

MCCA INTERLAKE REGION SPRING WORKSHOPS 2024
PLEASE JOIN US FOR A FULL DAY OF WORKSHOPS

Monday April 22/24

Gimli Rec Center

45 Centennial Rd Gimli MB

(Registration & Refreshments 8:15 a.m.-9:00)

Morning Workshop 9:00 – 12:00

Session A: Seeds of Empathy

Facilitator: Colleen Weibel & Penny Helgason

Session B: Fundamentals of movement and Physical literacy

Facilitator: Fit Kids Healthy Kids

Lunch Break 12:00-12:45

Afternoon Workshop 12:45-3:00

Session C: Supporting regulation

Facilitator: Michelyn Brown

Session D: Teambuilding outside

Facilitator: Leah Smith

Each session A.M., P.M. or full day includes lunch

***Networking, Learning, Good Food, Prizes, Fun and laughs with your
colleagues.....***

Who could ask for anything more!!

**Spring Workshop Registration Form
Monday April 22/24**

Name: _____ MCCA # _____

Center/Family Daycare: _____

Address: _____

Phone: _____ Fax: _____

Home Email: _____ (important)

Registration Fee: Half day: MCCA Members \$40.00 Non members: \$80.00
Full day: MCCA Members \$60.00 Non Members \$120.00

Morning Workshop 9:00-12:00 Session A _____ or Session B _____

Afternoon Workshop 1:00-4:00 Session C _____ or Session D _____

Attending lunch (provided by Gimli Rec Center) Yes: _____ No: _____

Very important for our food order! Please let us know if there are any food allergies as well.

Allergies: _____

Paid by: Cheque (Total amount of cheque) _____
(Made payable to MCCA Interlake Region)

Mail registration forms along with payment to
Cynthia Thomsen Box 189 Riverton MB R0C2R0
Work: (204) 378-2871
Email: mccainterlake@hotmail.com

Registration Deadline: Friday April 12/24

Please copy more forms if needed.

**Please register early to avoid disappointment
Registrations will be accepted on a first come first serve basis and must be accompanied by
payment.**

Morning Sessions

Session A: Seeds of Empathy

This workshop will provide an overview of The Seeds of Empathy Program which is a program to promote empathy in 3–5-year-olds and foster social/emotional competence and early literacy. Seeds of Empathy is designed to build on the existing caring and trusting relationship between Early Childhood Educators and the children in the centre.

Components, format and philosophies of the program will be provided for discussion/questions. Program training opportunities will be provided.

This workshop will also provide a demonstration of the two components for the Seeds of Empathy Program: A Literacy Circle demonstration and a Volunteer Family visit with the “Seeds of Empathy baby who is the little teacher” of the program. The Seeds of Empathy program educates both the mind and the heart. Colleen Weibel is The Provincial Manager/ trainer/Senior Mentor for Roots of Empathy and Seeds of Empathy programming in Manitoba. Having worked in the education field for many years, Colleen recognized the need for programs that would instill and reinforce the development of empathy in children and adults and has been involved with the programs since 2004. Colleen lives and loves her home at Little Deer Cottage Subdivision within the Interlake Region.

Penny Helgason is The Provincial co Ordinator/trainer and mentor for Roots of Empathy and Seeds of Empathy programming in Manitoba.

Session B: Physical literacy

Our program teaches kids and their adult leaders the fundamentals of movement that make kids confident and competent in sport, recreation, and life.

Fit Kids Healthy Kids facilitators provide services that help recreation leaders, health leaders, early childhood educators, parents, teachers and community learn the meaning of physical literacy. We offer a 2-hour training session about physical literacy and fundamental movement skills.

Afternoon Sessions

Session C: Supporting regulation

Supporting Regulation, will explain how using a brain-based approach allows us to be curious with little ones who are having difficulty participating in child-care settings. When we get curious, we get creative! Specific regulation strategies will be included, with a focus on sensory processing and connection."

Michelyn Brown is an occupational therapist (OT) employed by the Rehabilitation Centre for Children in Winnipeg. She has worked with families and children in many settings for nearly 14 years. In the Interlake, she provides consultative service to caregivers of preschoolers (birth-school entry) through the Children's Therapy Network of Manitoba (CTNM).

Session D: Teambuilding Outside

In this workshop will discuss the value of holding staff meetings and conferences outside. We will go over some frameworks and activities that we can do as a group that you can bring back to your child care centre to help support your team of educators in connecting personally and professionally.

Leah Smith: After completing her Forest School Practitioner course at FortWhyte in 2016, Leah has brought her passion for nature-based learning everywhere she goes. With nearly 20 years of experience and an honours diploma in Early Childhood Education, Leah has found inspiration in many settings of early learning. From large centres, to Montessori schools, to private multi-family care, to her own entrepreneurial Forest School sessions along the riverbanks of Winnipeg, her commitment to outdoor child-led curriculum runs deep. Leading workshops on risky play and the forest school ethos for independent childcare centres and professional development conferences has also been a big part of her career in recent years.

Leah is a mother of two young teens who love exploring new and familiar places in nature, in their neighbourhood, along with a few annual road trips.