



Tears and Tantrums

Understanding Frustration and Aggression

The expression of frustration and aggression in children and teens can take on many forms including temper tantrums and various forms of attack. Part of making headway requires understanding the roots of frustration and aggression and how to deal with the resulting behaviours. This presentation will focus on strategies for dealing with a frustrated child while preserving one's relationship to them. It will address the importance of setting limits and helping children learn they can survive futilities that are part of life.

Presented by: Dr. Deborah MacNamara
(Developmental and clinical counsellor, teacher, author, scientist and mother)

Making Sense of Kids through Developmental Science
Based on the Relational and Developmental
Approach of Dr. Gordon Neufeld



Date: Saturday, April 5, 2025

Time: 9:30am-12:30pm

Fee: **FREE**

Location: John Tod Centre Y, 150 Wood St (in person)

Make'n Take

Wellness in Action

May is Mindfulness month! You're invited to take a moment to notice your thoughts passing like leaves on a stream. Please register for our upcoming Wellness in Action/Make'n Take session.



Date: Wed. May 14, 2025

Time: 6:00pm-8:00pm

Fee: **FREE**

Location: Merritt CCRR
2990 Voght Street, Merritt

Learning How to Mentor the Next Generation of ECE's

As early childhood educators we all had the opportunity to attend practicums to support the growth of our skills. However, no one ever taught us how to mentor the students we would be supporting. This workshop will support your skills in being a practicum sponsor teacher. Using information from the Practice Based Teaching model, you will learn positive concrete strategies to support the practical development in our future early childhood educators.

Presented by Andrea James
Andrea has been an early childhood educator for over 35 years. She is an ECE Faculty and the Summer Coordinator at Langara College.

Date: April 26, 2025

Time: 9:30am-12:45pm

(15 min. Break)

Fee: **\$5.00 (non-refundable admin fee)**

Registration cut off Wed. April 25, 2025 @ 12pm

Online via Zoom or MS Teams

Using Literature to Nurture Social and Emotional Development

This workshop will introduce the idea of using children's literature to nurture children's social and emotional development. Through book sharing with children, educators help children develop healthy expressions of feelings, become familiar with mindfulness, learn to label their feelings, develop personal boundaries and develop social connections. In addition to book sharing, participants will be inspired to create meaningful play-based experiences that extend from the books they explore with children in their care.

Presented by Andrea Dawson

Andrea has worked with young children and their families for the past 25 years working in non-profit early childhood centres as well as Vancouver Coastal Health's Early Childhood Mental Health team. Andrea is the department chair of the Early Childhood Education programs at Langara College, in Vancouver.

Date: May 15, 2025

Time: 7:00pm-9:00pm

Fee: **\$5.00 (non-refundable admin fee)**

Registration cut off Wed. May 14, 2025 @ 12pm

Location: Online via Zoom or MS Teams

Weaving Together the Health and Wellbeing of Children & Land

Cree Elder, Mr. Joseph Masty* asked: "If the land is not healthy, then how can we be?" Medical Health Officer with Vancouver Island Health and a member of Stz'uminus First Nation, Dr. Shannon Waters says: 'We are the land, and the land is us.' Indigenous worldviews include ethics of respect, reciprocity, and responsibility to the land and other beings inhabiting the land.

Presented by: DANIELLE ALPHONSE, VIU: BC Regional Innovation Chair for Aboriginal Early Childhood Development at Vancouver Island University since 2013. In this role she has contributed to faculty development around Truth and Reconciliation, Aboriginal education and understandings about First Nations ways of knowing, traditions, protocols and spiritual practices

SHEILA GRIEVE, VIU Sheila is a Metis early childhood educator and is grateful to the Snuneymuxw people; she currently learns, lives and works on their unceded traditional territory. Her passion is learning from the land and spending time with plants and children. Sheila believes that plants are a way to create connections to land and self.

Date: May 24, 2025

Time: 9:30am-12:45pm (15 min break)

Fee: **\$5.00 (non-refundable admin fee)**

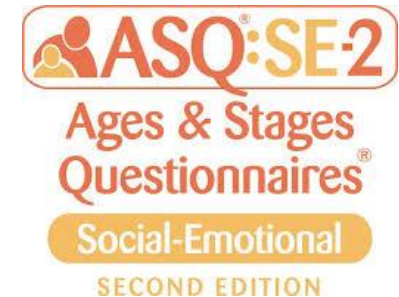
Registration cut off Wed. May 23, 2025 @ 12pm

Location: Online via Zoom or MS Teams

Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2)

A 3 hour Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2) training. You will learn the importance of early screening for social-emotional development tool administration, scoring, interpreting results and building partnerships with the child's family.

Presenter: Michelle Rimmer ECE, IT,SN



Where: Merritt-Ashcroft area Virtual on Zoom, Camera must always be on.

Dates: Saturday May 3rd, 2025,

Time: 9:00am-12:00pm.

Fee: **\$10.00**

Where: Kamloops in Person John Tod Centre/CCRR 150 Wood Street

Date: Saturday May 24th

Time: 8:30am-11:30 am.

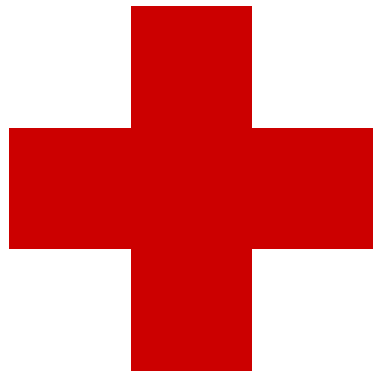
Fee: **\$10.00**

Emergency First Aid

Merritt, BC

Valley First aid

Emergency First Aid/CPR C



Date: Saturday June 14/25

Time: 8:30am-4:30pm

Fee: **\$110 (+tax)**

Location: 2990 Voght Street, Merritt

Make'n Take

Join us for an interactive evening of sharing our favourite circle time songs and creating a resource to be shared with children. At the end of the workshop, you will receive the collection of songs and a take home resource.



Date: Thursday May 1st

Time: 6:00pm-7:30p.m.

Fee: **\$5.00 (non-refundable admin fee)**

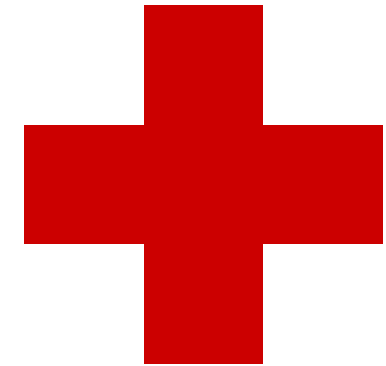
Location: Kamloops John Tod Centre Y
150 Wood Street

Emergency First Aid

John Tod Centre Y-Kamloops

Instructor Patti LeDuke

Emergency Child Care First Aid &
CPR/AED Level B



Date: Saturdays

April 5, 2025

May. 10, 2025

June 14, 2025

Time: 8:30am-4:30pm

Fee: **\$95.00 (+tax)**

Location: John Tod Centre Y, 150 Wood St



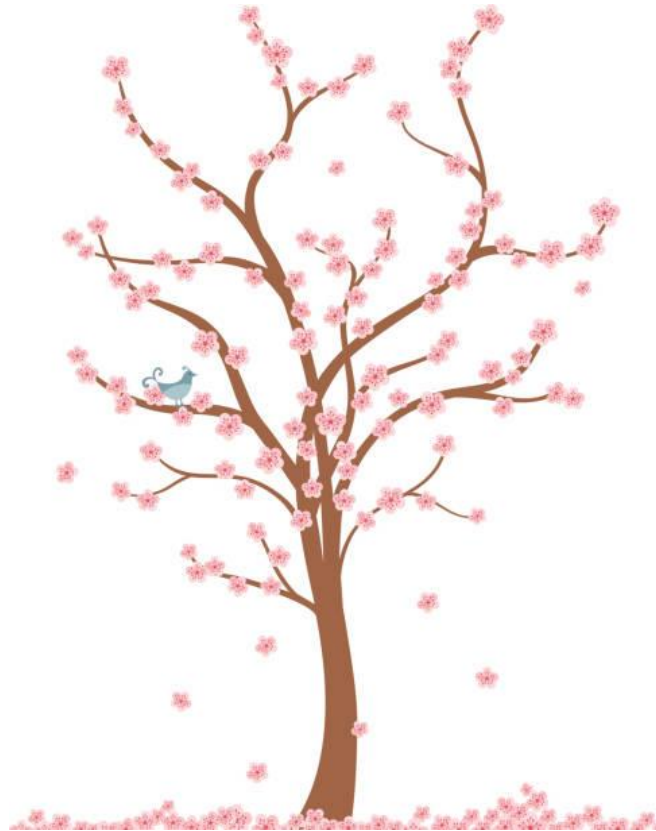
Family Child Care Training

Instructor Karyn Heit ECE, IT

Completion of this 25-hour, Canadian Child Care Federation course will qualify you to open your own licensed family childcare centre. Call CCRR for more details. Ongoing correspondence registration.



Date: Ongoing correspondence course
Fee: **\$60.00 (+tax)**



Funding for the CCRR is provided by the Province of British Columbia.

www.gov.bc.ca/childcareresourceresources

Parent-Child Mother Goose Program Teacher Training

What is it?

The Parent-Child Mother Goose Program is for infants, young children and their parent (s) (or grandparent, aunt etc.) to attend together. It focuses on the power and pleasure of the playful interactive use of songs, stories and rhymes.

What are the benefits? The program is known for its contribution to the relationship between parent and child, for development of ability and confidence of both child and the parent, and for connections made amongst participants.

The workshop will...

- Provide print resources
- Prepare participants to teach in a PCMG program
- Increase skill and confidence to use songs, rhymes and stories with parents, infants and children.
- Explore practices to enhance the relationship between parents and their children.

Certification

- An attendance certificate is provided for attending the full workshop
- 16 hours of registration of certification is accredited to participants

Dates: April 8, 10, 15, 17, 2025

Virtual

Time: 6:00pm-9:00pm PST

Fee: **\$300.00 (+tax)**

Parent-Child Mother Goose

