



Sidney and Southern Gulf Islands CCRR Workshops Winter 2020

Kids Have Stress Too!



Facilitated by Lesley Porterfield

Date: Saturday January 25th

Time: 10:00 AM—2:30 PM

Location: Shoal Centre | 10030 Resthaven Dr

Cost: \$50

Optional Guide: \$35

A light lunch will be provided

About the Workshop:

Kids Have Stress Too!® is an interactive training workshop from The Psychology Foundation of Canada for professionals who work with families and children in early learning and care environments. The Kids Have Stress Too! (KHST!®) program is based on evidence that, with help, young children can learn practical, age appropriate strategies to relieve stress, and effective ways to respond to stressful situations. By learning to cope with life's ups and downs, through these stress-management techniques, children develop healthy strategies that help them to adapt, self-regulate, be resourceful, feel competent, and become more resilient. Through the KHST® workshop you will learn to recognize stress in children and learn effective ways to promote positive emotional development and self-regulation in young children.

About the Facilitator:

Lesley Porterfield, B.Ed., ECE. Lesley has worked as a teacher, Family Child Care Provider, and Early Childhood Educator. Lesley is a certified KHST!®Trainer and workshop facilitator, and has completed a Master's degree in Counselling Psychology. Lesley is presently the Child Care Consultant at the Victoria CCRR.

Ethical Considerations



Facilitated by Cindy Mackey

Date: Wednesday, April 8th 2020

Time: 6:15 PM - 8:15 PM

Location: Shoal Centre | 10030 Resthaven Dr

Cost: \$20

A light supper will be provided

About the Workshop

During the Ethical Considerations workshop, we will explore ethical decision making in general, and review some ethical theories that can be used to help make decisions, social media use issues, and share some research on the topic. Ethical theories covered include Aristotle's Virtue Ethics, ECEBC Code of Ethics, Human Rights/Rights of the Child, Absolutism vs. Relativism, and the Reflection-Based Method.

About the Presenters

Cindy Mackey has been an Early Childhood Educator, and sometimes ECE Manager, for over 20 years, working in Greater Victoria and on the Saanich Peninsula. Her interests are varied and include Reggio inspired practice, early musical development, nature education, children's literature, story-telling, leadership, staff retention, collaborative and reflective teaching, enhancing parent communication, social media marketing, ethics, and community building.

Registration Policies and Procedures

New this year, credit card and debit payment to be done through PayPal.

[View our new webpage to register through PayPal for credit or debit transactions](#)

Confirmation and receipt of purchase will be emailed as usual.

Registration can be done through mail with cheque, or in the office with cash or card.

Cheque made payable to Victoria Child Care Resource and Referral can be mailed to:

Victoria Child Care Resource and Referral

2001A Douglas St

Victoria BC V8T 4K9

- If you are unable to attend a workshop you have registered for, please provide 10 days notice to receive a credit equal to the workshops value to attend a future workshop within one year.
- Replacement certificates will be issued for up to one year at a cost of \$10.00 per certificate.