

Supporting the Social and Emotional Development of Children

New Westminster
February 21 & 22, 2014



New Westminster Parents, Caregivers and Community Service providers are invited to attend a series of free workshops offered by Kids New West.
www.kidsnewwest.ca

Welcome

New Westminster Parents, Caregivers and Community Service providers are invited to attend a series of free workshops offered by Kids New West.

Friday, February 21st Event Overview

Massey Theatre (735 Eighth Avenue) and New Westminster Secondary School (835 Eighth Avenue) New Westminster

Free onsite parking is available

8:30 am - 9:00 am	Registration desk open
9:00 am - 10:00 am	Keynote Address by Maria LeRose
10:00 am - 10:30 am	Join SD40 in recognizing the contributions of senior employees
10:30 am - 11:15 am	Coffee/tea and small snack available
11:15 am - 12:30 pm	Morning Workshops

Friday Registration Information

Friday's keynote and workshops are organized in collaboration with School District 40. Registration is required.

Please register for Friday's events at <https://docs.google.com/a/gv.ymca.ca/spreadsheet/viewform?fromEmail=true&formkey=dGh2alRQa3duRHJQWXBkUHFMNIVqclE6MA>

Registration deadline: January 24th, 2014.

Saturday, February 22nd Event Overview

Douglas College, 700 Royal Avenue, New Westminster

Onsite parking is limited and payment is required

8:30 am - 9:00 am	Registration desk open
9:00 am - 10:00 am	Keynote Address by Lynn D. Miller, Ph.D., R. Psych.
10:00 am - 10:15 am	Coffee/tea and muffins
10:15 am - 12:15 pm	Morning Workshops
12:15 pm - 12:55 pm	Lunch is on your own (Cafeteria will be open)
1:00 pm - 3:00 pm	Afternoon Workshops

Saturday Registration Information

To register for all/or any of the Saturday workshops and/or keynote address, please contact the New Westminster Parks, Culture, and Recreation department:

By phone: 604.777.5100 or online at: www.newwestpcr.ca

Registration deadline: February 19th, 2014

Free child minding is available for the Saturday workshops only. Children must be over the age of two and parents/caregivers are required to send a snack and lunch. To register for child minding please contact New Westminster Parks, Culture and Recreation (see contact information above). Spaces are limited so not all requests may be accommodated.

Certificates of participation will be provided for those who require professional development hours at the end of each workshop/session.



*This activity has been generously supported by the United Way of the Lower Mainland.
Special thanks to Douglas College for providing event venue.*

Friday Keynote Speaker

How Can We Cultivate the Heart-Mind Well-being of Children?

9:00 am - 10:00 am - Massey Theatre

Today's children are facing unique challenges to their social and emotional well-being: an increasingly urgent swell of stress, anxiety, bullying, poverty, and technology. We can actively create conditions that nurture children's hearts as well as their minds. This workshop will explore the key findings of the Heart-Mind Index, which measures five positive human qualities which relate to the social and emotional development of children. We will explore the latest research on how to foster social and emotional development at home, in schools and in the community and ways in which we can tip the balance away from children surviving towards children thriving. Presented by Maria LeRose, with support from the Human Early Learning Project.

Maria LeRose is the Program Manager with the Dalai Lama Centre for Peace and Education. She has a Masters of Education with a concentration on Social and Emotional Development and is an Adjunct Professor in the Faculty of Medicine at UBC.

Friday Morning Workshops

From Knowing to Doing - Using the Heart-Mind Index to Shift Practice

11:15 am - 12:30 pm - Massey Theatre

The domains of the Heart-Mind Index are anchored in evidence-based research that points us in the right direction to promote and strengthen the social and emotional development of children. While the research doesn't give us all the answers, we can work together to take a bold, well-informed leap across the knowing-doing gap to make a positive difference for children. This highly participatory workshop will examine the key questions of, "so what?" and "now what?"

Tracy Smith, is a process designer, facilitator and author and is providing community development support to the Dalai Lama Centre's Heart-Mind Index Pilot Project. She has a Masters degree in Leadership with a focus on multi-agency collaboration and 13 years of experience leading local and provincial efforts in early years community development.

Nurturing Socially and Emotionally Healthy Children

11:15 am - 12:30 pm - New Westminster Secondary School

New Westminster Children's Centre will present strategies that promote and support socially and emotionally healthy children.

Joyce Collins and Gina Cousins are Supported Child Development Consultants at the New Westminster Children's Centre and each have over 25 years of experience working with children of all ages in different settings. Joyce has a background in Early Childhood and Special Needs Education and Behaviour Intervention. Gina also has a background in Early Childhood Education and has been involved in a wide variety of settings with children focusing on Literacy, Aboriginal Supported Child Development and Special Needs education.

Lindsey Daudelin is the New Westminster Key Worker for the Complex Developmental Behavioural Conditions (CDBC) Program. She holds a Master of Science degree in Child Development. Lindsey has worked in the early intervention field for the past 4 years.

For further information visit the KidsNewWest website at <http://kidsnewwest.ca/wp-content/uploads/2011/02/New-West-Childrens-Ctr-brochure.pdf>

Saturday Keynote Speaker

Worries and Woes: Identifying and Preventing Anxiety in Children

9:00 am -10:00 am - Muir Theatre, Douglas College

Anxiety disorders are the most common form of psychological problems reported by children, adolescents, and adults, and can interfere significantly in the lives of children. An anxiety disorder is a level of anxiety that interferes with daily functioning, either with peer relationships, academic performance, or in family routines.

This talk will help to:

- Increase awareness of the anxiety disorder spectrum
- Understand etiological and developmental aspects of anxiety
- Identify basic behavioural indicators of anxiety in children
- Develop a preliminary understanding of the current research
- Understand the efficacy of psychological treatment
- Be aware of techniques that are useful to implement immediately with an anxious child
- Become aware of resources in our community

Lynn D. Miller, Ph. D., R. Psych., is an Associate Professor in the Education and Counseling Psychology and Special Education department at UBC. She is a consultant to the FRIENDS program, a curriculum targeting anxiety, available to all grade 4-5 students in BC. She is currently the President of the Anxiety Disorders Association of Canada.

Saturday Morning Workshops

Making Sense of Anxiety

10:15 am - 12:15 pm - Douglas College, Room 3410

As many as 20% of children qualify for an anxiety disorder diagnosis making it the most common mental health issue. Anxiety can take many forms including obsessions, compulsions, phobias as well as other perplexing behaviours. We cannot treat something we do not understand so making sense of anxiety is fundamental in making headway. This presentation will bring a fresh and promising perspective to one of our most troubling human problems.

Dr. Deborah MacNamara is a clinical counselor and educator in private practice helping parents, teachers, and child care professionals make sense of children and adolescents in their care. She has over 15 years of experience as a teacher and counselor in mental health and educational settings. She is on faculty at the Neufeld Institute.

Promoting Resilience in Children with Mindfulness

10:15 am - 12:15 pm - Douglas College, Room 3408

In this workshop participants will be introduced to mindfulness, which is described as “being aware of the present moment.” The benefits of mindfulness, such as focusing attention and quieting the mind, will be explored. Participants will learn about and participate in several mindfulness activities. Concepts will be expanded to discuss practical tools for children. Learn about the latest research examining the role of mindfulness in positive child development. This workshop would interest parents of young children and individuals who work with preschool and/or elementary school-aged children.

Molly Stewart Lawlor holds a Bachelor of Arts with a major in Psychology and a Master of Arts in Counseling Psychology and is the primary author of the MindUp program. She is currently a doctoral candidate at UBC. Molly's research activities have included the examination of the role of mindfulness in child development and well-being, evaluations of social-emotional learning programs for children and the promotion of social responsibility within schools.

Simplicity Parenting (4 hour workshop)

**10:15 am - 3:00 pm - Douglas College, Room 3406
(lunch break between 12:15—1:00 pm)**

Are you trying to cope with too much stuff? Is your child having difficulty socially, trouble paying attention or following direction? Are you longing for more respect and joy in your family? Enhance the loving connection and satisfaction within your family by integrating small,

sustainable and transformative changes regardless of the ages and stages of your child(ren). In the afternoon portion of this workshop we will expand upon the four realms of Simplicity Parenting (environment, rhythm and routine, schedules and balance and filtering out the adult world), roll up our sleeves and delve into the work of change! Expect to take away a plan for change in your own home/life. This workshop is suitable for parents, caregivers and educators and is based the teachings of Kim John Paynes's book ***Simplicity Parenting - Using the Extraordinary Power of Less to Raise Happier, Calmer and More Secure Kids.***

Kirsten Andrews offers Simplicity Parenting courses and workshops in the Lower Mainland and writes a column called Millennial Mom for the Squamish Chief newspaper. For more information visit www.SeaToSkySimplicityParenting.com for more information.

Saturday Afternoon Workshops

Simplicity Parenting (continuation of morning workshop)

Making Sense of Anxiety in Children

1:00 pm - 3:00 pm - Douglas College, Room 3410

Please see workshop description and Dr. Deborah MacNamara biography under Saturday morning Workshops

Safe Spaces

1:00 pm - 3:00 pm - Douglas College, Room 3408

Bullying in many types of environments is becoming an increasing reality in our society. However, when young children learn empathy, emotional literacy and peaceful problem solving at a young age, the likelihood that bullying will occur as children become older is greatly reduced. The Westcoast Child Care Resource Centre Safe Spaces Program is designed to involve all children in a child care program and focuses on teaching pro-social and emotional vocabulary, and skills identified as essential in preventing bullying behaviours. Come participate in a discussion about this program, learn some strategies and find out how to participate in the full training. This workshop focuses on social development in child care settings.

Dorothy Fizzell has worked in the early childhood field for many years, including ECD Community Development Coordinator (New Westminster), Trainer at Westcoast Child Care Resource Centre and Co-ordinator of Child Care Resource & Referral in Penticton.

Registration Deadline Dates:

Friday, February 21st event: January 24, 2014

Saturday, February 22nd event: February 19th, 2014