



Sooke - West Shore Professional Development Opportunities

**September – December 2026
Workshops**

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. If there is an in-person workshop your centre is interested in hosting in service – please contact Melanie to inquire mlangman@sfrs.ca.
- ❖ 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.

September - December 2026

Nourishing with Care: Trauma-Informed Nutrition for Early Childhood

Saturday September 19th, 2026

9:30-11:30 am

In-person: Early Years Room at 345 Wale Rd

This interactive workshop explores how trauma shapes a child's relationship with food. Learn practical, trauma-informed strategies that build trust and safety at mealtimes. Through reflection and discussion, we'll dive into eating competence, supportive mealtime routines, eating challenges and the hierarchy of food needs.

Presenter: Erica Camfferman (Island Health)

HR Topic – Strategies for Effective Communication

Thursday October 22nd, 2026

6:15 – 8:15 pm

In-person: Early Years Room at 345 Wale Rd

“The single biggest problem in communication is the illusion that it has taken place”

– George Bernard Shaw

In this workshop we will explore how you can create a workplace environment that is open and psychologically safe. Where does it all start, and how do you get there? We will talk about it all! Bring your scenarios of difficult situations and we will have some time to talk it through as a group.

Presenter: Erin Holler

Sooke - West Shore CCRR Community of Practice – The Deconstruction and Reimagining of “Circle Time”

2nd Thursday of the month (October 2026 – May 2027)

6:15 – 8:15pm (8 sessions) – registration is for all 8 sessions – dates below

In-person (Nov. and Jan): Early Years Room at 345 Wale Rd

Online (Oct. and Dec.) We will revisit the mode of offering (alternating online and in-person in January to see how we want to continue on for February to May 2027).



In this Community of Practice, we will be deconstructing "Circle Time". As humans we sometimes fall into patterns and habits, what is familiar and comfortable. This series will ask us to look at the why, how, when and what of what we present to the children in our care during circle time/gathering circle/morning meeting through reflection and curiosity. We will practice

revisiting circles and inviting different lenses, perspectives and ways of being with circle, including two-eyed seeing. This C.o.P. will alternate between being online and in-person.

To help make the sessions more accessible, dinner will be provided at the in-person sessions, and a food card will be provided to be used for the online sessions.

***By signing up for this session, you are signing up for ALL the following dates: Oct. 8, Nov. 12, Dec. 10, 2026, Jan. 14 2027, Feb. 11, 2027, Mar. 11, 2027, Apr. 8 2027, and May 13 2027.

Consistency in attendance aides in the building of community and connections with peers. If you are aware of one or two specific dates that you would not be able to attend, and are still interested in participating, please let me know and we can consider someone else from your centre to attend in your place to try and help keep continuity and community.

*This Community of Practice series is subsidized by the ECE Professional Development Bursary Fund.

Registration Information for Workshops and Community of Practice (C.o.P.):

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



Monday—Friday 8:30am-4:30pm

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

Evenings: Thursdays 4:30pm-6:00pm (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

