

Understanding Social Development

Facilitated by Debbie Cybulski and Cristi Oldfield Lindsay

Date: Tuesday, October 18, 2022

Time: 6:30 – 8:30 PM

Location: **Online Zoom**

Cost: \$20



[Register with The Learning Curve online here!](#)

About the workshop:

Are you concerned about your child's social skill development? You are not alone! Concerns regarding a child's social skills are in the top five phone calls of the 2500 inquiries per year to the LDABC. We have facilitated social skills groups for children and youth for over 20 years at the LDABC. Please join us to discuss how social skills are developed and gain new insight into how parents and care providers can facilitate healthy social development.

This session builds on the foundational content of our *Through the Eyes of a Child* workshop, which is recommended as a prerequisite course.

About the facilitators:

Debbie Cybulski is a Registered Social Worker and is currently the Executive Director of LDABC The Learning Curve in Victoria BC. She has worked, volunteered, played alongside, and cared for children and their families in various capacities for 30 years. Regardless of her role, she believes that every child she meets can reach their full human potential.

Cristi Oldfield Lindsay is the Mentor Project Child Care Consultant at the Victoria CCRR, and she is passionate about coming alongside and providing support for Early Childhood Educators and childcare providers. Using a developmental lens, she champions the power of relationship as the ultimate answer to all aspects of growth (including our own). She believes in creating a *Village of Attachment* for our children and invites those connections to guide us through the remarkable journey of development.

About the Mentoring Project:

The Mentoring Project is a collaboration between LDABC The Learning Curve and the Victoria Child Care Resource and Referral program (VCCRR). With funding, input, and support provided by VCCRR, our Project offers mentorship, professional development, parenting workshops, and consultation services to educators, childcare providers, and families.

Our focus is to shed light on behaviour and learning challenges through sound developmental science to cultivate developmental resolutions that will have long-lasting impacts on a child's growth.

Revitalize Your Life and Work *Facilitated by Stephanie Staples*

Date: Thursday, November 10, 2022

Time: 7:00 – 8:30 PM
Doors at 6:00 PM; cash bar & networking

Location: **In Person | Mary Winspear Centre
Charlie White Theatre**

Cost: \$50



Register at the Mary Winspear box office

About the workshop:

We've been through the eye of the storm and lived to talk about it; now, it's time to focus on you!

If competing priorities and the lack of time, energy, and motivation are stopping you from being the best version of yourself, now is the time to revitalize your life, work, and relationships.

Whether it's a little tweak or a major overhaul, an evening with Stephanie Staples will leave you with some unique tools to top up your psychosocial wellness tool kit in a fun and entertaining way!

Learn simple, purposeful, deliberate actions you can easily implement to help you revitalize yourself so that you can bring your best both personally and professionally. Get ready to see how the Kaizen principle can help you improve your quality of life - even in tough times!

About the facilitator:

Stephanie Staples is a reWired nurse who has keynoted from the Mayo Clinic to the Middle East, delivering idea-packed programs proven to increase feelings of hope, happiness, empowerment, and ability to apply actionable positive change for busy healthcare professionals.

As a multi-titled author with eclectic qualifications, that combine learnings from her background in healthcare, journalism, fitness, and communications - Steph has some unique insights and easily actionable tools to share that will positively impact your work and home life. If you have a little room for improvement in your life, buckle up for an unforgettable learning adventure!

Worry, Stress and Anxiety

Facilitated by Debbie Cybulski and Cristi Oldfield Lindsay

Date: Tuesday, November 15, 2022

Time: 6:30 – 8:30 PM

Location: **Online Zoom**

Cost: \$20



[Register with The Learning Curve online here!](#)

About the workshop:

There is an increase in children, at younger ages, being referred to mental health professionals for anxiety related problems. This workshop will look at anxiety through a developmental lens and explore how adults can help children to prevent or reduce the impact of anxiety disorders, and increase resilience.

This session builds on the foundational content of our *Through the Eyes of a Child* workshop, which is recommended as a prerequisite course.

About the facilitators:

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