BRITISH COLUMBIA | ChildCareBC

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

ccrr Child Care Resource & Referral



Sooke - West Shore
Professional Development Opportunities

Members Only Events

Spring 2027

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 2** 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 – individuals will be contacted as spaces become available.
- 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, May 1st 2027
9:00-12:00pm
In-Person: Early Years Room at 345 Wale Road

Breathwork, Mindfulness & Self-Care
Join Nikki Lock for an inspiring professional development workshop designed for teachers, early childhood educators and childcare providers. Discover playful, practical ways to introduce breathwork, mindfulness and self-regulation to children ages 12 months–9 years. Through songs, stories, bubbles, scarves, movement, games and imagination, you'll learn meaningful tools that encourage emotional regulation, confidence, resilience and connection—all in ways that feel engaging and fun.

Because caring for children begins with caring for ourselves, the workshop concludes with a nourishing self-care experience. Enjoy gentle breathwork, a calming guided meditation and create a handcrafted wellness gift to take home, inspired by the season and designed to encourage moments of rest and self-care.

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. She is dedicated to empowering educators and inspiring others to integrate mindful movement and self-regulation practices into their classrooms, workplaces, and everyday lives.

WILD ROOTS
dance & yoga

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: 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 4).

SOOKE Family RESOURCE SOCIETY