



ChildCareBC

Funding for the CCRR is provided by the Province of British Columbia.



Sooke - West Shore Professional Development Opportunities

Member Only Appreciation Events
Sept 2025 – June 2026

Your community's best source for childcare information and resources

Online workshops (using MS Teams):

- ❖ A unique email is required to register for workshops as a link will be sent out to that email. Also ensure a compatible device and working internet connection are used.
- ❖ For facilitated learning for all please find a quiet space where you will be uninterrupted. Participants must attend the entire workshop with their camera and mic on to be eligible for a certificate.

In-person workshops:

- ❖ Registration for Licensed Group Centres will be held at a **maximum of 3** registrants from the same Licensed Group setting. If more would like to attend, a waitlist will be taken – please contact Melanie at mlangman@sfrs.ca – and individuals will be contacted a week prior to the workshop.
- ❖ Child care is not available during workshops/trainings; please make other child care arrangements for your children during this time.

Helpful information:

- ❖ Certificates for completed workshops will be issued by the Sooke/West Shore CCRR unless otherwise noted.
- ❖ It is the participants' responsibility to read the workshop/course description and objectives and ensure the training selected is suitable for their learning needs. If you have questions about a workshop certificate being accepted by the ECE Registry, please contact them at 1-888-338-6622 or email eceregistry@gov.bc.ca.

A Pocket Guide to Yoga, Mindfulness & Movement for Children



Saturday, November 22nd 2025

9:30-11:30am

In-Person: Early Years Room at 345 Wale Road

Participants will learn fun and accessible ways to share yoga, dance, mindfulness, breath work and self-regulation techniques with children ages 2-9. We will

have dance parties, blow bubbles, fill friendship jars, adventure through the forest and more! Participants will leave this workshop feeling ready and confident to teach these practices along with a list of wonderful books, songs, moves, props and games. You will also receive a workshop handout and special gift to get you started. Come sing, dance, stretch, breathe and play with us!

Presenter: Nikki Lock is the owner and creator of Wild Roots Dance & Yoga based out of Victoria, BC. Nikki has an extensive background and training in dance, the performing arts and yoga for all ages. She has a passionate and contagious love for movement and creating spaces that nurture and support community.

Nikki opened Wild Roots Dance & Yoga studio in 2019 which is located in Esquimalt, BC. She is the new Canadian Trainer for Rainbow Kids Yoga and has been teaching yoga in schools, childcare centres and her studio for the past 8 years. She is a member of the Canadian Dance Teachers Association in Ballet and Jazz and an associate member in Modern. She is also a certified Bellyfit® instructor and a facilitator of THEGROOVE™ and THEGROOVE™ for Kids.



Self-Care Practices & Sound Journey



Thursday May 28th, 2026

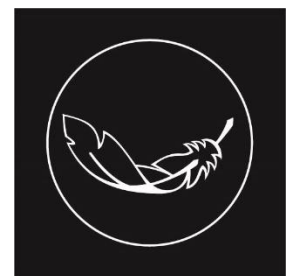
6:00-8:30pm

In-Person: Early Years Room at 345 Wale Road

As a childcare provider, you give so much of your time, energy, and heart to others. This self-care workshop is designed just for you—a chance to pause, reconnect with yourself, and restore your inner well-being. Exploring simple, nurturing breathwork techniques and

Indian Head Massage-inspired self-care practices that can be easily integrate into your daily routine to relieve tension and promote relaxation.

The experience continues with a guided meditation to calm the mind and center the body, followed by an immersive Sound Journey. Let yourself fully unwind as the soothing sounds of the Ocean Drum, Crystal Singing Bowls, chimes, and other healing instruments help you release stress and recharge. Whether you're new to these practices or looking to deepen your self-care toolkit, this session will leave you feeling grounded, supported, and renewed.



What to Bring (these items will NOT be available on site):

- A yoga mat
- A water bottle
- Comfortable, layered clothing and cozy socks
- A blanket, 2 pillows, an eye mask, or any other props and comfort items

Presenter: Eve Carty (RYT 500) is a Registered Yoga Teacher with Yoga Alliance. She has completed 500 hours of Hatha Yoga Teacher Training and holds certifications in Yin Yoga, Restorative Yoga, Indian Head Massage and Sound Therapy.

She currently teaches at Wild Roots Dance and Yoga Studio, Muse Mind & Body Studio and Lab Studios Westshore. Follow her on Facebook and Instagram: @levityforlifeyoga.

Registration Link and QR Code:

<https://outlook.office365.com/owa/calendar/SookeWestShoreCCRRMemberEvents@sfrs.ca/bookings/>



Monday—Friday 8:30am-4:30pm

6672 Wadams Way (Sooke) / 345 Wale Road, Colwood (West Shore)

Evenings: Wednesdays 4:30pm-6:30pm (Sooke)

Saturdays 8:30am-12:30pm (West Shore)

Website: <https://www.sfrs.ca/programs/child-care-resource-and-referral-ccrr>

Telephone: (250) 940-4882

Email: Sooke-WestShoreCCRR@sfrs.ca

Facebook: Sooke-West Shore Child Care Resource & Referral
Sooke Family Resource Society

Instagram: @sookewestshore_ccrr

www.gov.bc.ca/ChildCareResourceReferralCentres or Toll-free: 1 888 338-6622 (Option 4).

