



### Mental Wellness First aid

MHFA Standard course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities, and workplaces.

Jenna Nickle BKin, MEd, MA is a Registered Clinical Counsellor and is the Interim Community Services Director at YBC Kamloops. She is an experienced counsellor, meditation and Mindful Self Compassion (MSC) Teacher. Jenna is passionate about ending stigma and helping improve mental health for children, youth and families.

Date: Saturday, April 15th (9:00am – 4:30pm) + 2 hours of online modules  
 9 hr. certificate  
 Fee: **\$75.00**  
 Location: John Tod Centre Y

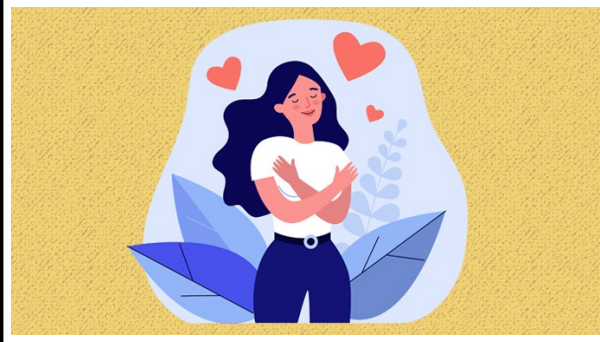


### Self Compassion for Child Care Providers

Jenna Nickle BKin, MEd, MA, RCC

This is an opportunity to dedicate some time to important self-care, learning how to treat oneself with kindness, and soothe any ragged emotions during difficult times. Participants will learn self compassion practices that can help them combat compassion fatigue and manage stress related to excessive demands of caregiving.

Date: Thursday, May 25th 2023  
 Time: 7:00-8:00 pm (Via Zoom)  
 Fee: **\$10.00 (+tax)**



### Understanding Emergency Preparedness

This workshop will introduce participants to the importance of preparing and planning for emergencies, critical incidents and disasters in their home, community, and workplace. Participants will apply their learning to an emergency exercise that includes testing personal and professional preparedness to respond to emergencies.

Presented by Carolyn Sinclair

Carolyn Sinclair, the president of Strategic Business Risks International, as well as an instructor at the Justice Institute of BC, instructing in the Emergency Management Division and the Centre for Counselling and Community Safety.



Date: Tuesday Apr 4/23  
 Time: 6:30-8:30 pm (Via Zoom)  
 Fee: **\$10.00 (+tax)**  
 2 hr. Professional Development Certificate

### Community of Practice

Join Michelle Rimmer ECE,SN,IT and Karyn Heit ECE, IT in an ongoing Community of Practice. Our goal is to deepen our learning with engaging discussions that is relevant to our work in our communities. This is an opportunity to build connections and support with those in the field. Relationships are the context for well-being and learning.

Dates:  
April 13 2023 May 18 2023 June 22 2023

Time: 7:00-8:00 pm (Via Zoom)

Fee: **Free**



### Emergency First aid

Etic Workforce Solutions

#### JOHN TOD CENTRE Y

Saturday, (8:30am – 4:30pm)

April 1

May 6

June 3

Fee: **\$75.00 (+tax)**

Location: John Tod Centre Y



### Family Child Care and Responsible Adult Training

Instructor: Karyn Heit ECE, IT

Completion of this 8 week , Canadian Child Care Federation course will qualify you to work in school age programs or to open your own licensed family child care centre.

Call CCRR for more details.

Ongoing-Correspondence

Fee: **\$60.00 (+tax)**

Call CCRR to register 250-376-4771



### Parent-Child Mother Goose Program®

#### Teacher Training

Presented by: Maureen Doll BSW

Join Trainer Maureen Doll on the fundamentals of the PCMGP® and gain the knowledge and skills necessary to become a certified Mother Goose teacher. Great training for ECE's working in the field.

16 Hours of Professional Development

Date: May 9,10-16,17

Fee: **\$250.00 (+tax)**

Via Zoom: Must have access to a computer with a camera, stable internet connection and a quiet space to learn.

