



# Victoria CCRR

## *Workshop Package*



winter 2024

Registration opens January 3rd, 2024  
<https://www.childcarevictoria.org/upcoming-workshops/>







# Mental Health Society of Greater Victoria

## Empowering and supporting childcare workers in navigating professional, personal, and spiritual challenges

DATE: SATURDAY, JANUARY 20TH, 2024  
TIME: 9:30AM - 11:30 PM  
LOCATION: 2001 A DOUGLAS STREET, IN PERSON  
COST: \$ 25

This educational workshop, facilitated by staff from the Mental Health Society, is designed to empower and support childcare workers in navigating professional, personal, and spiritual challenges. By setting achievable and realistic goals, participants will learn to effectively manage stress and anxiety, establish healthy boundaries, and build their emotional intelligence.

This interactive workshop will provide participants with a range of practical tools to overcome obstacles and burdens, as well as improve their ability to be a supportive presence for others. Through a personalized approach, attendees will gain greater insight into their own emotions and learn strategies for maintaining mental and emotional health in high-pressure environments.

As burnout rates among care workers continue to rise, this workshop aims to provide a much-needed reset and renewed sense of agency in tackling the challenges of the job. With a focus on building resilience, participants will leave with a stronger sense of self and greater confidence in their ability to navigate challenging situations.

# Through the Eyes of the Child

DATE: WEDNESDAY JANUARY 24TH, 2024  
TIME: 6:30 PM - 8:30 PM  
LOCATION: ONLINE ZOOM  
COST: \$ 20

Facilitated by:  
Debbie Cybulski & Cristi Oldfield Lindsay

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, especially during these challenging times. And, adult direction, teaching, or intervention seem to have little effect or can even make matters worse. Care providers are invited to join us and share their experiences, as we gain insight into the root causes of many challenging behaviours and develop an understanding of how we can help children to grow out of these behaviours.

Registration is through The Learning Curve:  
<https://ldasvi.bc.ca/lda-parent-registration/>





SAVE THE DATE

# *Victoria CCRR Provocation Studio*

*Saturday, January 27th*

*Victoria CCRR | 9:00 am - 12:00pm*

*Free!*

*Join us again to spend time in our Provocation Studio, designed by  
Erin Waddell and Belinda Macey.*

*We will network and explore the Studio, inspired by winter starry  
nights.*

*We invite guests to come and explore as well as bring their favourite  
mug for a hot beverage!*



# Aggression & Self Control

DATE: TUESDAY, FEBRUARY 20TH, 2024  
TIME: 6:30 PM – 8:30 PM  
LOCATION: ONLINE ZOOM  
COST: \$ 20

Facilitated by:  
Debbie Cybulski & Cristi Oldfield Lindsay

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.

Registration is through The Learning Curve:

<https://ldasvi.bc.ca/lda-parent-registration/>




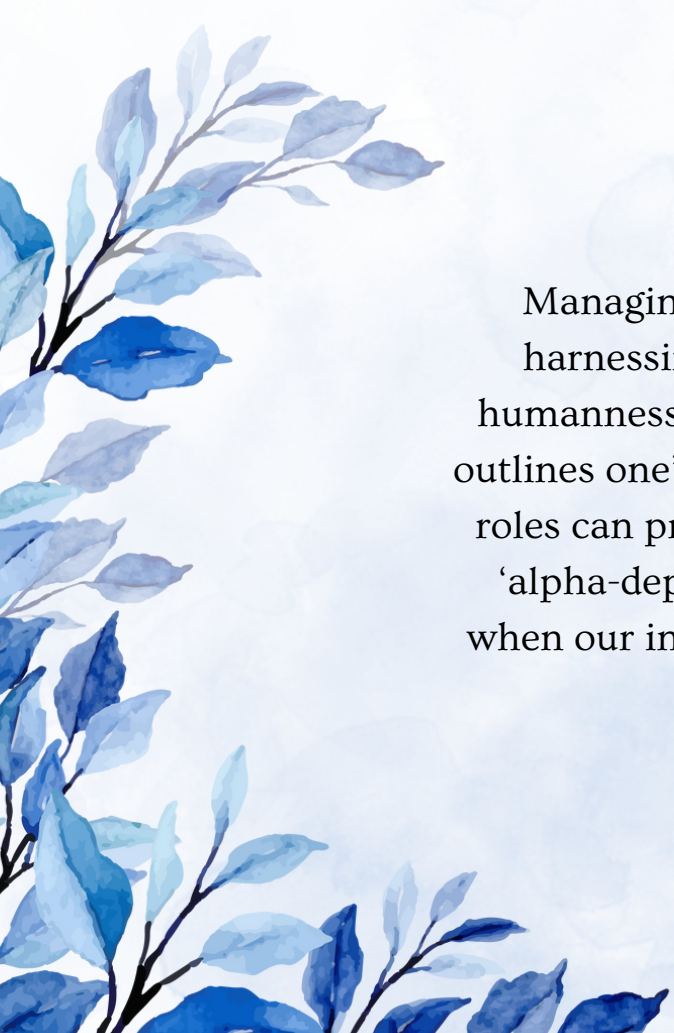


## Leading a Team: Exploring our Innate Capacity to Lead & Inspire

DATE:	SATURDAY, MARCH 16TH, 2024
TIME:	9:00 AM - 12:00 PM
LOCATION:	2001 A DOUGLAS STREET-IN PERSON
COST:	\$ 25

Facilitated by:  
Cristi Oldfield Lindsay

Managing a team involves navigating interpersonal challenges and harnessing unified motivation, all while holding space for the daily humanness of those looking to you. While a role provides the script and outlines one's responsibility, when uninformed by the right instincts, these roles can prove frustrating and unfulfilling. This session will explore the 'alpha-dependent dance' involved in ALL relationships, what happens when our instincts get 'stuck', and how proper alignment can infuse your childcare center with care at its core.





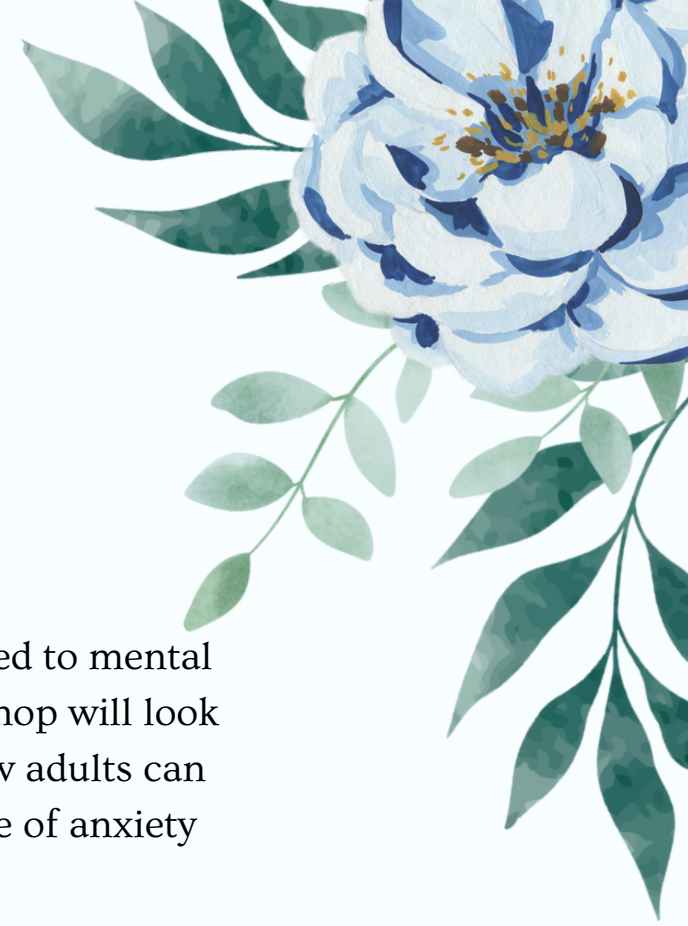
# Worry, Stress, & Anxiety

DATE:	TUESDAY, MARCH 19TH, 2024
TIME:	6:30 PM – 8:30 PM
LOCATION:	ONLINE ZOOM
COST:	\$ 20

Facilitated by:  
Debbie Cybulski & Cristi Oldfield Lindsay

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. We will explore how adults can help children to prevent or reduce the impact and prevalence of anxiety disorders, and increase resilience for children.

Registration is through The Learning Curve:  
<https://ldasvi.bc.ca/lda-parent-registration/>







## Registration Policy and Procedures

- If you are registering multiple participants/staff, you must provide the names and personal emails of everyone, so they can be contacted individually in case there are updates about the workshop.
- Refund Policy: With 10 business days' notice (or more), you will be provided a refund equal to the cost of the workshop. You may choose to transfer into another workshop of equal value, or you can give your seat to a colleague.
- Registration is through PayPal on our website. Other payment options are available.
- Please note when a workshop's registration and/or location is with a community partner.
- Replacement attendance certificates will be issued at a cost of \$10.00 per certificate. Please note two weeks' notice is required.
- For virtual workshops, we require all participants to have their cameras on, as proof of attendance, in order to receive a certificate.
- Childcare is not available during workshops. Please make other childcare arrangements for your children during this time.
- Please arrive on time as arriving 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 in your calendar. Nothing is more heartbreaking than realizing you have missed a workshop!