



# 2024 FALL Workshop Brochure

## *Professional Development*



**Manitoba Child Care Association**

2 - 2350 McPhillips Street

Winnipeg, MB R2V 4J6

(204) 586-8587 or Toll Free 1-888-323-4676

Fax: (204) 589-5613 email: [info@mccahouse.org](mailto:info@mccahouse.org)

Visit us online at [www.mccahouse.org](http://www.mccahouse.org)



# Welcome to the Fall Workshop Series

Welcome to our fall workshop series. We are happy to offer 53 workshops this series. We are continuing with offering in-person workshops and zoom. We have brought back a few workshops that sold out in the fall series quickly and we have a bunch of new workshops. We also have information in the brochure about who the workshop is suitable for. So if the workshop is geared for those working with infants someone working with school age children won't sign up, we hope that is helpful in registering for workshops.

Please ensure that you register early to avoid missing out on any workshop that you are hoping to attend. Most workshops are capped at 30 participants and canceled if registration is below 10.

Prior to registering, please read over the workshop descriptions. Ensure you note how the workshop is being delivered as refunds will not be provided. Make sure to read the description so you know if the workshop being offered is the right fit for you and meets your professional development goals.


Information about registration and payment is below. Information about certificates and substitutions is on pages 3 & 4.

If you have any questions about the workshops, please contact Karen Kowalski at 204-336-5062 (toll-free in MB at 1-888-323-4676 ext. 224) or [kkowalski@mcchouse.org](mailto:kkowalski@mcchouse.org) or Kayla at 204-336-5061.

If you have any questions about registration or substitutions, please contact Debbie at 204-336-5065 (toll-free in MB at 1-888-323-4676 ext. 227) or [dcrampton@mccahouse.org](mailto:dcrampton@mccahouse.org).

## WORKSHOP DELIVERY

The brochure is divided into two parts: In-Person Workshops and Zoom Workshops, they are listed chronologically for each type.

**In-Person Workshops (pages 7 - 32):** Most of these will be held at MCCA. Please watch for the finger icon.  This indicates that the location is elsewhere. In-person workshop participants will receive a paper certificate at the end of the workshop and a paper evaluation.. Make sure the name is the person who is attending and not who is doing the registering

**Zoom Workshops (pages 34 - 48):** These workshops are all virtual. A reliable internet connection is required for zoom workshops. Please note the zoom policies listed on page 34. Zoom workshop participants will receive an electronic certificate and the link for the survey on the next business day.

## HOW TO REGISTER AND PAY

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. Please avoid using auto-fill when registering online.

If you are paying by cheque, please complete the registration form (found online) and mail it with your cheque to MCCA. If you are registering people from the same centre, you can fill out one registration form that includes everyone.

You can also come to MCCA during our office hours to drop off your completed registration form and pay by cash, cheque, or debit/credit.

Please ensure that registration has the correct email address and the correct spelling of the participant's name.

# WHERE TO FIND US

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

Manitoba Child Care Association  
2 - 2350 McPhillips Street  
Winnipeg, Manitoba R2V 4J6



# POLICIES

Prior to registering for workshops, please read the workshop policies, particularly cancellations and substitutions. The policies can be found on page 48.

# PARKING

There is no parking allowed in the parking lot at the strip mall at 1021 Court. If you park there, your vehicle will likely be towed. There is no parking permitted in the Royal Bank Parking lot (this includes evenings and Saturdays).

Next to 1021 Court Medical Centre parking lot is a paid parking lots. It is \$8.00 for the full day. You may also download the hangTag app and pay via Visa debit or credit card. There is limited street parking available.



***\*MCCA is not responsible for towed vehicles. Ensure you are parking in the paid parking lot or on the street. \****

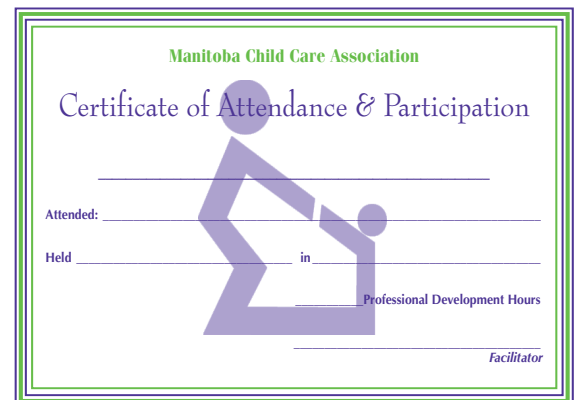
# WORKSHOP CERTIFICATES

Please ensure when you register someone for a workshop the name is spelled correctly. That is how it will appear on the certificate. Errors made by the person doing the registration will result in a \$10.00 charge to have a new certificate issued.

When you attend an in-person workshop, you will receive a paper certificate of participation. Zoom participants will receive an electronic certificate. Each certificate will have the amount of workshop hours on it to help you track your professional development hours. Best Practices recommends 24 hours of professional development each year.

Replacement certificates for workshops are available for \$10.00 each.

**If you are attending Best Choices: Ethics Part II, III, or IV, you will need to bring your certificate with you or mail it in to MCCA to receive your sticker and have it signed.**



# SUBSTITUTIONS

MCCA does not offer refunds for workshops. If you are unable to attend a workshop for any reason that you have registered for, you can send someone in your place as a substitute. Contact Debbie Crampton at MCCA at 204-336-5065 or [dcrampton@mccahouse.org](mailto:dcrampton@mccahouse.org). Substitutions must be made by 10:00 am the day of the workshop for workshops held Monday – Friday and by 10:00 am on Friday for Saturday workshops.

# FEELING UNDER THE WEATHER?

If you are not feeling well, have a fever, coughing, achiness, or sore throat, we ask that you **do not** attend your in-person workshop to reduce the chance of infecting others. If you cannot attend a workshop that you are registered for (for whatever reason, illness or other), there are no refunds. You can send a substitute in your place. Please see above and refer to the workshop policies on page 50 for more information.

# GETTING THE MOST OUT OF YOUR WORKSHOP

At MCCA we strive to provide our members with professional development opportunities that are relevant, presented by professionals, and offer opportunities to learn. We want your workshop experience to be an uplifting and valuable one so we have a few suggestions that can help you accomplish this.

**Professional goals:** You are looking over the workshop line up and deciding what workshops to take. What factors help you to decide what workshops to take? Do you have a goal to work on, are you looking for new ideas on a specific topic, or are you just filling professional development hours?

**Arrive on time:** Once you have signed up for a workshop, jot down the time and date on a calendar so you remember to attend your workshop on time or log on before the workshop begins. MCCA does not send out reminders. Put a note that if the workshop is in-person and where or if it's via zoom

**Venture out:** People who work together over a period of time will usually have the same work philosophies, experiences, ways in which things get done, etc. How about spreading your wings and connecting with people you don't know? Try sitting with new people or use the break out room as an opportunity to connect with new people, learn from each other, share your ideas, and network.

**Participate:** If you have signed up for a workshop, it is your obligation to fully participate in that workshop. This can be difficult after a long work day but you will only get out of the workshop what you put in. Sharing your experiences may provide someone else with a solution to a dilemma that they have encountered or maybe your story will give someone a boost, or just a much needed laugh. A Zoom workshop is a live event and participation is expected. Zoom workshops are not webinars where you just sit and listen.

**Evaluate:** In order to provide you with quality workshops, MCCA needs your feedback. It is important for us to know what you thought about your workshop, the presenter, and what type of workshops you would like to see offered in the future. Please take the time to complete the online evaluation you are sent after the workshop.

# PROFESSIONAL DEVELOPMENT BROUGHT TO YOUR DOOR!

Are you looking for a workshop that would benefit your staff? Are you looking for some professional development for a staff meeting or a staff retreat? Have you attended a workshop and wished your entire staff heard the same message? If you answered yes to any of these questions then perhaps we have the solution. You can contact MCCA to arrange for your personalized professional development. This service is available to child care centres across the province and can be delivered by Zoom or in-person.

Benefits of your own personalized professional development opportunity:

- Everyone hears the same message
- Reduced cost – the cost to bring someone in for 35 people is cheaper than registering 35 people for a workshop
- Topic specific to your needs
- Flexibility with dates and times

MCCA has an extensive database of presenters, many of which have been presenting professional development for many years. Due to this consistent relationship with us, the presenters may be able to provide a discounted rate through MCCA. In 2023, MCCA organized almost 50 personalized PDs for programs throughout Manitoba. The most popular workshop topic is Team Building.

## **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
- \* In-person or Zoom

## **What MCCA will provide:**

MCCA will search our presenter database to match your topic & budget and we will provide the following:

- Initial contact of the presenter
- Contract with the presenter
- Organize audiovisual, handouts, etc.
- Invoice the centre
- Provide participation certificates for your staff
- Provide evaluation forms
- Payment of the facilitator

Cost for the service is dependent on length of event, number of attendees and presenter fee.

A \$250.00 deposit will be required to start the process. It is non-refundable and will be applied to the invoice.

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.





# IN-PERSON WORKSHOPS

Please ensure you make note of where your in-person workshop is located.

Not all in-person workshops are held at MCCA.

# Orange Shirt Day Presentation

OSD - 001

Tuesday, September 24, 2024

7:00 pm - 8:15 pm

Suitable for: All

PD Hours: 1.25

The one-hour presentation includes a 3-minute video of Phyllis Webstad, history of residential schools and then Christina Kitcheksik will share her experience at a residential school and her life after and how she is currently doing now.

After Christina's presentation there will be 15 minutes Q&A.

**FACILITATOR:** My name is **Christina Kitchekesik** and I am a First Nation Cree Woman. I was born in The Pas, MB and have 3 children, Richard, Candace, and David. I have a beautiful grandson and his name is Tyler who is 18 years old, and I have 2 brothers. I was taken to IRS at a noticeably young age of 5 years old and was sent away for 14 years into this dark period of my life. Both my parents were former students who had faced many challenges in their lives. I have had my struggles over the years through my healing journey I have reconnected with my culture and identity. By learning the traditional ways and practicing them has given me strength, courage and knowledge to continue living a positive life. My healing journey continues by learning the traditional ways and practicing them, as this is where I get my strength, courage, and knowledge to continue living a positive life. These teachings of the traditional ways help me to recognize and leave harmful relationships and gives me the courage & ability to pursue anything I want to do. I am now in control of my life and am proud to say that I was a single parent who raised my 3 children the best way I could. I was involved with Woman's Warrior Circle for 7 years, who is made up of a group of strong, beautiful women, Grandmothers, Mothers, Sisters and Daughters who are dedicated to making our communities, our homes, and ourselves a safer place to live. Another group I was proud to be involved with for 6 years is Mama Bear Clan. This group is led by our Women and supported by our Men. Mama Bear Clan patrols our streets and the community of North Point Douglas to check up on our families and make sure everyone is safe. At present I am employed full time as a Resolution Health Support Worker at Anish Corporation helping other IRS thrivers like myself find new paths to healing and stay active in the indigenous community. Through the accomplishment of these achievements I am proud to help give back to my community and use my experiences to inspire others to follow their dreams.



*MCCA is able to bring this workshop to everyone at a very reduced price, thanks to the funds provided by The Winnipeg Foundation.*



**WORKSHOP DELIVERY:** In-Person

**LOCATION:** Victoria Inn Hotel & Convention Centre  
Centennial Ballroom 7, 8, & 9  
1808 Wellington Ave  
Winnipeg, Manitoba R3H 0G3  
Doors open at 6:15 pm.

**COST:** \$5.00 MCCA Member  
\$10.00 Non-member





# A Bunch of Bookmaking

**BOO - 001**

**Wednesday, October 2, 2024**

**6:30 pm - 9:00 pm**

**Suitable for: Front Line**

**PD Hours: 2.5**

This hands-on workshop will allow you the opportunity to explore simple, accessible bookmaking ideas that can be integrated into early years programs. Experiment with a variety of materials like sandwich bags, sticks, and paper bags to come away with samples of simple books that can be replicated with children in infant, toddler and preschool programming.

**FACILITATOR:** This workshop will be presented by a **Bookmates Facilitator**. Bookmates is a non-profit organization based in Winnipeg with over 40 years' experience in supporting early learning educators. Bookmates stays current with emerging research and themes related to healthy child development and uses a literacy lens to share strategies, information, resources and practical experiences.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2nd Floor - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6

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

## Focus on the 90%

**FOC - 001**

**Monday, October 7, 2024**

**7:00 pm - 9:00 pm**

**Suitable for: All**

**PD Hours: 2**

Darci Lang has been blessed to speak to dozens of child care audiences. The motivational message, Focus on the 90%, reminds the audience that they have a choice on what they focus their lens on the 90% that is positive and good and what we can control aspects of our life or the 10% that we can't control. Using this simple tool has evolved into a Focus on the 90% philosophy that will help you be your best self, show up at work with a positive mindset, create a positive culture and give your families and kiddos the best of you.

Darci Lang's book series will be available to purchase at the event for \$20.00 each. Cash only! There is an ATM available at the hotel or be prepared with money to purchase if you wish.

**FACILITATOR:** **Darci Lang** lives her message. She is an award-winning entrepreneur, a hall-of-fame speaker, an author, a wife, and a mom to adult children and fur babies. She knows firsthand how hard it is to show up for the person in the mirror and have something left for those we love at the end of the day.

MCCA is able to bring this workshop to everyone at a very reduced price, thanks to the funds provided by The Winnipeg Foundation.



**WORKSHOP DELIVERY:** In-Person

**LOCATION:** Victoria Inn Hotel & Convention Centre  
Wellington Room  
1808 Wellington Ave  
Winnipeg, Manitoba R3H 0G3



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





# Motivation & Influence

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**MOT - 001**

**Wednesday, October 9, 2024**

**9:00 am - 3:00 pm**

**Suitable for: Leadership**

**PD Hours: 6**

Building a dynamic and engaged team can be rewarding but also comes with challenges. To be able to do this, you must recognize the importance of having valued employees who see themselves as important parts of the team and are recognized the best ways possible.

Motivation, influence and coaching are key parts of our daily interactions in the workplace and beyond. There are times where we want to understand the best approach to communicate with those who share different styles from ourselves. If you do this well, you will be able to build dynamic teams that contribute to an amazing workplace.

In this workshop, we will explore what motivates us, how to create a motivating environment, different types of coaching and ways to influence our teams. It's not always technical expertise, or even heightened intelligence that makes people effective in their roles. It's often their understanding of the situation and ways to approach it. We will explore ways to enhance these important skills necessary to benefit not only yourself, but everyone around you.

## **What You'll Learn:**

- How do people think
- Different styles/types of motivation, coaching and influence
- Ways to create a motivating environment
- Scenario Based Activities to practice

***Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.***

**FACILITATOR:** **Ronald Sarran** is proud to share that he was born and raised in Winnipeg and embraces what it takes to brave a Prairie Winter and enjoy our beautiful (yet too short!) summers. He is a graduate of the University of Manitoba with a Bachelor's Degree in Business (Commerce) and Adult Learning & Development (Education). This is in addition to completion of his designation from the Canadian Institute of Management with a Professional Manager's Designation and as a Certified Facilitator from Design Dimensions International (DDI). His current role is the Director, Strategy and Consultant Care with Paradigm Consulting Group where he lead a team of professionals who deliver on their unmatched offer across the organization. The 20+ years of work experience has allowed him to learn about banking, retail, telecom, public sectors management and now consulting. His responsibilities have spanned multi-million-dollar Capital and Operating Expense Programs at Bell MTS, Organizational Initiatives such as the updated Strategic Plan for Economic Development Winnipeg to the development of Leadership Programs across multiple companies. These valuable experiences have led to successful outcomes that can be seen at each of these organizations.

**WORKSHOP DELIVERY:** In-Person

<b>LOCATION:</b>	MCCA 2nd Floor - 2350 McPhillips St. Winnipeg, Manitoba R2V 4J6 Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.	<b>COST:</b>	\$150.00 MCCA Member \$300.00 Non-member
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# Best Choices: Ethics IV

ETH - 004

Wednesday, October 9, 2024

6:00 pm - 9:00 pm

Suitable for: All

PD Hours: 3

In Manitoba and Canada, those who work in early learning and child care environments have a Code of Ethics to guide our standards of practice. Using this code is a professional obligation. This four-part series occurs in a specific order, with each workshop a pre-requisite for the following session. The series helps us to use this code in our daily practice and continues to receive rave reviews. Here's your chance to join us in some serious fun!

This capstone workshop will help you to make a commitment of ethical practice in your daily work and enhance your awareness of your own values, beliefs and assumptions. You will also understand why, when faced with an ethical dilemma, it is difficult to follow through with your best choice. In this session, come with examples of ethical dilemmas that you have faced since you completed part three, and how you used the framework for ethical decision making to help you to make the best choice for that situation, at that time, with the information that you had on hand. Reflection is a big part of part IV!

**\*Please note you must have completed Ethics Part III at least 4 months prior to the date of taking Part IV.**

**FACILITATORS:** **Michele Grant** has been involved in Manitoba's early childhood community for many years as an early childhood practitioner, centre director, adult educator and volunteer. She is a past board member of both the MCCA and the CCCF and is a founding member and past chairperson of the MCCA Ethics Committee.

**Keri Waterman** has over 30 years experience within the child care community, working with children of all ages, from front line to finance and administration including four years at the University of Manitoba as practicum supervisor. An Ethics Guide since 2002, she enjoys guiding people along their own ethical journeys.

**WORKSHOP DELIVERY:** In-Person

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

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

**WATCH FOR THIS!**



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

## Brunch 'N Learn For Directors



Suitable for: Leaders (Directors & Assistant Directors)  
PD Hours: 2.75

**LUN - 001**  
Thursday, October 10, 2024  
9:15 am - 12:00 pm

**Location:** Centro Caboto Centre  
1055 Wilkes Avenue



**Topic:** Pan Canadian Workforce  
Strategy Discussion

**Speaker:** Emis Akbari

**Networking & MCCA News:** 9:15 am - 10:00 am  
**Breakfast:** 10:00 am - 11:00 am  
**Speaker:** 11:00 am - 12:00 pm

**WORKSHOP DELIVERY:** MCCA

**LUN - 002**  
Wednesday, December 4, 2024  
9:15 am - 12:00 pm

**Location:** The Norwood Hotel  
112 Marion Street



**Topic:** TBD

**Speaker:** TBD

**COST:** \$50.00 MCCA Member (each)  
\$100.00 Non-member (each)

*Please join us  
for breakfast!*

## Red River Métis Dot Art

**RED - 001**  
Thursday, October 10, 2024  
6:30 pm - 8:30 pm

**Suitable for: All**  
**PD Hours: 2**

Using paint and canvas, participants explore the style of Red River Métis floral art and motifs reflecting the Métis tradition of beadwork. This accessible workshop teaches the technique of creating flower patterns.

**FACILITATOR:** This workshop will be facilitated by someone from the **Louis Riel Institute**.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the  
corner of Court Ave. & McPhillips St.

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



# Best Choices: Ethics I

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ETH - 001

Wednesday, October 16, 2024

6:00 pm - 9:00 pm

Suitable for: All

PD Hours: 3

In Manitoba and Canada, those who work in early learning and child care environments have a Code of Ethics to guide our standards of practice. Using this code is a professional obligation. This four-part series occurs in a specific order, with each workshop a pre-requisite for the following session. The series helps us to use this code in our daily practice and continues to receive rave reviews. Here's your chance to join us in some serious fun!

This is the first workshop in the MCCA's ethical journey series. In Part I, you will learn about beliefs, values, and ethics and the relationship between them. You will learn to identify your own beliefs, values, and ethics and understand how they impact your actions. You will also learn to understand others' beliefs, values, and ethics.

MCCA provides participants with a certificate which tracks your journey through all four parts. This workshop is the pre-requisite for the other three parts of the ethical journey.

**FACILITATORS:** **Mariëlla Carr** is the Executive Director at Prairie Children's Centre Inc. She started in the child care field in 1990 and has loved all of her different roles over the years. Mariëlla has been an Ethics Guide since 2008 and is on MCCA's Board of Directors, Ethics Committee and the Public Policy and Professionalism Committees. She is passionate about reconnecting children with nature and inclusive practice.

**Shannon Curtaz** is the Executive Director of Horizons Children's Centre. She has been working in the field of Early Childhood Education since 1997 as a front line ECE, a Supervisor and a Director. She believes that the relationships we form with all of the people who come in and out of our lives, both personal and professional, shape the person that we ultimately become and that therefore growth and learning is never ending.

**WORKSHOP DELIVERY:** In-Person

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

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



*Workshops begin promptly at  
the start time, please ensure you have  
arrived at your workshop 10 minutes  
prior to the start time.*

# Pedagogical Leaders - Community of Practice

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Suitable for: Leaders

**PED - 001**  
**Thursday, October 17, 2024**  
**9:00 am - 12:00 pm**

**Location:**  
Discovery Children's Centre  
367 Hampton Street



**PD Hours: 3**

**Cost:**  
\$25.00 MCCA member  
\$50.00 Non-member

**PED - 002**  
**Thursday, December 12, 2024**  
**9:00 am - 12:00 pm**

**Location:**  
Discovery Children's Centre  
367 Hampton Street



**PD Hours: 3**

**Cost:**  
\$25.00 MCCA member  
\$50.00 Non-member

This Community of Practice grew out of a group of directors who wanted to meet to support each other on their pedagogical journey after they attended the 11th Annual Directors Conference – 'Leading a Year of Reflection'. This group has had members come and go but a core group has kept it going. We invite you to join us if you are in a leadership position or may be the pedagogical leader at your centre and mentor or coach staff.

Join us as we share and support each other's pedagogical journey. At each meeting, we spend three hours, getting together to think deeper about topics that are current and relevant to our daily practice. The meeting content includes a round table discussion of a specific questions posed to everyone, discussion of articles, pedagogical focused activities, and sharing of resources. To receive the full benefit of this group we encourage you to register and attend all five of the meetings that happen throughout the year.

Once you register, approximately one week before the meeting you will be sent an agenda and readings (to discuss at the meeting) by Karen Kowalski. The email will be sent to the email entered on the registration, so if multiple people from one centre are attending then please share with others.

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

**WORKSHOP DELIVERY:** In-Person

# Workshop Facilitator Training

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**WOR - 001**

**Friday, October 18 & Saturday, October 19, 2024**

**8:30 am - 4:30 pm (Friday)**

**9:00 am - 12:00 pm (Saturday)**

**Suitable for: All**

**We are so excited to bring this training to our workshop series!**

This is a great 1-1/2 day workshop for those interested in becoming workshop facilitators or those who would like a refresh. The training will take place over 1 ½ days and will also include a two hour zoom group coaching session, so 12 hours of training in total. Workshop Facilitator Training is leadership training designed specifically for experienced Early Years Professionals (Early Childhood Educators, Primary School Teachers, ECE College Instructors, Early Intervention Clinicians, etc.) who want to learn how to create and facilitate educational workshops for parents, caregivers, and other early childhood educators.

**This training is for early years professionals who:**

- Have more than 8 years of working experience in the early years field.
- Want to improve their public speaking and group management skills.
- Have a passion for learning, educating, sharing, and creating.
- Want to help others by sharing their unique model, framework, experience, and expertise.
- Want to create a positive impact in the Early Years field.
- Are action-oriented and ready to step into a capacity-building and leadership role.

**The Program Outcomes:**

At the end of this training participants will be:

- Able to create unique educational professional development workshops.
- More confident at public speaking and presenting their ideas.
- Well-prepared to facilitate and manage groups.
- Understand how to write a clear and concise proposal.
- More confident in their ability to get hired as a workshop facilitator.

***Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.***

***FACILITATOR: Ana Valle Rivera*** is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007, Ana has worked with children and families with complex needs using inclusive and trauma-informed approaches. Ana has a background in ECE, a Bachelor's Degree in Child & Youth Care, and is currently completing a Master's Degree in Professional Education in ECE.

**WORKSHOP DELIVERY:** In-Person

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

**COST:** \$300.00 MCCA Member  
\$600.00 Non-member



# Best Choices: Ethics II

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ETH - 002

Wednesday, October 23, 2024

6:00 pm -9:00 pm

Suitable for: All

PD Hours: 3

In Manitoba and Canada, those who work in early learning and child care environments have a Code of Ethics to guide our standards of practice. Using this code is a professional obligation. This four-part series occurs in a specific order, with each workshop a pre-requisite for the following session. The series helps us to use this code in our daily practice and continues to receive rave reviews. Here's your chance to join us in some serious fun!

In this second session in your ethical journey, you will be introduced to the MCCA Code of Ethics and understand its benefits. You will also begin to learn the process of ethical decision making. In this session you will receive your personal copy of the Code of Ethics and a handy wallet size card with the principles to keep at your fingertips.

***Bring your handouts from part I and your ethics certificate to receive your part II sticker.***

**FACILITATORS:** **Mariella Carr** is the Executive Director at Prairie Children's Centre Inc. She started in the child care field in 1990 and has loved all of her different roles over the years. Mariella has been an Ethics Guide since 2008 and is on MCCA's Board of Directors, Ethics Committee and the Public Policy and Professionalism Committees. She is passionate about reconnecting children with nature and inclusive practice.

**Shannon Curtaz** is the Executive Director of Horizons Children's Centre. She has been working in the field of Early Childhood Education since 1997 as a front line ECE, a Supervisor and a Director. She believes that the relationships we form with all of the people who come in and out of our lives, both personal and professional, shape the person that we ultimately become and that therefore growth and learning is never ending.

**WORKSHOP DELIVERY:** In-Person

<b>LOCATION:</b>	MCCA 2 - 2350 McPhillips St. Winnipeg, Manitoba R2V 4J6 Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.	<b>COST:</b>	\$45.00 MCCA Member \$90.00 Non-member
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# Parachute Games

**GAM - 001**

**Tuesday, October 29, 2024**

**6:30 pm - 8:30 pm**

**Suitable for: Front Line**

**PD Hours: 2**

Can you remember being excited when you saw that the gym teacher has brought out the parachute? There was so much joy being had.

Come and join us for a fun evening where we will play, sing and laugh.

Did you know that when the children are playing with the parachute, they are not only learning about taking turns, but they are also developing a sense of rhythm. They are working their core, shoulders, and arms. They are also practicing following directions and cooperation!

..... Wow, all of that??? We just thought we were having fun!!

**FACILITATOR:** **Melanie Glaser** is the program supervisor at Seven Oaks Child Day Care Centre. She has been in the field of Early Learning and Child Care for over 30 years. She is passionate about making memories and creating joy with the children.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** Seven Oaks Child Day Care Centre  
Located in Seven Oaks Hospital  
Centre Doors Located off Court Ave  
Across from Walmart Parking Lot



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

## ETHICS WORKSHOPS INFO

The workshops in the ethics series are a unique set of workshops. Some things to keep in mind when registering for an Ethics workshop:

- You must take the workshops in consecutive order beginning with Part I.
- If you took Part I prior to 2013 you may want to start over as Part I is now a 3 hour workshop and it would be a good refresher. If it has been over five years since you have taken Part I, you might want to start over.
- There must be at least 4 months between the time you attended Part III and taking Part IV.
- It is a good idea to leave some time between workshops so that you have time to reflect and practice what you have experienced in the workshop.
- Before signing up for an Ethics workshop you should have worked at least 4 months to a year in the child care field to gain some experience, this applies to child care assistants as well as early childhood educators.

The Ethics workshops are like any other workshop, know why you are signing up to take this workshop. If you are a director who is registering staff for the Ethics workshops, make sure it is for the right reason, communication problems cannot be fixed by taking an Ethics workshop.

The Ethics workshops fill up very quickly. Once they are full, the workshop is placed on our full list and no further registrations are taken. If you register for multiple parts and do not attend the first part you registered for, you cannot attend the following part and you will forfeit both workshop fees, eg. you register for Part II & Part III at the same time but do not attend Part II, you will not be able to attend Part III and you will not receive a refund for EITHER workshop. You may still send a substitute, but they must have previously attended the pre-requisite workshop and you need to call Debbie at 204-336-5065 with the name of the substitute.

Currently, the Best Choices: Ethics workshops that are held in Winnipeg are at MCCA. We are open to have them held around the city if 5 or more centres in a particular area (for example St. James) want to get together and host an Ethics workshop at one of the locations.

For more information please contact Karen Kowalski at [kkowalski@mccahouse.org](mailto:kkowalski@mccahouse.org)

## Best Choices: Ethics III

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ETH - 003

Wednesday, October 30, 2024

6:00 pm - 9:00 pm

Suitable for: All

PD Hours: 3

In Manitoba and Canada, those who work in early learning and child care environments have a Code of Ethics to guide our standards of practice. Using this code is a professional obligation. This four-part series occurs in a specific order, with each workshop a pre-requisite for the following session. The series helps us to use this code in our daily practice and continues to receive rave reviews. Here's your chance to join us in some serious fun!

In this third step of your ethical journey, you will use MCCA's Code of Ethics as a tool and examine a process for ethical decision making. Again, the complexity of best choice decision making will be apparent, but you will feel like you know how to decide what should be considered prior to making that best choice.

***Bring your handouts from part I and II and your ethics certificate to receive your part III sticker.***

**FACILITATORS:** **Michele Grant** has been involved in Manitoba's early childhood community for many years as an early childhood practitioner, centre director, adult educator and volunteer. She is a past board member of both the MCCA and the CCCF and is a founding member and past chairperson of the MCCA Ethics Committee.

**Keri Waterman** has over 30 years experience within the child care community, working with children of all ages, from front line to finance and administration including four years at the University of Manitoba as practicum supervisor. An Ethics Guide since 2002, she enjoys guiding people along their own ethical journeys.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the  
corner of Court Ave. & McPhillips St.

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



# Best Choices: Ethics I & II

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ETH - 012

Saturday, November 2, 2024

9:00 am - 4:00 pm

Suitable for: All

PD Hours: 6

Here's an opportunity to participate and complete two ethics workshops in one day!

In Manitoba and Canada, those who work in early learning and child care environments have a Code of Ethics to guide our standards of practice. Using this code is a professional obligation. This four-part series occurs in a specific order, with each workshop a pre-requisite for the following session. The series helps us to use this code in our daily practice and continues to receive rave reviews. Here's your chance to join us in some serious fun!

This is the first workshop in the MCCA's ethical journey series. In Part I, you will learn about beliefs, values, and ethics and the relationship between them. You will learn to identify your own beliefs, values, and ethics and understand how they impact your actions. You will also learn to understand others' beliefs, values, and ethics. In the second session in your ethical journey, you will be introduced to the MCCA Code of Ethics and understand its benefits. You will also begin to learn the process of ethical decision making. In this session you will receive your personal copy of the Code of Ethics and a handy wallet size card with the principles to keep at your fingertips.

MCCA provides participants with a certificate which tracks your journey through all four parts.

***Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.***

**FACILITATORS:** **Tracy Smith** is an ECE III and has been dedicated to Early Childhood Education for more than 20 years. She has worked in a wide variety of educational roles and settings from front-line practitioner to curriculum consultant. Tracy lives in Steinbach, Manitoba and works at Red River College. Tracy is a member of MCCA's Ethics Committee and looks forward to sharing her ethical journey with others.

**Shannon Curtaz** is the Executive Director of Horizons Children's Centre. She has been working in the field of Early Childhood Education since 1997 as a front line ECE, a Supervisor and a Director. She believes that the relationships we form with all of the people who come in and out of our lives, both personal and professional, shape the person that we ultimately become and that therefore growth and learning is never ending.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

**COST:** \$90.00 MCCA Member  
\$180.00 Non-member

# They are Real People! Making Infant Care Meaningful

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**INF - 001**

**Monday, November 4, 2024**

**6:30 pm - 8:30 pm**

**Suitable for: Infant and Toddler Educators**

**PD Hours: 2**

This isn't your average infant workshop! In these two hours, your ideas and assumptions about what infant care will be tested as you are asked to reflect on the care that you provide, your assumptions about infants, and simple ways that you can make your day-to-day interactions more profound and meaningful for both you and the young minds you are shaping. If you've had someone comment to you that they love how you treat the babies in your room like real people, come share your knowledge! If you haven't, come learn what this can look like.

**FACILITATOR:** **Jenna Poborsa** has been in the child care field for over 20 years, with most of it spent with Infants and Toddlers. She has training in Pedagogy, Resource for Infant Educators (RIE philosophy) and is a Circle of Security Facilitator. After lots of experience and learning, she is looking forward to sharing her wealth of knowledge on infant play, interactions, and learning.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:**

MCCA

2 - 2350 McPhillips St.

Winnipeg, Manitoba R2V 4J6

Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

**COST:**

\$45.00

MCCA Member

\$90.00

Non-member

# Thriving Through Turbulance: Cultivating a Resilient Mindset

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THR - 001

Tuesday, November 5, 2024

9:00 am - 3:00 pm

Suitable for: Leadership

PD Hours: 6

Drawing inspiration from positive psychology, neuroscience, and mindful compassion practices, this workshop is designed to empower individuals to not only bounce back from adversity but to thrive in the face of uncertainty. Together, we'll explore the factors that contribute to resilience when life throws you a little upset or a major curveball. The skills we cover are for bolstering your ability to thrive in all areas of life, from the infant or classroom at your Centre to your kitchen table, at home. From fostering a growth mindset to motivating with kindness over criticism, together let's embark on a journey toward a more empowered, and thriving version of ourselves.

In this dynamic and engaging workshop, participants will learn:

- 7 C's that contribute to resilience
- "How to's" on fostering a resilient mindset when life sets us back
- Ways in which you can use a mindset shift for positive impact in your relationships
- Strategies for letting go of old patterns that aren't serving you
- How to set aside the inner critic that gets in the way of thriving
- An action plan that integrates body and mind for more resilience in your life (choose your adventure)

***Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.***

***FACILITATOR:*** Shannon Gander is nationally recognized as a leading expert in mental health and resiliency. She has worked with hundreds of companies over the past 25 years where workplace culture and unhealthy stress has contributed to high rates of disability and staff turnover. Shannon founded Life Work Wellness to share leading best practice information on how to strategically invest in mental health practices that have the biggest impact on employee well being. Leveraging her dynamic background in mental health, conflict mediation and corporate wellness, Shannon inspires her audience to engage in daily behaviours that have immediate positive results on themselves, their workplace teams and the people they go home to at the end of the day.

When Shannon is not presenting or consulting in organizations, she works in her private counselling practice, in Winnipeg, Manitoba.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the  
corner of Court Ave. & McPhillips St.

**COST:** \$120.00 MCCA Member  
\$240.00 Non-member



# Let's Talk about Talking

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TAL - 001

Tuesday, November 5, 2024

6:30 pm - 8:30 pm

Suitable for: All

PD Hours: 2

An informative session designed to enhance your understanding of speech and language development or objectives for this professional development session include:

1. Providing an overview of development milestones gain insights into the typical progression of speech and language, language development across different stages and highlight key milestones along the expected progression from infancy through childhood.
2. For speech and language difficulties, identify common red flags, and warning signs that may indicate challenges and speech, language and communication development, explore difficulty such as delayed speech, limited vocabulary, and difficulties with articulation, expressive language, or language comprehension.
3. Addressing concerns and seeking professional consultation, equipped yourself with knowledge on when to become concerned about speech and language, language development, understand the importance of early intervention and learn how to navigate the process of addressing concerns with parents seeking professional consultation and support for individuals experiencing difficulties.

Join us as we dig into these topics and empower ourselves with the tools and insights necessary to support optimal speech and language development in children.

**FACILITATORS: Charlene Mitchell, R.SLP, MSLP** graduated from the University of North Dakota in 2001 and has spent the last 23 years supporting children and their families in the preschool and public school settings. She has extensive experience working with children with diverse needs from preschool to age 21, and is passionate about play-based learning at all ages.

**Jessica Palson, R.SLP, M.SLP** is a passionate Speech-Language Pathologist and trained Orofacial Myofunctional Therapist with over 20 years of experience working with children aged 2 to 21 years. Jessica believes creativity is key to motivating children and facilitating their growth and development, which gives her work a unique perspective. She has a passion for building connections with children and their families. Having the experience of learning English as her second language as a very young child, Jessica has particular interest in working with children and families who are learning English as an additional language.

**Jennifer Tsouras, R.SLP, MSLP** graduated from the University of North Dakota in 2003 and has been a school-based Speech-Language Pathologist since then. She recently became a trained Orofacial Myofunctional Therapist. Jenn enjoys connecting with children and their families, believing that positive, trusting relationships and teamwork are key to success.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

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

# Inclusion in Action: A Mindset Not a Program

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INC - 002

Wednesday, November 6, 2024

6:30 pm - 8:30 pm

Suitable for: All

PD Hours: 2

This workshop is the first of 5 in a series developed to support and enhance inclusive practices. The other four workshops will be presented in 2025/2026.

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

This session reflects on mindsets of current beliefs, values and practices of inclusion in action. We will review how the brain is shaped by experiences and connections with others and how stress wires our brains to respond. Mindset is the biggest hurdle in inclusive practices.

We will review how connection through the lens of Circle of Security® fosters strategies to change mindset and build inclusive practices.

There will be time to share and discuss what inclusion in action means to you. Your perspective and experiences shape your approach; time will be taken to how this plays out in action for you in your facility. You will leave this session with different perspectives, ideas and ways to incorporate inclusion in action at your centres.

This session is one of five workshops that has been developed in partnership by the Manitoba Child Care Inclusion Committee, Manitoba Child Care Association, and the Manitoba Early Learning and Child Care Division. The workshops are fully funded by the federal government as part of the Canada-Wide Early Learning and Child Care Agreement.



**Please note: Only 2 people per centre will be able to attend this workshop.**

**FACILITATORS:** **Gerrie Stolz** is a classified Early Childhood Educator III with years of experience in a variety of roles in the field of early childhood education. She started her career working with infants and preschoolers, was an instructor in the Early Childhood Education Program at Red River College and spent the majority of her career as a Quality Enhancement Specialist for the Manitoba Early Learning and Child Care program. The past 5 years she was the director at River Road Child Care, and recently accepted a position as a Resource Developer in the Science of Early Childhood Development at Red River College, in the Research and Innovation Unit.

**Paramjit Brar** is a member of the Manitoba Childcare Inclusion Committee. She has sixteen years of experience working in childcare in various capacities, including Kitchen Aid, Childcare Assistant, ECE II, Inclusion Coordinator, ECE III, and Centre Director. Currently she is working as an Instructor at Red River College Polytech. Before teaching at RRC Polytech, she worked as an instructor for almost one year at MITT, five years as an instructor in India, and for one term as a contract instructor at the University of Winnipeg.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the  
corner of Court Ave. & McPhillips St.

**COST:** Free  
**Limit 2 per centre**

## Crawling Through Creativity: Supporting Literacy Skills with Infants and Toddlers Using Art

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**CRA - 001**

**Thursday, November 7, 2024**

**6:30 pm - 9:00 pm**

**Suitable for: Infant and Toddler Educators**

**PD Hours: 2.5**

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

**FACILITATOR:** This workshop will be presented by a **Bookmates Facilitator**. Bookmates is a non-profit organization based in Winnipeg with over 40 years' experience in supporting early learning educators. Bookmates stays current with emerging research and themes related to healthy child development and uses a literacy lens to share strategies, information, resources and practical experiences.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

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

## Life and Legacy of Louis Riel

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**LIF - 001**

**Saturday, November 9, 2024**

**9:00 am - 1:00 pm**

**Suitable for: All**

**PD Hours: 4**

Embark on a journey through the heart of Winnipeg to visit landmarks and sites significant to our Red River Métis leader and honorary First Premier of Manitoba, Louis Riel. From his birthplace to the sites of his influential work and eventual resting place, our tour will offer an exploration of Riel's life and commitment to the Red River Métis community. Gain insight into the pivotal role he played in bringing the Province of Manitoba into the Canadian Confederation.



**FACILITATOR:** This workshop will be facilitated by someone from the **Louis Riel Institute**.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
(Pick Up & Drop Off – Workshop is on a bus)  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

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

# Conflict Management

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CON - 002

Wednesday, November 13, 2024

9:00 am - 3:00 pm

Suitable for: Leadership

PD Hours: 6

Conflict is a natural part of any collaborative environment, but how you handle it can make all the difference between productive dialogue and escalating disputes. This workshop is designed to equip you with the essential skills and strategies to effectively navigate and resolve conflicts in both personal and professional settings. In this interactive and engaging workshop, you will:

- **Understand Conflict Dynamics:** Learn about the underlying causes of conflict, different conflict styles, and the impact of conflict on teams and relationships.
- **Develop Communication Skills:** Acquire techniques for active listening, clear expression, and assertive communication that can help de-escalate tensions and foster mutual understanding.
- **Implement Conflict Resolution Strategies:** Explore practical strategies such as negotiation, mediation, and problem-solving to address conflicts constructively and reach win-win solutions.
- **Practice Real-World Scenarios:** Participate in role-playing exercises and case studies to apply the concepts and skills learned, gaining hands-on experience in managing conflicts effectively.
- **Enhance Emotional Intelligence:** Build self-awareness and empathy to better understand and manage your own emotions and those of others during conflicts.

By the end of the workshop, you'll have a comprehensive toolkit to approach conflicts with confidence and turn potential disagreements into opportunities for growth and collaboration. Whether you're a team leader, a manager, or simply looking to improve your interpersonal skills, this workshop will provide valuable insights and actionable strategies to handle conflicts with finesse.

***Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.***

**FACILITATOR:** **Ronald Sarran** is proud to share that he was born and raised in Winnipeg and embraces what it takes to brave a Prairie Winter and enjoy our beautiful (yet too short!) summers. He is a graduate of the University of Manitoba with a Bachelor's Degree in Business (Commerce) and Adult Learning & Development (Education). This is an addition to completion of his designation from the Canadian Institute of Management with a Professional Manager's Designation and as a Certified Facilitator from Design Dimensions International (DDI). His current role is the Director, Strategy and Consultant Care with Paradigm Consulting Group where he lead a team of professionals who deliver on their unmatched offer across the organization. The 20+ years of work experience has allowed him to learn about banking, retail, telecom, public sectors management and now consulting. His responsibilities have spanned multi-million-dollar Capital and Operating Expense Programs at Bell MTS, Organizational Initiatives such as the updated Strategic Plan for Economic Development Winnipeg to the development of Leadership Programs across multiple companies. These valuable experiences have led to successful outcomes that can be seen at each of these organizations.

**WORKSHOP DELIVERY:** In-Person

<b>LOCATION:</b>	MCCA 2 - 2350 McPhillips St. Winnipeg, Manitoba R2V 4J6 Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.	<b>COST:</b>	\$150.00 MCCA Member \$300.00 Non-member
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# School Age Resource Evening: Make and Take



SCH - 001

Thursday, November 14, 2024

7:00 pm - 9:30 pm

Suitable for: All

PD Hours: 2.5

Unleash your creativity and discover new ways to captivate school-age children with our “Make-and-Take” resource evening. Designed specifically for those working in school-age care settings, this interactive session will provide you with a variety of engaging, hands-on activities that can be easily implemented in your programs.

## What You’ll Learn:

- Craft Ideas
- Practical Implementation Tips
- How to Use What You Have

## What to Expect:

- **Hands-On Experience:** You’ll have the opportunity to create your own projects during the workshop, allowing you to experience firsthand how to execute and present these activities to children.
- **Interactive Discussions:** Engage in lively discussions with fellow participants to share ideas, experiences, and best practices.
- **Resource Materials:** Take home a comprehensive packet including step-by-step instructions, templates, and a list of materials needed for each activity, so you’re ready to start implementing right away.
- **Networking Opportunities:** Connect with other school-age care professionals to exchange ideas, challenges, and solutions.

Whether you’re looking to refresh your activity repertoire or find new ways to inspire and engage the children in your care, this workshop offers practical tools and creative inspiration to enhance your program.

A full dinner of pizza, pasta, salad, and dessert is included! Vegetarian options will be available. *(Please let us know if you require a gluten free or vegan option.)*

**FACILITATOR:** This evening is facilitated by members of the School Age Committee.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** Victoria Inn Hotel & Convention Centre  
Wellington Room  
1808 Wellington Ave.  
Winnipeg, Manitoba R3H 0G3



**COST:** \$80.00 MCCA Member  
\$160.00 Non-member

## Level C: First Aid and CPR – Training for Educators by an Educator

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**AID - 001**

**Saturday, November 16, 2024**  
**9:00 am - 2:30 pm**

**Suitable for: All**  
**PD Hours: 0**

This is a certified course that covers all the fundamentals required to work in an Early Child Care setting. Students will practice addressing various medical emergencies and first aid techniques including CPR and use of an AED.

This includes Red Cross Certificate.

**Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.**

**FACILITATOR:** **Lois Johnson** is a retired ECE III and past Director of the MFRC Childcare Centre. In 2017, Lois trained as a Red Cross First Aid Instructor. She was then able to do in-house first aid training and recertification of her staff and volunteers at the Military Family Resource Centre. After retiring in 2021 Lois continues to teach First Aid and enjoys combining First Aid Techniques and procedures as directly related to working in a Early Child Care Facility.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

**COST:** \$75.50 MCCA Member  
\$100.00 Non-member

## Money and Time Through Play

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**MON - 001**

**Monday, November 18, 2024**  
**6:30 pm - 8:30 pm**

**Suitable for: Front Line**  
**PD Hours: 2**

Do you have a million dollars? When I am older, I am going to buy a big house and 3 cars. When can I go outside? When is my mom picking me up? Turn these conversations and questions into fun playing and learning about numbers, money and time to build important foundational skills for early numeracy! Show children what money looks like and how to use it in a play store and more! Show children how to use a clock while discovering seconds, minutes and hours to help them answer their questions!

**FACILITATOR:** **Sarah Melo (M.Ed)** is a French immersion student services teacher from Winnipeg, Manitoba, a mother of three, a former math resource teacher and counselor. She has also taught in England, Japan and China. After completing her master's degree, Sarah developed Melo Math to help parents and educators to guide children in math using everyday manipulatives. She is currently developing resources to help teachers differentiate their math instruction and to help parents talk with their children about real-life concepts such as money. Sarah's passion is to help children learn the magic of math and to build confidence to prevent numeracy problems later in life!

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

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

# Building Language Through Play

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LAN - 001

Thursday, November 21, 2024

6:30 pm - 8:30 pm

Suitable for: All

PD Hours: 2

The session delves into the critical role of play in fostering child speech and language development. This session is structured to provide valuable insights into the significance of play, typical milestones and play development and practical strategies for nurturing play skills.

1. Understanding the critical role of play participants will gain deeper understanding of how play serves as a powerful and necessary igniter for speech and language development. We will explore the fundamental connection between play and various aspects of speech and language, including speech, sound development, vocabulary, acquisition, and social interaction and expressive and receptive language skills.
2. Explore typical milestones and development and stages of development from early exploratory to more complex forms of imaginative and symbolic
3. Facilitating effective strategies to support enhanced experiences for children discover strategies for creating rich and engaging environments, promoting exploration, and creativity and scaffolding play interactions to facilitate language development
4. Unleashing pretend play and open-ended toys discovering a wealth of ideas for facilitating and extending pretend play activities and learn

**FACILITATORS:** **Charlene Mitchell, R.SLP, MSLP** graduated from the University of North Dakota in 2001 and has spent the last 23 years supporting children and their families in the preschool and public school settings. She has extensive experience working with children with diverse needs from preschool to age 21, and is passionate about play-based learning at all ages. Char designs engaging and fun therapy sessions, and values the importance of building rapport and authentic connections with the children and families she supports.

**Jessica Palson, R.SLP, M.SLP** is a passionate Speech-Language Pathologist and trained Orofacial Myofunctional Therapist with over 20 years of experience working with children aged 2 to 21 years. Jessica believes creativity is key to motivating children and facilitating their growth and development, which gives her work a unique perspective. She has a passion for building connections with children and their families. Having the experience of learning English as her second language as a very young child, Jessica has particular interest in working with children and families who are learning English as an additional language.

**Jennifer Tsouras, R.SLP, MSLP** graduated from the University of North Dakota in 2003 and has been a school-based Speech-Language Pathologist since then. She recently became a trained Orofacial Myofunctional Therapist. Jenn enjoys connecting with children and their families, believing that positive, trusting relationships and teamwork are key to success.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the  
corner of Court Ave. & McPhillips St.

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

## Drumming for Health and Wellness

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**DRU - 001**

**Saturday, November 23, 2024**

**10:00 am - 12:00 pm**

**Suitable for: All**

**PD Hours: 2**

This drum and rhythm-based program is for individuals who want to:

- Connect with others in a fun way
- Build a cohesive group dynamic
- Learn some simple and fun drum rhythms
- Release built-up stress from the body
- Exercise coordination and dexterity
- Show some love to the central nervous system
- Build brand new neural pathways
- Promote a feeling of well-being and relaxation

**FACILITATOR:** Facilitated by **Diversity Drum Circles**.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

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

## Utilizing your MCCA Membership to its Fullest

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**MEM - 001**

**Thursday, November 28, 2024**

**6:30 pm - 8:30 pm**

**Suitable for: All**

**PD Hours: 2**

MCCA often says, “together we are stronger” and #membershipmatters, but what does that really mean? This workshop is ideal for MCCA members who are looking to gain a deeper understanding of what their MCCA membership offers. Whether you are a new member or have been a member for years, this workshop will help unpack what is included in your membership and help you utilize your membership to its fullest!

**FACILITATORS:** **Kayla Mauricio** is MCCA's Program Services Administrator.  
**Ashley Peters** is MCCA's Membership & Management Assistant.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

**COST:** Free for Current MCCA Members  
**Registration Limit: 2 Per Centre**



## Mix, Mingle & Jingle

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**MIX - 001**

**Saturday, November 30, 2024**

**10:00 am - 1:00 pm**

**Suitable for: All**

**PD Hours: 3**

Put on your favourite festive clothing and join Karen and Kayla for a delightful holiday gathering that combines the warmth of the season with creativity, laughter and friendly competition, prizes included of course! Come prepared to mix, mingle, and jingle your way through a joyful holiday experience like no other. Connect with colleagues and meet new people in an atmosphere filled with festive spirit and creative energy. The perfect start to the busy holiday season! Lunch and supplies are included in the cost of workshop.

**FACILITATOR:** **Karen Kowalski** is MCCA's Assistant Executive Director & Director of Professionalism.

**Kayla Mauricio** is MCCA's Program Services Administrator.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the  
corner of Court Ave. & McPhillips St.

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

## Temperature and Measurement Through Play

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**TEM - 001**

**Tuesday, December 3, 2024**

**6:30 pm - 8:30 pm**

**Suitable for: Front Line**

**PD Hours: 2**

Why do I have to wear ski pants, mitts and a toque? Who is taller? Is that a big bug? Is my train longer? Turn these questions into fun playing and learning about numbers, temperature and measurement to build important foundational skills for early numeracy! Show children how to use a thermometer while playing with positive and negative numbers to help them decide what to wear outside! Show children how to use a measuring tape while discovering millimetres, centimetres and metres to help them answer curious questions!

**FACILITATOR:** **Sarah Melo (M.Ed)** is a French immersion student services teacher from Winnipeg, Manitoba, a mother of three, a former math resource teacher and counselor. She has also taught in England, Japan and China. After completing her master's degree, Sarah developed Melo Math to help parents and educators to guide children in math using everyday manipulatives. She is currently developing resources to help teachers differentiate their math instruction and to help parents talk with their children about real-life concepts such as money. Sarah's passion is to help children learn the magic of math and to build confidence to prevent numeracy problems later in life!

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the  
corner of Court Ave. & McPhillips St.

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

# Setting Employee Expectations

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SET - 001

Thursday, December 5, 2024

9:00 am - 3:00 pm

Suitable for: Leadership

PD Hours: 6

It's a bit of an understatement to say that the way we work has changed over the past few years. From the global pandemic and other societal factors, employees and employers alike have had to adapt to what sometimes feels like a whole new world. As we face this "new normal" together, you may be wondering how to better set employee expectations. Whether you're focused on retention, employee performance, or preventing burnout, setting expectations can help. In fact, a survey from Gallup showed that most employees don't know what's expected of them at work. This can lead to drops in employee engagement, which ultimately, can cause people to leave your centre altogether.

In this session, we will cover these objectives:

- What are employee expectations and what factors impact them in today's workforce;
- How to set clear employee expectations;
- How to communicate employee expectations; and
- How to set employee versus team expectations

***Participants are on their own for lunch. There will be an hour lunch break. MCCA has a fridge, microwave, and a toaster oven for your convenience. There are several restaurants in the area.***

**FACILITATOR:** **Melenie Olfert** has worked as an independent consultant sharing her knowledge and expertise through leadership projects and workplace training. With a background in adult education and training, Melenie is now a published writer, as well as an accomplished speaker on intercultural & diversity in the workplace, human resources and leadership development. Further to her training experience, Melenie is an instructor with the University of Winnipeg, PACE Program, where she teaches in the Leadership Program. She is also the co-facilitator of the Language Interpreter Training Program which supports language diversity in work and community settings. Outside of work, Melenie volunteers in assisting newcomers in preparing for their Canadian citizenship exams.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.

**COST:** \$90.00 MCCA Member  
\$180.00 Non-member

# Brunch ‘N Learn for Family Child Care Providers

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**BRU - 001**

**Saturday, December 7, 2024**

**10:00 am - 12:00 pm**

**Suitable for: Family Child Care Providers**

**PD Hours: 2.0**

It's a bit of an understatement to say that the way we work has changed over the past few years. Join Kayla, FCCP Staff Liason to the Family Child Care Committee and Mandeep Sharma, MCCA's financial manager on answering your questions regarding finances as a Family Child Care Provider.

Refreshments will be served.

A preliminary survey will be sent to those registered before the workshop as it is meant to be tailored to meet the needs of the providers in attendance.

**FACILITATORS:** **Mandeep Sharma** is MCCA's Finance & Accounting Manager.

**Kayla Mauricio** is MCCA's Program Services Administrator.

**WORKSHOP DELIVERY:** In-Person

<b>LOCATION:</b>	MCCA 2 - 2350 McPhillips St. Winnipeg, Manitoba R2V 4J6 Located in the Royal Bank building on the corner of Court Ave. & McPhillips St.	<b>COST:</b>	\$20.00 \$40.00	MCCA Member Non-member
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# A High Image of Child

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**HIG - 001**

**Tuesday, December 10, 2024**

**6:30 pm - 9:00 pm**

**Suitable for: All**

**PD Hours: 2.5**

In this presentation, Pat will explore how your image of children impacts your daily experiences in cultivating a positive classroom community. Having a high image of children allows you to say “yes” more and gives you permission to think deeply about your work with children. Making connections, and strengthening relationships provides you with purpose. Have you lost some of your passion? Are you just as excited to come to work each day as you were as a new graduate? In my presentation Pat will discuss how the Reggio Emilia Approach is foundational in creating a culture of little turnover and inspiration within our practice.

**FACILITATOR: Pat Furman** earned her master’s degree in Innovation in Early Childhood Education in 2022. She has been Executive Director of Inspired by Wonder, two child care programs in Winnipeg, Canada since inception in 2004. She was a recipient of the 2016-2017 Prime Ministers Award for Excellence in Early Childhood Education, as well as a recipient of the Winnipeg Centre MP 150th Anniversary Medal for Volunteerism, and the 2020 recipient of the Manitoba Child Care Association, Leader of the Year Award. She has worked in the early childhood field for over 20 years. Pat is also the co-chair of the Manitoba Reggio Inspired Coalition of Educators (Manitoba Reggio) and is a member at large on the Vanier Institute of the family, a national organization. Recently she joined the children’s rights working group with the World Forum Foundation.

**WORKSHOP DELIVERY:** In-Person

**LOCATION:** MCCA  
2 - 2350 McPhillips St.  
Winnipeg, Manitoba R2V 4J6  
Located in the Royal Bank building on the  
corner of Court Ave. & McPhillips St.

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



# ZOOM WORKSHOPS

## POLICIES FOR ZOOM WORKSHOPS

- Please click on the zoom link 10 - 15 minutes before the workshop begins. Our zoom workshop hostess will begin admitting participants in at that time.

- Zoom workshops are live workshops that require participants to keep their video on the entire time.

- Upon entering the workshop everyone will be muted to minimize background sounds. If you wish to make a comment or ask a question you can unmute yourself or comment in the chat feature.

- Please name your device with your full name so that we can check you off on the attendance. We don't know who you are if it just says iPhone 10 or iPad. We want to make sure we have verified your attendance so that you will receive a certificate.



- After the workshop you will be sent a link to complete a workshop evaluation using Survey Monkey. Please do the evaluation within 48 hours.
- Certificates of Participation will be emailed to participants after 75% of participants have completed the evaluation.
- If for any reason we cannot identify who you are, we will need to remove you from the workshop. Unfortunately you will not be let back into the workshop and will not receive a certificate.
- The zoom link we send is only for you. It should not be shared and other people should not be listening to the workshop who have not registered.
- If two or more people are registered and sharing one screen, please let the host know. It is recommended that each person is on their own device.
- The zoom link is sent out at least 24 hours to the workshop start time. If you have not received the zoom link contact MCCA by 12:00 noon so that we can send you the link.

# The Power of Building Connections: How Educators Influence a Child's Day

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**POW - 001**

**Tuesday, October 1, 2024**  
**6:30 pm - 8:30 pm**

**Suitable for: All**  
**PD Hours: 2**

In this workshop, we will explore the power of the educator and the importance of building connections with children. We will explore how early childhood educators influence a child's day and why their role is crucial in shaping our children's future.

By the end of the workshop, educators will:

- Understand the importance of connections
- Understand an educator's role in influencing a child's day
- Know how to build a sense of community in their programs
- Understand how to shape the learning environment
- Know the importance of promoting healthy routines
- Understand fostering social and emotional development
- Know the importance of supporting families
- Have strategies to support educators when faced with unique challenges.

**FACILITATOR: Carla Ward** is an Early Childhood Educator and the founder of Early Learning Foundations, a business dedicated to education and enhancing the work of Early Childhood Educators. She has held various roles in the education profession for more than 18 years. Carla is a certified Wonder-Based educator and brings a sense of wonder and passion into every aspect of her business, from hosting The Everything ECE Podcast to workshop and course development. Carla loves to share actionable and inspiring ideas with fellow educators both in and out of the classroom to help support professional practices in Early Childhood Education.

**WORKSHOP DELIVERY:** Zoom



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

## Precipitation Education

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**PRE - 001**

**Thursday, October 3, 2024**  
**6:30 pm - 8:30 pm**

**Suitable for: Front Line**  
**PD Hours: 2**

Want 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 of 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. To learn more about Karen, her work, and her thoughts on childhood, learning, and care, join her monthly newsletter at [www.natureplaystudios.com](http://www.natureplaystudios.com).

**WORKSHOP DELIVERY:** Zoom



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

# Partnering Philosophy & Planning

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PAR - 001

Tuesday, October 8, 2024  
6:30 pm - 8:30 pm

Suitable for: All  
PD Hours: 2

Gain a deeper understanding of neurodiversity while exploring pedagogical intention. Participants will learn what an inclusive classroom really is, will explore the 7 domains of holistic learning, and understand how this framework can be applied to the planning process in support of neurodiverse learners. With a focus on inclusion and critical self reflection, participants should feel confident to not only challenge their past beliefs but to create new, personalized, educational philosophies with intentionality. Participants learn actionable skills in effective planning processes for all children.

**FACILITATOR: Monica Maddison (she/her)** has spent the last 13 years providing support for neurodiverse children and their families. These years provided her the opportunities to aid in classroom support, IEP development and advocacy, behavioural & play-based therapy, parent coaching, instructing college programs, and serving as a Director of Specialized Education & Inclusion. Now, she is fortunate to extend this extensive experience to other educators - facilitating professional development.

WORKSHOP DELIVERY: Zoom



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

# Article Review: Anji Play

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ANJ - 001

Monday, October 21, 2024  
6:30 pm - 8:30 pm

Suitable for: All  
PD Hours: 2

As we look around the world, we can find inspiration in the work we do with children. When we think of different parts of the world as transforming early childhood education, we would probably never look towards China but there is a rural county in China that is doing just that. Join me, as we explore and talk about Anji Play. We will unpack the article and look at the philosophy and the perspective it offers us as we grow in our own knowledge and profession.

**FACILITATOR: Cindy Curry** loves learning, sharing her passion for child-led play and is energized when she can inspire others along the way. She has dedicated over 35 years to Early Childhood Education and has worked in many types of programs including group family child care and forest and nature school.

Currently, she is the director of a rural child care program, instructs at Red River College Polytechnic, facilitates workshops, and advocates for children to connect with nature. In the fall of 2023, she was recognized as an Exchange Leader through the Exchange Leadership Initiative and was published in the summer 2024 edition of Play Outdoors Magazine.

WORKSHOP DELIVERY: Zoom



COST: \$25.00 MCCA Member  
\$50.00 Non-member



# Inclusion in Action: A Mindset Not a Program

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**INC - 001**

**Tuesday, October 22, 2024**  
**6:30 pm - 8:30 pm**

**Suitable for: All**  
**PD Hours: 2**

This workshop is the first of 5 in a series developed to support and enhance inclusive practices. The other four workshops will be presented in 2025/2026.

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

This session reflects on mindsets of current beliefs, values and practices of inclusion in action. We will review how the brain is shaped by experiences and connections with others and how stress wires our brains to respond. Mindset is the biggest hurdle in inclusive practices.

We will review how connection through the lens of Circle of Security® fosters strategies to change mindset and build inclusive practices.

There will be time to share and discuss what inclusion in action means to you. Your perspective and experiences shape your approach; time will be taken to how this plays out in action for you in your facility. You will leave this session with different perspectives, ideas and ways to incorporate inclusion in action at your centres.

This session is one of five workshops that has been developed in partnership by the Manitoba Child Care Inclusion Committee, Manitoba Child Care Association, and the Manitoba Early Learning and Child Care Division. The workshops are fully funded by the federal government as part of the Canada-Wide Early Learning and Child Care Agreement.



***Please note: Only 2 people per centre will be able to attend this workshop.***

**FACILITATORS:** **Gerrie Stolz** is a classified Early Childhood Educator III with years of experience in a variety of roles in the field of early childhood education. She started her career working with infants and preschoolers, was an instructor in the Early Childhood Education Program at Red River College and spent the majority of her career as a Quality Enhancement Specialist for the Manitoba Early Learning and Child Care program. The past 5 years she was the director at River Road Child Care, and recently accepted a position as a Resource Developer in the Science of Early Childhood Development at Red River College, in the Research and Innovation Unit.

**Paramjit Brar** is a member of the Manitoba Childcare Inclusion Committee. She have sixteen years of experience working in childcare in various capacities, including Kitchen Aid, Childcare Assistant, ECE II, Inclusion Coordinator, ECE III, and Centre Director. Currently working as an Instructor at Red River College Polytech. Before teaching at RRC Polytech, I worked as an instructor for almost one year at MITT, five years as an instructor in India, and for one term as a contract instructor at the University of Winnipeg.

**WORKSHOP DELIVERY:** Zoom



**COST:** Free  
**Limit 2 per centre**



## Meetings that Matter

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**MEE - 001**

**Thursday, October 24, 2024**

**6:30 pm - 8:30 pm**

**Suitable for: Leadership**

**PD Hours: 2**

Staff meetings are a necessity in any business but in the world of child care, it is especially crucial to the team development, development of children and the child care business itself. With child care staff so often being on shifts, staff meetings are the perfect opportunity for staff to connect, collaborate and feel inspired. However, most staff meetings are dull, uninspiring and in many cases, could have been an email. In the Meetings that Matter workshop, we will look at the 4 stages needed to prepare for and run a successful and inspiring staff meeting that staff actually want to attend

By the end of the workshop leaders will know:

- The key decisions in preparing for a staff meeting
- How to prepare for a staff meeting
- How to host a staff meeting
- The importance of following up and how to do it efficiently

**FACILITATOR: Carla Ward** is an Early Childhood Educator and the founder of Early Learning Foundations, a business dedicated to education and enhancing the work of Early Childhood Educators. She has held various roles in the education profession for more than 18 years. Carla is a certified Wonder-Based educator and brings a sense of wonder and passion into every aspect of her business, from hosting The Everything ECE Podcast to workshop and course development. Carla loves to share actionable and inspiring ideas with fellow educators both in and out of the classroom to help support professional practices in Early Childhood Education.

**WORKSHOP DELIVERY:** Zoom



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

## Taking Care of Yourself: Managing your Mental Health When You Work Solo

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**FCCP - 001**

**Saturday, October 26, 2024**

**10:00 am - 12:00 pm**

**Suitable for: Family Child Care Providers**

**PD Hours: 2**

This workshop is for in-home care providers, as these care providers typically, if not always, are the sole care providers for the children in their care, it is essential that they understand that hardships are not uncommon and understandable. Therefore, in this workshop, attendees will learn coping skills and healthy ways in which they can manage their mental health.

**FACILITATOR: Kayla Papalia** is an Early Childhood Educator who has been working in the field for over 10 years. Her passions lie in advocacy; with her good friend and former co-educator, the 2 started the ECE, Honestly Podcast as a way to bring a voice to the subjects that may not be as openly discussed in the world of ECE. Sometimes that means talking about the challenges in the field, as well as using the podcast and social media account as a platform to help elevate the voices of those educators who feel they are not being heard. Kayla is also the owner on an In-Home Multi Age childcare centre. She was able to take advantage of her privilege and leave working in group childcare. She began working for herself while still having the ability to work directly with children and families.

**WORKSHOP DELIVERY:** Zoom



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

## Creating a Positive Outlook Within ECE Teams

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POS - 001

Thursday, October 28, 2024  
6:30 pm - 8:30 pm

Suitable for: Leadership  
PD Hours: 2

If you are looking for inspiration and ways to create and maintain a positive outlook within your ECE team, this workshop is for you. This interactive session will equip you with practical strategies and insights to foster a supportive and optimistic work environment, which is essential for enhancing team morale and effectiveness. In this workshop, ECE will cover:

- **Building Emotional Intelligence:** Strategies to better understand and manage emotions and feedback, to create a more empathetic and supportive workplace.
- **Cultivating a Growth Mindset:** Strategies to encourage a culture of continuous learning and resilience, helping the team embrace challenges.
- **Effective Communication Strategies:** The power of clear, positive communication in building trust, reducing misunderstandings, and fostering a collaborative team atmosphere.
- **Recognizing and Celebrating Wins:** The importance of acknowledging achievements, both big and small, to boost team cohesion and motivate excellence.

**FACILITATOR:** Ana Valle Rivera is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007, Ana has worked with children and families with complex needs using inclusive and trauma-informed approaches. Ana has a background in ECE, a Bachelor's Degree in Child & Youth Care, and is currently completing a Master's Degree in Professional Education in ECE.

WORKSHOP DELIVERY: Zoom



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

## Reggio Beyond Pinterest

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REG - 001

Tuesday, November 12, 2024  
6:30 pm - 8:30 pm

Suitable for: Front Line  
PD Hours: 2

This workshop empowers early learning and childcare professionals to take ownership of their practice and recognize the underlying theories that uphold their 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 values-based pedagogies. 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 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. To learn more about Karen, her work, and her thoughts on childhood, learning, and care, join her monthly newsletter at [www.natureplaystudios.com](http://www.natureplaystudios.com).

WORKSHOP DELIVERY: Zoom



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

# Understanding Racial/Cultural Microaggressions in the ECE Workplace

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UND - 001

Wednesday, November 13, 2024

6:30 pm - 8:30 pm

Suitable for: All

PD Hours: 2

Join us for an insightful workshop that sheds light on microaggressions within the Early Childhood Education (ECE) workplace. Educators will explore racial/cultural microaggressions through real-life scenarios and case studies, prompting reflective discussions. This workshop equips participants with strategies and self-assessment tools to effectively address microaggressions, fostering an inclusive and supportive environment in ECE workplaces.

## Learning Outcomes:

- Microaggressions Awareness: Recognize and address cultural and racial microaggressions.
- Reflective Discussions: Engage in meaningful conversations about real-life microaggression experiences.
- Inclusive Environments: Develop strategies to create supportive, inclusive ECE workplaces.
- Effective Responses: Acquire skills to confidently respond to microaggressions.

**Lobna's Message:** *"Empower educators to navigate microaggressions and cultivate inclusive ECE spaces. Let's foster environments where healthy relationships thrive."*

**FACILITATOR:** Lobna Ajaini is an Early Childhood Leader with an Honours Bachelor of Early Childhood Leadership Degree and an Early Childhood Education Diploma from Sheridan College. She is completing MPED, a Master's Degree of Professional Education in ECE through Western University. Lobna is a multi-award-winning educator and leader who received the 2022 Honours Bachelor of Early Childhood Research Award about Forest Schools, the 2019 Sylvia Leal Leadership Award, and the 2016 Davis Campus Commemorative Award. Recently, Lobna was featured in the prestigious Hoinser Media Group book as one of the 100 top powerful global leaders.

Lobna is the founder of Childhood Empowerment, a platform dedicated to fostering growth and development for early childhood educators. She is currently working as an ECE college instructor in Ontario where she was nominated several times in the Above and Beyond program for supporting her students and for her teaching style. She previously worked as a Family Support Facilitator, site director and Montessori French teacher. Lobna is passionate about Diversity, Equity, and Inclusion (DEI), humanitarian and environmental community projects. Her love for creativity and innovation stems from her educational background in the engineering field. She values lifelong learning and facilitating workshops to empower educators, children and families.

WORKSHOP DELIVERY: Zoom



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

# The Change Challenge

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CHA - 001

Wednesday, November 20, 2024

6:30 pm - 8:30 pm

Suitable for: All

PD Hours: 2

Staff meetings are a necessity in any business but in the world of child care, it is especially crucial to the team. Are you undergoing changes in your workplace that impact all levels of staff? Are you curious about ways to navigate this effectively when you might be weary from changes to systems and processes? Organizations with a high rate of change are known for higher rates of stress leave and turnover and yet change is inevitable. So, what to do? This session focuses on how to navigate the stress that change brings and figuring what you need to adjust and thrive. We'll also explore where anxiety fits into uncertainty and how to stay buoyant, maintain positive energy while trying to take care of children and families. You'll come away from this workshop with a better understanding of how you navigate change and if you're a leader, how to better support your staff.

In this interactive and dynamic training, leaders will learn:

- Why some people roll with change and others don't (there's nothing wrong with you!)
- The connection between change and anxiety
- The tools you need to better manage uncertainty
- Where communication and information can serve you well
- How to ask for what you need without overwhelming yourself or your leader (and vice versa!)

**FACILITATOR: Shannon Gander** is nationally recognized as a leading expert in mental health and resiliency. She has worked with hundreds of companies over the past 25 years where workplace culture and unhealthy stress has contributed to high rates of disability and staff turnover. Shannon founded Life Work Wellness to share leading best practice information on how to strategically invest in mental health practices that have the biggest impact on employee well being. Leveraging her dynamic background in mental health, conflict mediation and corporate wellness, Shannon inspires her audience to engage in daily behaviours that have immediate positive results on themselves, their workplace teams and the people they go home to at the end of the day.

When Shannon is not presenting or consulting in organizations, she works in her private counselling practice, in Winnipeg, Manitoba.

**WORKSHOP DELIVERY:** Zoom



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

# Bridging Emotional Awareness and Logical Thinking in the Early Years

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**BRI - 001**

**Monday, November 25, 2024**

**6:30 pm - 8:30 pm**

**Suitable for: All**

**PD Hours: 2**

We are all in an emotion all the time. For children, navigating big emotions can be especially challenging. Grounded in attachment theory, co-regulation, and neuroscience, this workshop provides practical tools and insights to support emotional learning and development in early childhood. In this workshop educators will explore:

- **Primary Caregiving:** Understanding the foundational role of secure attachments in emotional and cognitive development.
- **Co-Regulation:** Practical strategies to help adults understand how to support children through big emotions.
- **Daily integration:** Activities and approaches to promote the harmonious integration of the emotional and logical centers of the brain.
- **Social Stories:** Using games, narratives, and visuals to enhance understanding and problem-solving skills.

**FACILITATOR: Ana Valle Rivera** is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007, Ana has worked with children and families with complex needs using inclusive and trauma-informed approaches. Ana has a background in ECE, a Bachelor's Degree in Child & Youth Care, and is currently completing a Master's Degree in Professional Education in ECE.

**WORKSHOP DELIVERY:** Zoom



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



# Sparking Self-Reflection Through Exploring Family Systems

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EXP - 001

Tuesday, November 26, 2024  
6:30 pm - 8:30 pm

Suitable for: All  
PD Hours: 2

Families have the most important role and influence on a child's well-being and learning. The Bowen Family Systems (BFS) theory, a leading family therapy theory, can help to understand the influence a family's emotional functioning can have on a child's well being, ability to learn and life outcomes. In the Early Learning field we are constantly engaging with family systems, an awareness of how families may be functioning emotionally can help inform our work.

The BFS theory is primarily about how we are shaped by the emotional systems we exist in, how those systems are connected and are affected by one another. Reflecting on our own experiences in our family systems can help us see where they may impact our work.

The concepts of families as an emotional unit, emotional systems, anxiety binding behaviours and how they affect family systems and the individuals in them, along with much more will be introduced in this workshop. All concepts in BFS theory apply to non-family groups, including work environments. This workshop will provide opportunities for both reflection and active engagement.

*\*Although this workshop introduces a therapeutic theory it is meant for awareness only and does not replace care or advice from a mental health professional.*

**FACILITATOR:** Michelle Milne is an ECE with a deep curiosity about the driving forces behind behaviour, particularly those that challenge us. This has led her over the past 20 years to take training in Roots of Empathy, Non-violent Crisis Intervention, the Bowen Family Systems theory and The Principles of Collective Trauma Healing. She is now combining this knowledge with her experiences as an ECE, Manager and Inclusion Coordinator, to create and facilitate workshops that concentrate on understanding the underlying causes of challenging behaviour and improving interpersonal relationships.

**WORKSHOP DELIVERY:** Zoom



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

# Loose Parts: The Play Framework You Need to Know!

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LOO - 001

Wednesday, November 27, 2024

6:30 pm - 8:30 pm

Suitable for: Frontline

PD Hours: 2

Participants will learn how to incorporate one of the most powerful play resources into their programs.

In this workshop, we will look at:

- The 5Ws of Loose Parts
- The #1 Mistake Educators Make During Play
- The General Course of Events in Play
- Trusting the Process
- The Role of the Educator
- Intentional Environment Design
- Storage Solutions
- Getting the Buy-In

**FACILITATOR:** **Carla Ward** is an Early Childhood Educator and the founder of Early Learning Foundations, a business dedicated to education and enhancing the work of Early Childhood Educators. She has held various roles in the education profession for more than 18 years. Carla is a certified Wonder-Based educator and brings a sense of wonder and passion into every aspect of her business, from hosting The Everything ECE Podcast to workshop and course development. Carla loves to share actionable and inspiring ideas with fellow educators both in and out of the classroom to help support professional practices in Early Childhood Education.

**WORKSHOP DELIVERY:** Zoom



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

# Nüton's Recipe for Food & Nutrition Education: Four Ingredients to Make a Difference

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NUT - 001

Monday, December 2, 2024

6:30 pm - 8:30 pm

Suitable for: Front Line

PD Hours: 2

Ever wondered how children really learn about food? In our society, the messages we receive about food, eating, bodies, and movement are often control and restriction-based. Tune in to this helpful workshop where we are going to stir up some perspectives surrounding food and eating and provide you with a recipe to create a positive food environment in your childcare facilities.

## What You'll Learn:

Nüton's recipe for food & nutrition education includes four ingredients for making a difference in the lives of children that you work with. Attend this workshop and receive a free educator toolkit that includes activities that promote reflection, along with resources that support each of these ingredients:

1. **Body Inclusivity**
2. **Food Stories**
3. **Eating Competence**
4. **Food Literacy**

## Why Join Us?

An authentic appreciation of, and curiosity about, the world and food come naturally to children. Let's cook up some ways to empower children to enjoy a variety of foods and build healthy relationships with food, their bodies, and movement. Don't miss this chance to revolutionize the way we approach food and nutrition education!

**FACILITATOR: Amanda Hamel** is a life-long learner and registered dietitian. She currently works as a nutrition educator with Nüton, a team of registered dietitians who provide training and nutrition programs to Manitoba educators so they can help kids feel comfortable around food and eating. She aims to inspire educators to have a positive impact on kids' food journeys using experience-based learning by discovering and exploring a variety of foods.

WORKSHOP DELIVERY: Zoom



**COST:** \$25.00 MCCA Member  
\$50.00 Non-member

## Honouring the Journey

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HON - 001

Wednesday, December 4, 2024  
6:30 pm - 8:30 pm

Suitable for: All  
PD Hours: 2

Engage and self reflect upon past philosophies, stigma, and approaches to educating neurodiverse minds over the years. Together, we will explore the many social perceptions of ADHD. Philosophies are always growing and evolving with new information, research, and understanding - should the educator seek it. Arguably, all of us have been exposed to out-of-date language, we've drawn incorrect conclusions, and may have acted with false or incomplete information within our care. However, as intentional and inclusive educators it is our responsibility to unlearn the standards of the past and move forward in our journeys towards inclusive education and care.

**FACILITATOR: Monica Maddison (she/her)** has spent the last 13 years providing support for neurodiverse children and their families. These years provided her the opportunities to aid in classroom support, IEP development and advocacy, behavioural & play-based therapy, parent coaching, instructing college programs, and serving as a Director of Specialized Education & Inclusion. Now, she is fortunate to extend this extensive experience to other educators - facilitating professional development.

WORKSHOP DELIVERY: Zoom



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

## Article Review: Patience vs. Understanding

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PAT - 001

Monday, December 9, 2024  
6:30 pm - 8:30 pm

Suitable for: All  
PD Hours: 2

Every once in a while, an article comes to our attention that needs to be talked about. The article Patience or Understanding from 1989 is one of those articles. Nancy Weber-Schwartz wants to push our definition of the word patience and challenge our perspective on that definition. Join me as we reflect on what she is asking us to do and how that might impact our practice.

So do you agree with her? I'd love to hear your thoughts!

**FACILITATOR: Cindy Curry** loves learning, sharing her passion for child-led play and is energized when she can inspire others along the way. She has dedicated over 35 years to Early Childhood Education and has worked in many types of programs including group family child care and forest and nature school.

Currently, she is the director of a rural child care program, instructs at Red River College Polytechnic, facilitates workshops, and advocates for children to connect with nature. In the fall of 2023, she was recognized as an Exchange Leader through the Exchange Leadership Initiative and was published in the summer 2024 edition of Play Outdoors Magazine.

WORKSHOP DELIVERY: Zoom



COST: \$25.00 MCCA Member  
\$50.00 Non-member

# The Administrator's Guide to Hiring and Onboarding

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ADM - 001

Tuesday, December 10, 2024  
10:00 am - 12:00 pm

Suitable for: Leadership  
PD Hours: 2

Join Julie Hansen and Carla Ward for 'The Administrator's Guide to Hiring and Onboarding' workshop, tailored specifically for early childhood educators. In this comprehensive session, we delve into the crucial steps of hiring and onboarding that every administrator must master to build a strong team and create a positive work environment. From attracting top talent to crafting effective onboarding programs, Julie and Carla share their wealth of experience and practical strategies to help you navigate the complexities of hiring in the early childhood education sector. Whether you're a seasoned administrator or new to the role, this workshop equips you with the tools and insights needed to recruit, select, and seamlessly integrate new staff members, ensuring your centre thrives with a skilled and cohesive team.

**FACILITATOR: Carla Ward** is an Early Childhood Educator and the founder of Early Learning Foundations, a business dedicated to education and enhancing the work of Early Childhood Educators. She has held various roles in the education profession for more than 18 years. Carla is a certified Wonder-Based educator and brings a sense of wonder and passion into every aspect of her business, from hosting The Everything ECE Podcast to workshop and course development. Carla loves to share actionable and inspiring ideas with fellow educators both in and out of the classroom to help support professional practices in Early Childhood Education.

**Julie Hansen** has been an Early Childhood Educator for 24 years, having received her Diploma in Early Childhood Education from Douglas College. 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 and centre management. 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. Her 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:** Zoom



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



## Transitions to Kindergarten

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KIN - 001

Wednesday, December 11, 2024

6:30 pm - 8:30 pm

Suitable for: All

PD Hours: 2

An opportunity for educators and parents to explore the complexities of preparing children for kindergarten while nurturing an understanding of differentiated learning styles, neurodiversity, and ideas of prerequisite skills.

This professional development will shift your lens of what “kids need to know” through engaging with philosophies that presume competence, speak respect, and honour feelings with validation. We’re moving beyond the ABCs. Transitions to Kindergarten supports an understanding of the whole child, not just the future test-taker.

**FACILITATOR: Monica Maddison (she/her)** has spent the last 13 years providing support for neurodiverse children and their families. These years provided her the opportunities to aid in classroom support, IEP development and advocacy, behavioural & play-based therapy, parent coaching, instructing college programs, and serving as a Director of Specialized Education & Inclusion. Now, she is fortunate to extend this extensive experience to other educators - facilitating professional development.

WORKSHOP DELIVERY: Zoom



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

## A Trauma-informed Approach to Honouring Play

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TRA - 001

Tuesday, December 17, 2024

6:30 pm - 8:30 pm

Suitable for: All

PD Hours: 2

Across Canada, children experience adversity that can result in trauma, impacting their behaviour and development. Certain circumstances and environments put children at a higher risk of experiencing adversity. It is not only ethical; it is critical that Early Childhood Educators understand what Adverse Childhood Experiences (ACE) are and how they impact children. This session will offer educators insights into honouring a variety of play and how to support children using a strength-based approach. In this workshop, educators will cover:

- **Understanding Stress, Adversity, and Trauma:** Adverse Childhood Experiences and the impacts of trauma on children’s behavior and development.
- **Responsive Relationships and Supportive Environments:** Creating inclusive play spaces that help children feel safe and secure. Learn about co-regulation and emotional learning tools that help children connect emotional awareness and logical thinking to foster resilience.
- **The Educator’s Role in Play:** Explore different types of play and how to support and engage with children in an inquiry-based approach, ensuring that play is respectful, inclusive and pro-social.

**FACILITATOR: Ana Valle Rivera** is a proud mother of three, a public speaker, a consultant, and the founder of Early Years Thriving. Since 2007, Ana has worked with children and families with complex needs using inclusive and trauma-informed approaches. Ana has a background in ECE, a Bachelor’s Degree in Child & Youth Care, and is currently completing a Master’s Degree in Professional Education in ECE.

WORKSHOP DELIVERY: Zoom



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

# FALL 2024 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 form and payment to:

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

If you are paying by credit card then you must register online. Go to [mccahouse.org](http://mccahouse.org) and click on the professional development button, 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. Please avoid using auto-fill.

- Receipts will be emailed.
- If you are unable to attend a workshop that you have registered for and would like to send someone in your place (must be from the same centre and must be a replacing a member) email Debbie Crampton before 10:00 am prior to the workshop at [drampton@mccahouse.org](mailto:drampton@mccahouse.org). Debbie's direct line is 204-336-5065. We require the name and email of the replacement so that the Zoom link, any handouts, and certificate can be sent to the new person attending.
- There are no workshop refunds and this includes if the participant misses the workshop.
- To replace a "Certificate of Participation" the cost is \$10.00. Misspelled name will cost \$10.00 to reprint.
- Participants for Zoom workshops will receive a certificate of participation via email once 75% of participants have completed the workshop survey. Participants for in-person workshops will receive a paper certificate at the workshop.
- 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.
- If you are ill please do not attend your in person workshop, send a substitute.
- We reserve the right to change the workshop location. Registrants will be notified by phone or email.