

> REGIONAL TRAINING EVENT



Northeast AHS, CPNP and CAPC programs with a 3 day training event

> DAY 1

**Wednesday,
October 8, 2014**

- “Tough, Tricky and Tender Conversation with Parents, & Clients”
- Helping Families Work Effectively with MCFD

> DAY 2

**Thursday,
October 9, 2014**

- “Working with Anxious Moms”

> DAY 3

**Friday,
October 10, 2014**

- “Young Children’s Rough and Tumble Play: Complexities and Opportunities”



> EVENT SCHEDULE

DAY 1: Wednesday, October 8, 2014

Sandman Signature Hotel & Suites Prince George / Ramada Hotel Downtown Prince George

Time	Activity
8:00am - 9:00am	Breakfast at Ramada Hotel
9:00am - 12:00pm	Tough, Tricky and Tender Conversation with Parents, & Clients (at Sandman Inn, in partnership with Child Care Resource and Referral Services)
12:00pm - 1:00pm	Lunch at Ramada Hotel
1:00pm - 3:00pm	Helping Families Work Effectively with Ministry of Children and Family Development
3:00pm - 4:00pm	Networking Activity

DAY 2: Thursday, October 9, 2014

Ramada Hotel Downtown Prince George

Time	Activity
8:00am - 9:00am	Breakfast
9:00am - 10:30am	Working with Anxious Moms
10:30am - 10:40am	Break
10:40am - 12:00pm	Working with Anxious Moms
12:00pm - 1:00pm	Lunch
1:00pm - 2:30pm	Working with Anxious Moms
2:30pm - 2:40pm	Break
2:40pm - 4:00pm	Working with Anxious Moms

> EVENT SCHEDULE

DAY 3: Friday, October 10, 2014

Ramada Hotel Downtown Prince George

Time	Activity
8:00am – 9:00am	Breakfast
9:00am - 10:30am	Young Children's Rough and Tumble Play: Complexities and Opportunities
10:30am - 10:45am	Break
10:45am - 12:00pm	Young Children's Rough and Tumble Play: Complexities and Opportunities
12:00pm - 1:00pm	Lunch
1:00pm - 2:15pm	Young Children's Rough and Tumble Play: Complexities and Opportunities
2:15pm - 2:45pm	Evaluations & Wrap Up

> DAY 1

Wednesday, October 8, 2014

TOUGH, TRICKY AND TENDER CONVERSATION WITH PARENTS & CLIENTS

Research shows that positive parent-caregiver relationships are a key factor in ensuring quality child care environments. However, this can be a challenge when styles, values, philosophy and practices differ. While differences are natural and normal in all human behaviour, we can develop strategies to help resolve these differences and move forward in more harmonious ways. Join us to explore these issues and gain confidence and skills to tackle tough conversations.

**GYDA
CHUD**

TRAINER BIO

Gyda Chud has over 30 years of experience in the child care field. At Vancouver Community College, Gyda is a Faculty and Program Coordinator for the Early Childhood Education program and Dean of Continuing Studies. In addition, Gyda is an author and community advocate.

HELPING FAMILIES WORK EFFECTIVELY WITH MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT

This presentation will focus on:

- Working with MCFD
- Looking at the rights of children
- Advocacy for parents and caregivers of children in care
- Why do some social workers share info while others don't?
- How to get MCFD to return staff calls
- How to best support children

**APRIL
FOX**

TRAINER BIO

April Fox is a Senior Child and Youth Advocate with The Representative for Children and Youth, an independent officer of the B.C. Legislature that works to influence positive change to the province's child and youth serving system. The Representative's office provides advice and advocacy support to people dealing with the service system, monitors and reviews government services to children and youth, and reviews deaths and critical injuries of children and youth who are receiving services. April supervises a team of advocates providing case consultation, clinical and operational supervision, and works collaboratively to coordinate the delivery of advocacy and outreach services for the program area.

> DAY 2

Thursday, October 9, 2014

WORKING WITH ANXIOUS MOMS

This 1-day workshop is geared towards a variety of community based health professionals who provide support, resources and interventions to mothers and/or their young children. Workshop learning objectives include the following:

- How to recognize anxiety and associated problems including anxiety disorders
- Referral options for kids, teens or adults with significant anxiety problems
- Familiarity with evidence based treatment options including Cognitive Behaviour Therapy (CBT)
- Elements of CBT that can be adapted for use by front line workers:
 - Education
 - Healthy Thinking
 - Gradual exposure to facing fears and overcoming avoidance
 - Self-Care
 - Relaxation & Mindfulness skills
 - Relapse prevention
- Examples of strategies and resources for young children or mothers (including teen moms)
- Break out activities for participants to practice applying skills
- Community and online resources for children, mothers, families and the professionals who work with them

**DR. SARAH
NEWTH**

TRAINER BIO

Dr. Sarah Newth is a registered psychologist and director at the North Shore Stress and Anxiety Clinic who specializes in the management of anxiety, worry, panic, depression, low self-esteem and stress-related health problems. The main focus of her clinical practice is cognitive-behavioural treatment (CBT) for children, teens or adults coping with Anxiety Disorders. In addition, she provides treatment for mood disorders including women coping with post-partum depression or other perinatal mental health issues (such as anxiety or stress associated with fertility issues, pregnancy and motherhood). Dr. Newth also works with parents/caregivers of children and teens coping with anxiety and depression to provide training and support in effective parenting and family strategies.

> DAY 3

Friday, October 10, 2014

YOUNG CHILDREN'S ROUGH AND TUMBLE PLAY: COMPLEXITIES AND OPPORTUNITIES

Young children gravitate towards opportunities to engage in varied forms of play. Physical interactions during play, while thoroughly enjoyable, can be complex and difficult for adults to interpret, particularly when play appears to be aggressive. Although often misinterpreted as aggression, rough and tumble play affords unique opportunities for the development of physical, social and cognitive competency. This presentation will illustrate research on rough and tumble play and consider the distinct behavioural expressions of young children in early childhood settings. Perspectives of educators and families who appraise, consider, and intervene in guiding the play will be examined as rough and tumble play is considered within a framework of normative child growth and development. Curricular considerations for educators seeking to expand or modify existing program designs for the inclusion of rough and tumble play will be examined.

**MICHELLE
TANNOCK,
PH.D.**

TRAINER BIO

Michelle Tannock, Ph.D. is an Adjunct Professor of Early Childhood Education at the University of Victoria. She has held posts as a lecturer at Thompson Rivers University and as an Associate Professor at the University of Nevada, Las Vegas. She has coordinated a series of seminal studies examining the role of rough and tumble play in early childhood settings, the results of which have formed the basis for numerous international publications and presentations. In addition to continued research on young children's physically active play, Dr. Tannock's current projects include exploration of the form and use of kindness by young children and the effects of guided mentoring on educator practice.

> GENERAL INFORMATION

Travel and Registration Information

This event is fully funded by the Public Health Agency of Canada.

You may register 2 people per CAPC, CPNP and AHSUNC project.

Depending on the budget, more seats may be available. You may use this registration form to submit names for the wait list. Contact Fen Hsiao at fen@froghollow.bc.ca for more information.

Accommodation

Attendees travelling from outside the Prince George area are eligible for hotel stay. If you are traveling from Fort Nelson, or your travel time is more than 3 hours and it is not possible for you travel home after the last session on Friday, you may be eligible for an extra night's accommodation. Please contact Fen Hsiao directly at fen@froghollow.bc.ca for more information.

REIMBURSEMENT GUIDELINES

Transportation: Mileage to and from the training event will be paid at the rate of \$0.495/km.

Meals: Meal allowances will be provided for travelling attendees at the following rates:

Breakfast\$15.95

Lunch\$15.25

Dinner\$30.00

Breakfast, lunch and coffee/tea breaks will be provided at the training session.

Receipts will not be required, however participants must complete and submit an expense claim form (to be provided) at the end of the event, or to fen@froghollow.bc.ca by Monday, November 10, 2014.

Thank You

This event is funded by the Public Health Agency of Canada and has been organized by a dedicated planning committee consisting of:

Lynette Slater Prince George Native Friendship Centre

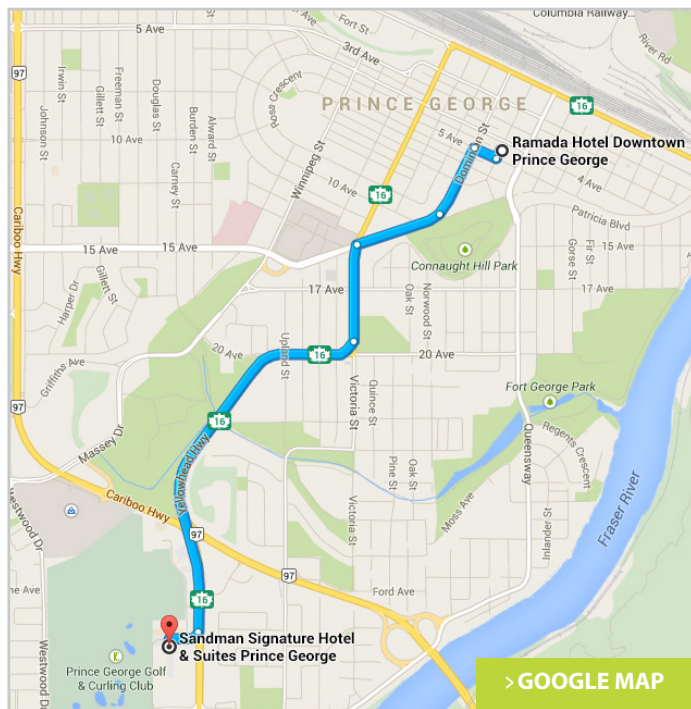
Anne Guarasci College of New Caledonia

Gail Mason Family YMCA of Prince George

Public Health Agency of Canada representatives Cindy Grewal Blaison, Sheena Sargeant, and Colleen Wickenheiser have also helped in the planning of this event.

Event Coordination: Frog Hollow Neighbourhood House

> EVENT LOCATION AND DIRECTIONS



Ramada Hotel Downtown and Sandman Signature Hotel & Suites

Ramada Hotel Downtown
444 George St, Prince George
(250) 563-0055

<http://www.ramada.com/hotels/british-columbia/prince-george/ramada-prince-george/hotel-overview>

Participants will be staying at the Ramada Hotel Downtown Prince George.

The “Tough, Tricky and Tender Conversation with Parents & Clients” workshop will be held at the Sandman Signature Hotel & Suites Prince George.

○ Ramada Hotel Downtown Prince George

444 George St, Prince George, BC V2L 1R6

- ↑ 1. Head southwest on George St toward 5 Ave
51 m
 - ↘ 2. Take the 1st right onto 5 Ave
130 m
 - ↙ 3. Take the 1st left onto Dominion St
400 m
 - ↑ 4. Continue onto Patricia Blvd
450 m
 - ↙ 5. Turn left onto Victoria St/Yellowhead Hwy W
500 m
 - ↘ 6. Take the 2nd right onto 20 Ave/Yellowhead Hwy W (signs for Prince Rupert/Vancouver)
2.1 km
 - ↘ 7. Turn right onto Recplace Dr
170 m
- Destination will be on the left

◎ Sandman Signature Hotel & Suites Prince George

2990 Recplace Dr, Prince George, BC V2N 0B2

> REGISTRATION

NORTHEAST TRAINING EVENT

DUE: Friday, September 5, 2014

Project/Site Information

Stream: CAPC ☐ CPNP ☐ AHS ☐

Your Agency Name: _____

Host Agency Name: _____

Coalition Name (if applicable): _____

Coalition Coordinator (if applicable): _____

Participant Information

Name: _____ Email: _____

Please register me for:

☐ Wednesday, October 8 ☐ Thursday, October 9 ☐ Friday, October 10 ☐ All Days

Dietary Restrictions: _____

Comments (include any special considerations regarding your registration):

Traveling Attendees only

Please register me (under the name above) for a hotel room on the nights of:

☐ Tuesday, October 7 ☐ Wednesday, October 8 ☐ Thursday, October 9

☐ I will be sharing a room I will be sharing a hotel room with: _____

Waitlist

We will be creating a waitlist for allocated spaces that are not filled. Please list the names and email addresses for staff who wish to be on the waitlist.

Name: _____

Email: _____

Name: _____

Email: _____

REGISTRATION

Submission Instructions

Please download this PDF, save under a new name and input your information. Then submit by email or fax.

CPNP / AHS Programs

Email: fen@froghollow.bc.ca

Fax: 604.215.2474

CAPC Programs

Please submit registration forms to your Coalition Coordinator.

Questions? fen@froghollow.bc.ca or 604.253.9675