



Family and Child Care Resources Fall/Winter 2017 Workshops

WORKSHOP DESCRIPTION

WS01 Supporting Newcomer Families

Wednesday, October 4, 2017

6:30 p.m. – 9:00 p.m.

\$20.00 per person

Each year, Manitoba becomes home for thousands of families from all over the world. Each family brings their own unique strengths, dreams and challenges. This workshop will introduce participants to the challenges and supports that newcomer families experience as their children have access to child care.

Facilitator: **Subas Dahal** Newcomer Support/Case Coordinator at Family Dynamics.

WS02 Building Resilience in Children – Bounce Back from Life's Challenges

Thursday, October 19, 2017

6:30 p.m. – 9:00 p.m.

\$20.00 per person

Resiliency in children is often dependent upon their environment, life circumstances, attachment relationships to their caregivers and temperament. Self regulation is an important part of resiliency. This interactive workshop will help you to better understand what builds resiliency in young children and how to support its development.

Facilitator: **Sylvia Ritchie** is a Behaviour Support Coordinator at Family Dynamics.
Wendy Lothian is a Behaviour Support Coordinator at Family Dynamics.



WS03 “I’m Here with You Right Now”
Wednesday, November 15, 2017
&
Wednesday, November 22, 2017
6:30 p.m. – 9:00 p.m.
\$40.00 per person

Note: This workshop will run over two evenings. Participants must attend both evenings.

In this workshop, child care providers will learn how to become self aware and take care of themselves. The workshop will highlight how a person’s “baggage” can affect their work by making them less available to the children in their care and how to deal with this “baggage” in a healthy manner, outside work. The participants will receive tips on becoming more mindful and recognizing what helps to become grounded.

Facilitators: **Shay Smythe** is a Behaviour Support Coordinator at Family Dynamics.
Diana Rozos is the Manager of Family and Child Care Resources at Family Dynamics.

WS04 Supporting Children through Challenging Emotions and Behaviours: An Attachment-Based Approach
Saturday, November 4, 2017
9:00 a.m. – 4:00 p.m.
\$40.00 per person

This workshop will discuss strategies for supporting children through their challenging behaviours. Attachment theory will be explored, using a Circle of Security framework. The different types of attachment relationships will be described. Participants will learn how children express their emotions and needs in often challenging ways, and participants will gain strategies to meet children’s emotional needs. Using current brain research, this workshop will discuss how to “be with” children through their challenging emotions and how to support them for future learning. Repairing relationships after challenging moments will be discussed. Throughout the workshop, Tanya will discuss the sometimes uncomfortable emotions that emerge with us as caregivers as we support children through difficult moments. Mindfulness strategies for supporting ourselves as caregivers will be provided. Examples related to child care settings will be used, as well as lots of group discussion.



Facilitator: **Tanya Hoover** is a Registered Social Worker and holds a MSW degree, a certificate in Early Childhood Education, and is a Certified Play Therapist with the Canadian Association for Child and Play Therapy. Tanya has extensive training in attachment-based models for supporting children and families with attachment and trauma challenges, including being certified in the Circle of Security model of individual therapy. In her role as a Counsellor at Family Dynamics, Tanya uses an empathic and holistic approach to nurture growth with children, adults, couples and families. Tanya specializes in helping parents and caregivers learn to support children through their particularly challenging emotions and behaviours in order to promote the growth of emotional intelligence for both child and adults. Tanya provides individuals and families with research-based, practical skills for developing healthy relationships and positive mental health. Tanya is proud to have previously been a Behaviour Support Coordinator at Family Dynamics, and she misses sharing an office with the other in the department! She spends her non-working time caring for her two young children, gardening, enjoying the outdoors, and spending time with family and friends.



REGISTRATION PROCEDURES

As FCCR's mandate is to provide services and supports to staff working in the child care community, workshops are open to people working in licensed child care centres, family day care homes and nursery schools.

Registration and payment is done through [eventbrite.ca](https://www.eventbrite.ca).

Once on Eventbrite site click "search for events or categories" box and type the name of the workshop you wish to register in, and then follow the prompts.

Please register as soon as possible to avoid disappointment.

- Direct any registration questions to:
Dustin Ezinicki; (204) 947-1401 ext 233
or dezinicki@familydynamics.ca
- Telephone or e-mail registrations **will not** be accepted.
- Staff from centers and nursery schools, please use your work address and e-mail on the registration form
- There will be **no refunds** issued, unless we cancel a workshop. If you are unable to attend, please pass your registration on to a colleague at your (or any other) child care program
- Coffee, tea, juice and water will be provided.
- Remember to add the work shop date(s) and start times to your calendar as we will not send out reminders.
- You **MUST** take the Offices of Portage Place elevator located in the hallway across from Payless Shoes on the first floor.
- Please be "scents-itive". Environmental allergies are a serious problem for many people. Perfumes, colognes and highly scented personal care products should be avoided.
- If you're driving to Family Dynamics, do check and see if there are any events happening at the MTS Centre the day of your workshop. If there is, you may want to think about leaving your car at home.
- Upcoming workshops are also listed on our website: www.familydynamics.ca