engage Early Childhood Teachers*.

**FACILITATOR: Susan MacDonald** is passionate about inspiring positive change in the early childhood field. Her expertise is reflected in her professional speaking, coaching and her books, *Inspiring Early Childhood Leadership* and *Inspiring Professional Growth*. Susan is the founder of Inspiring New Perspectives, a consultancy focused on empowering educators and school leaders to create programs that deeply respect and nurture the possibilities that lie within each child, parent and teacher. Susan has been developing and delivering inspirational courses and workshops for over 25 years. Her background includes director of a Reggio inspired preschool program, adjunct faculty at Lesley University and Wheelock College and Commonwealth of Massachusetts licensing supervisor. Susan holds a Master's degree in Instructional Design, and several professional coaching certifications. She is the past president of Boston Area Reggio Inspired Network and past vice president of the Massachusetts Association for the Education of Young Children.

WORKSHOP DELIVERY:



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

# The 3 Be's For Positive Mental Health – Through COVID 19 & Beyond

---

PMH – 001

Thursday, March 11, 2021

7:00 pm – 8:30 pm

No one was trained for a pandemic and yet we have found ourselves navigating this unprecedented time individually, in our families, as co-workers and in our communities. There are strategies that can help protect our mental health through the COVID-19 journey so that we can emerge with greater understanding, enhanced resilience and strengths that we can all apply into the future. This session is for anyone who wants to understand the importance of awareness, compassion and being deliberate in our actions as individuals, parents and co-workers so that we can gain stability both at home and at work.

In this interactive and dynamic workshop, participants will learn:

- The 3 Be's for positive mental health
- How to adjust to the next (new) normal
- Strategies for finding stability in uncertainty
- Practices that support our well-being (mental, physical, emotional)
- How we can be mentors to others through difficult times

**FACILITATOR: Shannon Gander** is a Mental Health and Resiliency Strategist. She has an academic background that spans corporate health, mental health and conflict resolution. Shannon founded Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health. She has worked with multiple clients over the years whose stress level has impacted their ability to thrive at work, which drives her passion for empowering people with skills for mastering stress and preventing burnout. Shannon also demonstrates how everyone can contribute to healthy organizational culture. Drawing on her dynamic background, Shannon has a way of bringing wellness topics to life in a way that is authentic and engaging teaching participants skills to apply right away and into the future in all areas of life.

WORKSHOP DELIVERY:



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

# Exploring Pathways To Play With Infants, Toddlers & Children

---

PTP – 001

Wednesday, March 17, 2021

7:00 pm – 8:30 pm

**This workshop was first offered in our fall series, brought back by popular demand.**

At each stage of development, play looks different. In this workshop participants get to share ideas about how play might look and feel for infants, toddlers, and children. Through exploring the importance of play educators can reimagine the space, place and time they make to honour play for young children. In this workshop participants also get a chance to think about using an attachment-based approach to strengthen play relationships.

**FACILITATOR: Ana Valle Rivera** is an ECE, Special Needs and Infant Toddler Educator, Contract Instructor and Facilitator. Raised in a large and lively family in East Vancouver BC, Ana knew her life's purpose was working with children. She began working in the childcare field in 2007. Since earning a Diploma in ECE, Special Needs and IT Education (2010), she has worked with children of all ages with different developmental needs in various childcare settings. Ana is currently completing a degree in Child and Youth Care with a Specialization in Early Years. Ana is a parent and a children's book author. Ana is the Owner and Founder of Early Years Workshops and Training. Ana has made it her mission to share her passion and knowledge of early years through creating and facilitating her own workshops and writings.

WORKSHOP DELIVERY:



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

# Supporting Transitions Into Management Roles

---

SUP – 001

Thursday, March 18, 2021

9:30 am – 11:00 am

How do we differentiate between employees at their peak personal potential versus a candidate that is equipped to make the leap from individual performance to success in leading a team? Learn strategies that will support team members who are interested in becoming leaders as they begin this new journey into a management role.

**FACILITATOR: Julie Hansen** 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.

WORKSHOP DELIVERY:



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

# Moving Beyond Tolerance And Inclusion To Anti Biased And Anti Racist Approaches In Early Years

---

MOV – 001

Saturday, March 20, 2021

10:00 am – 11:30 am

No one was trained for a pandemic and yet we have found ourselves navigating this unprecedented time in a world that is waking up to injustices, being 'not racist' is not enough anymore. In this workshop participants will think about bias and racism in an open, safe, and nonjudgmental way. Participants will be asked to think about the words 'tolerance,' 'inclusion' and 'equality.' What do these words mean, where do they come from? Who do they privilege and who do they marginalize? Through this open dialogue the hope is that participants begin to move past uncomfortable feelings to think about how they can continue conversations to support anti-biased and anti-racist approaches in ways that are meaningful.

**FACILITATOR: Ana Valle Rivera** is an ECE, Special Needs and Infant Toddler Educator, Contract Instructor and Facilitator. Raised in a large and lively family in East Vancouver BC, Ana knew her life's purpose was working with children. She began working in the childcare field in 2007. Since earning a Diploma in ECE, Special Needs and IT Education (2010), she has worked with children of all ages with different developmental needs in various childcare settings. Ana is currently completing a degree in Child and Youth Care with a Specialization in Early Years. Ana is a parent and a children's book author. Ana is the Owner and Founder of Early Years Workshops and Training. Ana has made it her mission to share her passion and knowledge of Early Years through creating and facilitating her own workshops and writings.

WORKSHOP DELIVERY:



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

# Teaching Social Justice: Navigating The Deep Waters Of Equity In Early Childhood Programs

---

TEA – 001

Tuesday, March 23, 2021

7:00 pm – 8:30 pm

In this compelling webinar, early childhood teacher, equity expert, and author, Nadia Jaboneta will share the story from her most recent book, *You Can't Celebrate That!* The session will explore the depths of Nadia's riveting social justice journey as she partnered with families to explore the cultural identity and religious celebrations and expressions of racism in response to a biased comment by one child to another in her diverse preschool class.

**FACILITATOR: Nadia Jaboneta** is a program coordinator and classroom teacher at Pacific Primary preschool in San Francisco, California. She has 22 years experience in the Early Childhood Education field teaching young children, training teachers, consulting and facilitating workshops. She is passionate about social justice and is proud to have immigrant parents from Lima, Peru. It is because of their hard work, resilience and support that she is who she is today. Nadia attended San Francisco State University for both her Bachelor's and Master's degree. There she had the opportunity to learn about teacher research and the importance of capturing children's voices and to reflect on her own practice.

WORKSHOP DELIVERY:



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

Please add \$23.00 if you wish to purchase a copy of Nadia's book, *You Can't Celebrate That!* The book will then be mailed out to you.

# Perfectionism: How To Achieve Excellence Without Perfectly Burning Out

PER – 001

Thursday, March 25, 2021

7:00 pm – 8:30 pm

We all want to feel good about ourselves and yet we are often harder on ourselves than we would be on anyone else. Perfectionism is a common trait that drives performance and can both motivate and be a thorn in our side. If you find yourself overwhelmed by expectations, stalled by procrastination or feeling not “good enough”, this session is for you. We'll explore the best of perfectionism – what's in the research, how we can recognize when it's getting in the way and how to prevent it from burning us out!

In this interactive and dynamic workshop, participants will learn:

- The 3 domains of perfectionism and their impact on us and others
- How to stop perfectionism in its tracks and let go of past mistakes
- The benefit of motivating ourselves with compassion over criticism
- Strategies to address procrastination that can result from perfectionism
- How to model self-worth over perfectionism so that others can feel “good enough”, too.

**FACILITATOR: Shannon Gander** is a Mental Health and Resiliency Strategist. She has an academic background that spans corporate health, mental health and conflict resolution. Shannon founded Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health. She has worked with multiple clients over the years whose stress level has impacted their ability to thrive at work, which drives her passion for empowering people with skills for mastering stress and preventing burnout. Shannon also demonstrates how everyone can contribute to healthy organizational culture. Drawing on her dynamic background, Shannon has a way of bringing wellness topics to life in a way that is authentic and engaging teaching participants skills to apply right away and into the future in all areas of life.

WORKSHOP DELIVERY:



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



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

## Rhyme, Read, Sing & Play

---

RHY – 001

Wednesday, March 24, 2021

6:30 pm – 9:00 pm

This workshop incorporates plenty of rhymes and songs with books and play. Read and sing together while trying out a variety of literacy extension ideas based on the rhymes, songs and book ideas provided. This is a hands-on, interactive workshop that will have you whistling a new tune while channeling your inner creative artist with new literacy based activities that can be integrated easily into current programming. This workshop is ideal for those working with infants, toddlers and preschoolers.

**FACILITATOR:** This workshop will be presented by a Bookmates Facilitator. Bookmates is a non-profit organization based in Winnipeg with over 33 years' experience developing and delivering family literacy training. Bookmates' trainings are created with the goal of enhancing pre-school children's development and learning capabilities to help prepare them for success as they enter the school years."

LOCATION:	MCCA	COST:	\$45.00	MCCA Member
	2nd floor, 2350 McPhillips St.		\$90.00	Non-member
	Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.			

## Look At All This Junk: The Power Of Loose Parts

---

LOO – 001

Saturday, April 3, 2021

9:00 am – 1:00 pm

When you hear the word JUNK, what comes to mind as an educator?

This workshop will be geared towards supporting educators in the process of transforming your play spaces with natural and recycled materials. Encouraging children's curiosity in an emergent and inquiry based curriculum. Opportunity to engage in meaningful group discussion as well as hands on exploration of loose parts will leave you feeling inspired.

A snack will be provided.

**FACILITATORS:** **Kayla Mauricio** is an Early Childhood Educator and the Inclusion and Outdoor Program Supervisor at Seven Oaks Child Day Care Centre. A graduate from the Red River College Workplace Program, Kayla is keen on thinking outside the box and enjoys finding innovative ways to get her team and educators excited about all aspects of the childcare field.

**Kaitlin Cooley** is an Early Childhood Educator at Seven Oaks Child Day Care Centre. Kaitlin is passionate about spending time in nature with children and is currently working towards completing the Forest School Practitioners Course.

LOCATION:	Seven Oaks Child Day Care Centre		COST:	\$45.00	MCCA Member
	2300 McPhillips Street			\$90.00	Non-member

## Child Care From Your Heart

---

CHI – 001

Tuesday, April 6, 2021

6:30 pm – 8:30 pm

Are you passionate about your work with children? Do you truly believe that you are here for the children?

Join Marilyn for a discussion on what it really means to provide early learning and child care from your heart. Putting the needs of the children first and learning about their personalities and thoughts should always be the priority but sometimes we get caught up in rules, routines, maintenance of spaces and our own thoughts and needs. We'll talk about how you can reset your thinking and really get back to what's important. We'll discuss some key virtues that can help to guide your practice and help you to reconnect with your own core values. Let's find ways to really connect with the children in your care and develop strong, trusting relationships and really put your heart into your work.

**FACILITATOR:** Marilyn Valgardson is the Executive Director at Assiniboine Children's Centre. She is committed to caring for children from her heart and is excited to help you do so too!

LOCATION:	MCCA 2nd floor, 2350 McPhillips St. Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.	COST:	\$40.00 \$80.00	MCCA Member Non-member
-----------	--	-------	--------------------	---------------------------

## Precipitation Education: Practical Ideas For Embracing The Rain With Children

---

PRE – 001

Saturday, April 10, 2021

10:00 am – 12:00 pm

Wanting to feel more excited about learning and playing outside during the rainy months? Join us for a lighthearted and practical conversation about the opportunities, challenges, and logistics about programming in wet, cold, and soggy situations. We'll talk about how to shift mindsets about the rain, how to dress to stay warm and dry, play invitations involving puddles, potential inquiry studies that may emerge when being in the rain, and more.

**FACILITATOR:** Karen Begley supports and empowers educators to feel fantastic about the work they are already doing by making connections between their underlying values, everyday programming, and pedagogical theory. Her playful style makes for interactive workshops that generate new ideas and increase participants' confidence and competency to bring practical and enriching experiences to the children in their care.

WORKSHOP DELIVERY:



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

# **WINTER 2021 PROFESSIONAL DEVELOPMENT WORKSHOPS REGISTRATION PROCEDURES & POLICIES**

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

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

If you are paying by credit card then you must register online. Go to [www.mccahouse.org](http://www.mccahouse.org) and click on the professional development button and then select workshops, and then click on the link for online registration. Please use Chrome/Firefox as your browser and use a computer, not a cell phone.

- Receipts will be emailed.
- If you are unable to attend a workshop that you have registered for and would like to send someone in your place (must be from the same centre and must be a replacing a member) email Dianne Jones-Pearson before 3:00 pm prior to the workshop at [djonespearson@mccahouse.org](mailto:djonespearson@mccahouse.org). Dianne's direct line is 204-336-5065.
- We require the name of the replacement so that a participant certificate can be prepared for the new person attending.
- Any substitutions made after 3:00 pm prior to the workshop will require a \$7.00 payment (to be paid at workshop) for a replacement certificate.
- Refunds will not be issued for missed workshops.
- To replace a "Certificate of Participation" the cost is \$7.00.
- You will receive a certificate of participation on the day of your workshop.
- Mark the workshops you have registered for on your calendar as we will not call or send out reminders.
- 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 to advise you the workshop is cancelled.
- We reserve the right to change the workshop location. Registrants will be notified by phone or email.