

# Restorative Self-Care for Sustainable Practice

*Facilitated by Jodie McDonald*

Date: Saturday, January 14, 2023  
Time: 9:00 AM – 12:00 PM  
Location: **In Person | Victoria CCRR Office  
2001A Douglas Street**  
Cost: \$30



[Register here!](#)

## About the workshop:

Self-care can help prevent burnout and compassion fatigue, but not all forms of "self-care" are restorative and helpful. Sometimes the responsibility of self-care can become an additional burden in difficult times, leading us to choose performative activities that don't fully address the stress cycle, and become "one more thing" we have to do. As loss and grief continue to arise in our work, it's more important than ever to have language and skills to recognize when we need to care for ourselves emotionally, tend to our relationship with ourselves, and move back to a state of regulation, safety and connection. In this workshop, participants will learn how to personalize self-care practices, and to distinguish between restorative and performative self-care. We'll learn to identify 'stress cycles' in our personal and professional lives, and examine the link between these cycles and burnout. With reference to self-compassion and boundary practice, we'll do a deep dive into the real work of caring for ourselves when our job is to care for others.

## Workshop Highlights

- Identifying and understanding restorative self-care, burnout and the stress cycle
- Exploring how themes of grief and loss arise in our work
- Supporting yourself and others in sustainable practice
- Practice examples and scenarios.

## About the facilitator:

Jodie McDonald is a counsellor in private practice on Vancouver Island, specializing in Integrative Body Psychotherapy (IBP). As a Registered Social Worker in BC, Jodie has over 20 years' experience in the non-profit sector, working in crisis and suicide intervention, family support, and mental health. Jodie has also taught at Vancouver Island University, and facilitates professional development workshops throughout BC, specializing in boundary practice, self-care, and wellness education for helping professionals and caregivers

## Through the Eyes of a Child

*Facilitated by Debbie Cybulski and Cristi Oldfield Lindsay*

Date: Tuesday, January 17, 2023

Time: 6:30 – 8:30 PM

Location: **Online Zoom**

Cost: \$20



[Register here!](#)

### About the workshop:

Parents and care providers are reporting increased frustration, stress, aggression, and other related challenges that are well documented in our children and youth, but not well understood. Adult direction, teaching, or intervention seem to have little effect or can even make matters worse.

Parents and care providers are invited to join us and share their experiences, as we gain insight into the root cause of most challenging behaviors and develop an understanding of how we can help children to grow and thrive.

It is recommended to attend this foundational workshop prior to *Understanding Social Development, Aggression and Self Control*, and *Attention Challenges and Self Regulation*.

### 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 VCCRR's Mentor Project Consultant, who is passionate about coming alongside and providing support for Early Childhood Educators and other Responsible Adults. 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 human development.

### About the Mentor Project:

*The Mentor 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.*

# Nurturing Children's Spirits in Everyday Life: The Role of Spirituality in Children's Well-Being

*Facilitated by Vanessa Caruso*

Date: Saturday, February 11, 2023  
Time: 9:00 AM – 12:00 PM  
Location: **In Person | Victoria CCRR Office  
2001A Douglas Street**  
Cost: \$30



[Register here!](#)

## About the workshop:

The BC Early learning framework encourages educators to reflect on how they “encourage children to become confident in their identities, including cultural, racial, physical, **spiritual**, linguistic, gender, social, and economic.”

Research shows that we all have an inborn capacity for a spiritual life - ⅓ of that capacity is innate and ⅔'s is environmentally formed. As caregivers, parents, grandparents, and citizens, we all have the tremendous opportunity to support the flourishing of children's spirituality.

Participants in this interactive workshop will:

- Reflect on their own moments of meaning, mystery or transcendence as a child
- Explore the unique aspects of children’s spiritual formation
- Learn the remarkable health benefits of children who have a positive, dynamic relationship to spirituality
- Receive simple techniques to companion children in their meaning-making endeavors
- Experiment with some child-like practices that are natural to children
- Wonder together how these insights can be translated in a variety of caregiving settings

## About the facilitator:

Vanessa Caruso is a spiritual director and spiritual direction supervisor based in Victoria, BC. She received a Master's degree in Spiritual Formation and Leadership and advanced certificates from CenterQuest and Fordham University. Before the pandemic she was trained to offer spiritual direction with children, and in 2022 she received two grants to support the spiritual lives of children post-pandemic. Vanessa is passionate about children, spiritual practices, poetry, ocean dips, and pies (both chicken pot and cherry). She’s been married to Steven for 18 years and they have an expressive 9 year old son, Leo, and a prehistoric-looking bearded dragon lizard named Fifi.

## **Understanding Social Development**

*Facilitated by Debbie Cybulski and Cristi Oldfield Lindsay*

Date: Tuesday, February 21, 2023

Time: 6:30 – 8:30 PM

Location: **Online Zoom**

Cost: \$20



[Register 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.

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## **Aggression and Self Control**

*Facilitated by Pamela Tobin and Cristi Oldfield Lindsay*

Date: Tuesday, March 14, 2023

Time: 6:30 – 8:30 PM

Location: **Online Zoom**

Cost: \$20

[Register here!](#)

### About the workshop:

While temper tantrums are part and parcel of the growing-up developmental process, for many reasons, some children can experience intense emotional reactions (at any age) that leave adults bewildered, triggered, frustrated, or questioning what to do. Often, typical strategies do not seem to have an effect and in many cases, make the situation worse. This workshop will explore the roots of aggression, how self-control and impulse control are developed and how we can assist the developmental process.

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:

Pamela Tobin is an employee at LDABC The Learning Curve.

Cristi Oldfield Lindsay is VCCRR's Mentor Project Consultant, who is passionate about coming alongside and providing support for Early Childhood Educators and other Responsible Adults. 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 human development.

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**Maachi Kashkihtow Mamawii**  
**(Learning together, Sharing Métis Culture)**  
*Facilitated by Métis Nation BC*

Date: Saturday, April 15, 2023

Time: 10:00 AM – 12:00 PM

Location: **In Person | Victoria CCRR Office**  
**2001A Douglas Street**



Cost: FREE

[Register here!](#)

About the workshop:

Métis Nation British Columbia Ministry of Education presents a workshop in understanding, identifying, and supporting Métis children and culture in early years programming. Through an interactive workshop, facilitators will share information on Métis history and culture in Canada. Understanding who Métis are, and ways individuals can connect. Through cultural resources, facilitators will demonstrate how to incorporate cultural items into early years programs and activities, to ensure children learn more about the Métis culture. Métis children and families will begin to see themselves reflected in the programming provided within their community. Throughout the workshop participants and facilitators will encompass and reflect on the Métis core values while engaging in an interactive workshop that focuses on relationships, connectivity and collaboration of knowledge and learning.

About Métis Nation BC:

According to Statistics Canada, there are nearly 98,000 Métis people in BC. More than 22,000 are registered MNBC Citizens.

MNBC represents thirty-nine (39) Métis Chartered Communities in British Columbia.

MNBC's mandate is to develop and enhance opportunities for Métis communities by implementing culturally relevant social and economic programs and services.

Métis Nation BC is recognized by the Métis National Council, Provincial Government of British Columbia, and the Federal Government of Canada, as the Governing Nation for Métis in BC.

## **Attention Challenges and Self Regulation**

*Facilitated by Debbie Cybulski and Cristi Oldfield Lindsay*

Date: Tuesday, April 18, 2023

Time: 6:30 – 8:30 PM

Location: **Online Zoom**

Cost: \$20



[Register here!](#)

### About the workshop:

Raising children is challenging enough without the often contradictory and anxiety-provoking information about attention challenges. This workshop will provide the opportunity to deepen your understanding of how attention and self-regulation are achieved, the challenges that can arise, and how we can assist the developmental process.

Our objective is to provide parents and care providers with the opportunity to:

- Share their concerns and triumphs
- Connect with others experiencing similar challenges
- Deepen their understanding of attention challenges
- Understand how adults can positively influence their child's behavior and 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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## Registration Policy and Procedures

Registration can be in the office or through PayPal on our website.

- If you are registering multiple participants, please provide the names and emails of all the participants so they can be contacted personally with workshop updates.
- **Refund Policy Change:** With 10 business days' notice or more, you will be provided a refund equal to the cost of the workshop. Otherwise, you may transfer into another workshop of equal value, or give your seat to someone else.
- Replacement attendance certificates will be issued at a cost of \$10.00 per certificate.
- Child care is not available during workshops. Please make other child care arrangements for your children during this time.
- Please arrive on time as coming late disrupts the workshop, and you will have missed essential information. Your certificate may be changed to reflect your late arrival.
- Last, but not least, PLEASE record the workshops you have registered for on your calendar. Nothing is more heartbreaking than realizing you have missed a workshop!