

# CONFERENCE BROCHURE



## EAST KOOTENAY **Early Years Conference**

Grow your skills • Grow your mind • Grow your passion

APRIL 28 & 29, 2017  
St. Eugene Resort  
7777 Mission Road  
Cranbrook, BC Canada

**EK** Kids.ca

### WELCOME TO “**IMAGINE-NURTURE-GROW**” 2017 EAST KOOTENAY EARLY YEARS CONFERENCE

It is with great pleasure that the planning committee welcomes you to the 2017 East Kootenay Early Years Conference. We are very excited about this year’s inspiring and educational program. The conference is hosted by East Kootenay Children First/Success By 6. The planning committee is made up of regional service providers that work directly with children and families. Committee members have worked to ensure this is an educational and fun conference. We are particularly excited about the Pre-Conference offering this year - Trauma Informed Practice Training on Friday, April 28, by Dr. Linda O’Neill. We are very grateful to have the conference in such a beautiful area, and would like to honour and give thanks that we are on the traditional territory of the Ktunaxa, specifically Aqam First Nation. We also would like to acknowledge and thank Herman Alpine, Ktunaxa Elder who will be doing the welcoming prayer.

Our goal for the conference is to empower, educate and connect participants. We have collectively put together a program that will provide opportunities for professional development for those who work with young children and families in child care settings, family resource programs, primary school educators, community development and other community programs. The conference will also be of interest to parents, grandparents, caregivers and those looking to make a positive impact in children’s lives.

We are excited to invite you to come and discover how to “Imagine, Nurture and Grow” with us this April.

#### *2017 East Kootenay Early Years Conference Planning Committee*

<b>Beth Carter</b>	East Kootenay Supported Child Development
<b>Chelsea Nicholas</b>	Paq'mi Nuq'yuk Aboriginal Early Years Services
<b>Charlene Stropky</b>	East Kootenay Infant Development Program
<b>Darcy Victor</b>	East Kootenay Youth Justice
<b>Gina Panattoni</b>	East Kootenay Children First/Success by 6, Chair
<b>Jackalin Lightfoot</b>	East Kootenay Infant Development Program
<b>Natalie Rudrum</b>	BC Early Years Centre - Cranbrook
<b>Rita Romeo</b>	East Kootenay Child Care Resource & Referral



## SPONSORS

Please visit the back page of the brochure for our many generous sponsors.

## FRIDAY, APRIL 28<sup>TH</sup>

Pre-conference Session Registration	8:30 am - 9:30am
Pre-conference Session <i>Trauma Informed Practice Training</i>	9:30 am - 3:00 pm
Conference Registration	5:00 pm – 8:00 pm
Market Place	5:00 pm - 9:00 pm
Keynote Welcome Reception <i>Cash bar and appetizers</i>	6:00 pm – 7:00 pm
Keynote Presentation: <i>Michele Kambolis – Generation Stressed – Play Based Tools to Help Your Child Overcome Anxiety</i>	7:00 pm - 9:00 pm

## SATURDAY, APRIL 29<sup>TH</sup>

Registration	8:00 am - 11:00 am
Market Place	8:00 am - 4:00 pm
Breakfast (Pavilion) <i>*Breakfast served until 8:45</i>	8:00 am - 9:00 am
Opening Ceremonies	9:00 am - 9:20 am
Breakout Sessions	9:30 am - 11:30 am Teaching Children Technology Mindfulness How to Talk to Parents about their Child's Behaviour Teaching Emotional Literacy to Children The KAIROS Blanket Exercise (full day session) Making the Most of the Moment
Lunch & Ktunaxa Youth Dancers <i>*Interpretive Centre open</i>	11:30 am - 1:30 pm
Breakout Sessions	1:30 pm - 3:30 pm Teaching Children Technology Mindfulness How to Talk to Parents about their Child's Behaviour Teaching Emotional Literacy to Children The KAIROS Blanket Exercise (full day session) Making the Most of the Moment



## Trauma Informed Practice Training Dr. Linda O'Neill

Trauma informed practice is a systems approach designed to better support the people we serve (children, youth and adults) and their families who may have experienced adverse events in their lives, particularly early events resulting in various presentations and needs, supported and served through education and social services. Trauma informed practice does not require specific disclosure of trauma; rather it is a systems-wide lens focusing on safe practices and healthy relationships to assist with children living lives less defined by traumatic experiences. Practitioner, staff, and agency approaches, policies, and practices are the focus of trauma informed training. Psychoeducational information on trauma effects for both people served and staff is a major component of the training, based on the latest research in neurobiology, and safe, effective trauma support. Understanding the importance of safety and the power of relationship in establishing or re-establishing stability after interpersonal abuse, severe attachment disruption or neglect is a major theme throughout the training. Increasing compassion for children, colleagues, and helpers/caregivers is another theme found in the training and workshops. The main topics of trauma informed training include:

- Trauma awareness through psychoeducational material, including physiological responses to trauma and natural coping attempts
- The importance of safety in all aspects of children's lives and in service provision
- The importance of relationships and reconnection



Dr. O'Neill is a practicing counsellor, a certified trauma specialist and counsellor educator who is the Clinical Coordinator at the Community Counselling Centre in Prince George, BC. From years of trauma practice with children, youth and adults in the Prince George community and the far North and through research on all aspects of trauma effects and interventions, Dr. O'Neill has compiled and designed trauma informed training with former research assistants and colleagues including Sonia Thibeault (MEd), Ryan James (MEd. RCC), Dr. John Sherry and Serena George (MEd., CCC). Dr. O'Neill customizes the training for each professional group to ensure the greatest relevancy to practice. The training is constantly being refined to reflect the most recent research in the rapidly changing world of trauma support. This training has been customized and delivered to early childhood educators, teachers and support staff, graduate counselling students, BEd students, counsellors, drug and alcohol programs, Youth Justice, Corrections, Parole and Probation, Crown Council, John Howard Society volunteers, and practitioners in Mental Health and Addictions and Primary Health Care teams within the Northern Health Authority.

## MICHELE KAMBOLIS

Michele Kambolis, MA, is a 20-year veteran as a Child and Family Therapist. She is the founder of Chi Kids, and writes two national columns called “Parent Traps” and “Mind Matters” for the Vancouver Sun and other Postmedia newspapers. Her book, *Generation Stressed: Play-Based Tools to Help Your Child Overcome Anxiety*, has been endorsed by leading psychologists worldwide. It revolutionizes the way we parent ourselves and our children.



Michele has contributed to or been featured in media outlets such as Good Morning America, Huffington Post Live, FOX 5 News, Canada AM, Sirius Satellite Radio, Global News, CTV and many more.

Michele is also a sought after keynote speaker at conferences and workshops and can speak to any topic related to parenting and mental health. She skilfully combines her knowledge of parenting, positive psychology and neuroscience into her speaking events for a unique presentation that always leaves her audience walking away with motivational tools for change.

### PRESENTATION DESCRIPTION: Generation Stressed- Empowering Children in the Face of Stress

This anticipated keynote on childhood anxiety and practical reduction techniques will also provide parents and those working with children with guidance on how to use evidence-based playtime activities to significantly reduce their children’s stress.

One in five children has a diagnosable mental disorder; one in eight experiences clinical levels of anxiety. Amidst these extremes, every family must deal with some level of childhood stress: worries about changes at home, school pressures and scary headlines. Kambolis is on a mission to cultivate an “anxiety free generation”.

Kambolis shows how to translate Cognitive Behavioral Therapy (CBT) techniques from *Generation Stressed* into fun, play exercises that can be practiced by parents with their children. CBT is the top, evidence-based cognitive tool to reduce childhood anxiety, but is not covered by general healthcare. The lecture makes this highly effective method accessible to all.

Topics include:

- Why our children have become so stressed
- How to identify child anxiety
- Tips and techniques to both prevent and manage child anxiety – naturally, easily and as part of daily life
- The powerful impact conscious parenting has in combatting anxiety
- How to use evidence-based Cognitive Behavioural Therapy tools at home and at School

Children experiencing high levels of anxiety are more likely to be physically sick, experience additional social problems, suffer from weakened brain development, and be less financially independent in later life. At a time when mental health is at the forefront of many parents’ priorities, Kambolis demystifies methods to ensure our children’s mental wellbeing. At the heart of these methods is a focus on joyful parenting and the relationship between parent and child.

**SATURDAY, APRIL 29, 2017 – 9:30 am – 11:30 am**

A	Teaching Children Technology Mindfulness	Michele Kambolis
B	How to Talk to Parents about their Child's Behaviour	Malgosia Tomanik
C	Teaching Emotional Literacy to Children	Kirsten Bevelander
D	The KAIROS Blanket Exercise (FULL DAY session)	Chelsea Nicholas Joe Pierre
E	Making the Most of the Moment	Laurie Scott

**SATURDAY, APRIL 29, 2017 – 1:30 pm – 3:30 pm**

A	Teaching Children Technology Mindfulness	Michele Kambolis
B	How to Talk to Parents about their Child's Behaviour	Malgosia Tomanik
C	Teaching Emotional Literacy to Children	Kirsten Bevelander
D	The KAIROS Blanket Exercise (Continuation of morning session)	Chelsea Nicholas Joe Pierre
E	Making the Most of the Moment	Laurie Scott

**SESSION DESCRIPTIONS – SESSION A**

**Teaching Children Technology Mindfulness  
Michele Kambolis**

Technology often tops the list as a main contributor to the reasons why our children are experiencing more stress than ever before. With continuous partial attention - the illusion of companionship and high-speed processing of information directly competing with heart-mind connection - parents wonder how to help their child learn the skills required to maintain a balanced relationship with technology. This workshop will be highly interactive, and demonstrate the impact of technology on heart-mind well-being and the many ways parents can use the power of their conscious parenting to teach children technology mindfulness. Participants are encouraged to bring their digital gadgets to use in this workshop.

## SESSION B

Malgosia Tomanik, M.Ed., is a Family Consultant who specializes in supporting children from preschool to high school age and their parents/caregivers in a variety of environments, including homes, school, and child care settings. Malgosia is experienced in addressing concerns associated with the daily challenges of caring for a child/youth who requires support, helping to make sense of difficult behaviour and supporting the big people for each child in finding a way through. Malgosia Tomanik also works as an FASD Key Worker with the Fraser Valley Child Development Centre in British Columbia, Canada. In her role as a Key Worker, Malgosia provides support to parents/caregivers raising children and youth who are living with FASD. She has delivered numerous workshops and training sessions to various adult audiences: child care providers, school staff, parents and caregivers, potential adoptive families, social workers, police officers and mental health clinicians regarding children's development, transitions, addressing challenging behaviours, parenting issues and specific disabilities such as FASD.



## SESSION DESCRIPTION

### How to Talk to Parents about their Child's Behaviour Malgosia Tomanik

This presentation is intended to emphasize the current information on recommended practices for working with families. It includes a brief review of the parents' and service providers' roles, review of recommended and promising Family Centered Practice and applies the content to the role of services providers as not only a practitioner but also a family support. It also provides strategies on "how to" talk to parents in a friendly but informative, professional way that will enhance parent- service provider relationship and prompt parents participation in their child's development. The importance of, and strategies for collaborative communication within a family centered approach is also presented. Also included is: parents' and service providers' roles and expectations, understanding of Family Centered Practice (building relationships with family and inviting parents to participate), specific strategies on how to talk to parents about the behaviour, discussing different scenarios - e.g. how to deal with an angry parent, or a parent who is upset, or an anxious parent, strategies and recommendations.

**SESSION C**

Kirsten Bevelander is a Child Care Advisor for the BC Aboriginal Child Care Society (BCACCS). The BCACCS Child Care advisors are a part of the CCRR program and visit child care providers and Aboriginal centers around the province providing support through training, advocacy and sharing of resources. Kirsten has worked with children and families for over 25 years, specializing in toddler care, children with additional needs, literacy learning and Aboriginal early child development and care. She is also an instructor for the Burnaby ECE Continuing Education Program.



**SESSION DESCRIPTION**

**Teaching Emotional Literacy to Children  
Kirsten Bevelander**

The strong development of social and emotional skills in children is one of the best predictors of academic and life-long success. In this age of technology children spend less time in face-to-face interactions which has an effect on their ability to develop critical emotional literacy skills. In this interactive workshop, participants will be introduced to a wealth of children’s literature that can be used as a jumping-off point for teaching Emotional Literacy. Together we will brainstorm and share ideas for expanding emotional content found in books, stories or legends and come up with ways to extend that teaching to other aspects of your program. Participants will leave with a book list and the generated ideas of how to get started right away.



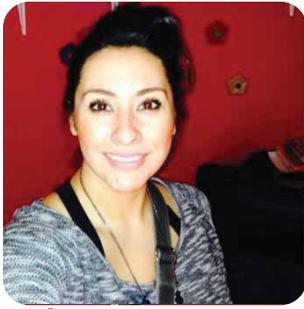
**Ktunaxa Interpretive Centre**

Operated by the Ktunaxa Nation Council, this is where the Ktunaxa people come together to give visitors a taste of their rich heritage, mythology and culture.

Stop by to view the many historic artifacts, contemporary art, archival photographs and displays containing examples of traditional stone, bead, hide, and wood and cloth work. Learn about the everyday life of the Ktunaxa, and discover the renowned horsemanship and canoe-making of these unique and resourceful people.

There’s also a section devoted to the history of the St. Eugene Mission. Here you can also watch an emotional documentary containing the personal stories of Ktunaxa students who were forced to leave their families and attend the church-run Residential School.

## SESSION D



Chelsea Nicholas, Ktunaxa Nation Member belonging to the ʔakisqnuq First Nation, is currently the Coordinator of the Aboriginal Early Year's Program with Ktunaxa Kinbasket Child and Family Services Society. She brings to the table 8 amazing years of front line experience working in the Aboriginal Early Childhood Development field, with her professional passion falling in the areas of Infant Mental Health, early screening and assessment, and early intervention work. The East Kootenay Early Years Conference will be Chelsea's first time co-facilitating the KAIROS Blanket Exercise, and recommends everyone participate in this invaluable learning experience at some point.

Joe Pierre was raised in the Community of ʔaq'am formerly known as the St. Mary's Indian Reserve and is a citizen of the Ktunaxa Nation. He attended the University of Calgary in the Fine Arts. At the U of C Joe met several other First Nations people interested in Theatre and they collaborated together to form the Crazy Horse Theatre Company.

The company had several productions in Calgary all of which were written by Aboriginal writers. Joe also worked for a season with the CBC production "North of Sixty". Joe was a storyteller at the very first Proctor Storytelling Festival and he has presented at several other festivals throughout the Kootenays. Currently he is employed by School District 5 Southeast Kootenay and is serving as the Vice President for the First Nations Education Steering Committee. Joe served as a Councillor for the St. Mary's Indian band for 8 years and was a member of the Board of Governors for the College of the Rookies for 6 years. Very recently Joe has been elected back to the ʔaq'am council, this time in the capacity of Chief Councillor. He is a husband to Jennifer and a father to ten-year-old Jude. Together they are known as "Triple J".



## SESSION DESCRIPTION

## The KAIROS Blanket Exercise

This is a participatory full day workshop that will help participants understand how colonization of the land we now know as British Columbia and Canada has impacted the people who lived here long before settlers arrived. Through this exercise participants will explore the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada, how this relationship has been damaged over the years, and how they can work toward reconciliation.

### SESSION E



After graduating in 1986 from the University of Michigan with a Master's of Science in Speech Language Pathology Laurie started her career working with young children and their families. She has worked and lived all over North America and believes strongly that families and caregivers are a child's best teacher. Early on in her career Laurie started training with the Hanen Centre. She continues to use Hanen strategies and tools to support the most important people in a

child's life – *you* - to facilitate all children's communication development during everyday activities.

### SESSION DESCRIPTION

### Making the Most of the Moment

Participants will learn to expand everyday interactions and activities into social communication and language learning opportunities for young children. This will include ways to identify children who need extra help with language and communication, strategies to keep children engaged and extend interactions, and ideas for enriching children's vocabulary skills. This two hour workshop will include small group activities in which participants can plan ways to create language learning opportunities in everyday preschool activities.



### WELCOME RECEPTION

Please join us for our opening reception, Friday, April 28th starting at 6 pm along with feature presenter Michele Kambolis. This informal gathering will feature light appetizers, a cash bar, and a chance to catch up and network with conference attendees.



### VISIT THE MARKET PLACE

Be sure to stop by the market place open Friday and Saturday for a look at the various materials available in the early childhood development field, as well, find a little something for you; you deserve it! Please note an ATM is located by the hotel registration front desk.

## CONFERENCE FEES

	EARLY BIRD PRICE REGISTER BY MARCH 31	REGULAR PRICE REGISTER BY APRIL 14
<b>Full Conference – April 28<sup>th</sup> &amp; 29<sup>th</sup></b> <i>(includes Friday Welcome Reception &amp; keynote presenter, and all events on Saturday including breakfast and lunch)</i> <b>**Cash bar at Friday's Welcome Reception</b>	<b>\$125</b> <b>*Student \$100</b>	<b>\$150</b> <b>*Student \$120</b>
<b>Friday Pre-conference (day) Only - April 28<sup>th</sup></b>	<b>\$40</b> <b>*Student \$40</b>	<b>\$40</b> <b>*Student \$40</b>
<b>Friday Night Only – April 28<sup>th</sup></b> <i>(includes keynote presenter and Welcome Reception, cash bar)</i>	<b>\$35</b> <b>*Student \$28</b>	<b>\$45</b> <b>*Student \$36</b>
<b>Saturday Only – April 29<sup>th</sup></b> <i>(includes breakfast and lunch)</i>	<b>\$100</b> <b>*Student \$80</b>	<b>\$120</b> <b>*Student \$96</b>

\*Students must be enrolled in full time studies to receive student rate.

Conference registrations will be accepted until **April 14**. Cancellations will also be accepted until April 14 and are subject to a \$20 administration fee. Replacement delegates are welcome with prior notice from the original registrant.

### QUESTIONS? WE CAN HELP!

For more information you can contact Gina Panattoni at 250-426-2542 or email: [ekidsfirst@shaw.ca](mailto:ekidsfirst@shaw.ca) or Rita Romeo at 250-426-5677 or email: [ekccrr@shawlink.ca](mailto:ekccrr@shawlink.ca)

## REGISTRATION INFORMATION

Workshop spaces are available on a **first-come first-served** basis. **Register early** to get your first choice selections.

Please indicate your first, second and third choices of workshops for each session. A workshop must be entered in each box. If your first choice workshop is full and you have not indicated a second or third choice you will be placed in a workshop at the conference committee's discretion. **Changes to workshops' preferences after registration has been processed will not be permitted.**

### REGISTER BY MAIL

To secure your workshop choices, mail your registration form and cheque (payable to EKCCRR) to *Early Years Conference 20B - 12<sup>th</sup> Avenue North, Cranbrook, BC V1C 3V7*.

### REGISTER BY E-MAIL

To secure your workshop choices, e-mail your registration form to [ekccrr@shawlink.ca](mailto:ekccrr@shawlink.ca) and mail your cheque (payable to Community Connections Society of Southeast BC) to *Early Years Conference 20B-12<sup>th</sup> Avenue North, Cranbrook, BC V1C 3V7* or phone in with payment information to 250-426-5677. Payment needs to be received for registration to be valid.

### CANCELLATION POLICY

Registration fees, less a \$20 administration fee will be refunded until April 14, 2017. After this date, fees are not refundable. Replacement delegates are welcome with prior notice from original registrant.

### EARLY REGISTRATION

If you register before February 28, 2017, your name will be entered into a draw for **1 FREE FULL CONFERENCE REGISTRATION**. We are limited on how many conference participants we can accommodate and expect this conference will fill up quickly, so don't delay, register today!

### CERTIFICATES FOR PRO-D HOURS

Please indicate on your registration form if you require a certificate. They will be available in Conference packages.

#### WHY THIS CONFERENCE CAN'T BE MISSED:

- Come explore this year's diverse program of topics, all relevant to those working in the early childhood development field as well as families.
- Stay current with the latest trends and developments in early childhood.
- Earn Professional Development hours.
- Catch up with colleagues at the Welcome Reception on Friday, April 28<sup>th</sup>
- Visit St. Eugene Interpretive Centre for a look at the Ktunaxa culture and history.
- Pamper yourself with a stay at the beautiful St. Eugene Resort (yes, they have a spa).

## QUESTIONS? WE CAN HELP!

For more information you can contact the East Kootenay Children First office at 250-426-2542 or email [ekidsfirst@shaw.ca](mailto:ekidsfirst@shaw.ca)

## CONFERENCE TIPS

Wear layers to accommodate room temperature changes.

Be green! Bring a water bottle with you.

Bring extra business cards to exchange with new colleagues you meet.

**Scent Free** please – the chemicals used in scented products can make some people sick. Please refrain from wearing scented products.

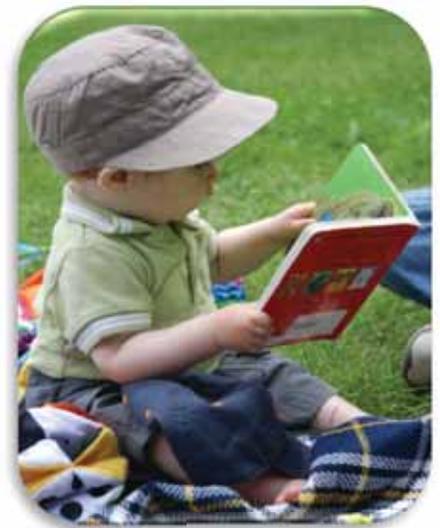
**TO GET CONFERENCE UPDATES** visit our website [www.EKkids.ca](http://www.EKkids.ca)



## MARKET PLACE

- ◆ Kara Clark – StellaLissa Jewellery
- ◆ ʔaq'am Trading
- ◆ Crafty Creations
- ...AND MORE

\*\*Some vendors only deal with cash. An ATM is located by the hotel registration front desk for your convenience.



## ACCOMMODATIONS

### St. Eugene Resort

7777 Mission Road Cranbrook, BC

<http://steugene.ca/en/home-page/>

Hotel room booking information:

**Group Name:** East Kootenay Early Years Conference

**Dates:** April 27<sup>th</sup> & April 28<sup>th</sup>, 2017

**Rates:** From \$109 - \$129 + taxes/night

**Cut-off date:** March 28, 2017

For Reservations please call 1-866-292-2020.



### ELIZABETH LAKE LODGE

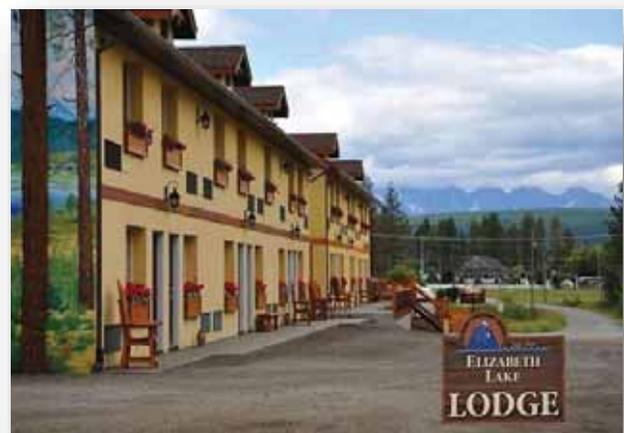
590 Van Horne St S. Cranbrook, BC

<http://elizabethlakelodge.com/>

Hotel room booking information:

For Reservations please call 250-426-6114

\*\* Note Government rates available for conference participants upon request.



## CONFERENCE SPONSORS

The conference planning committee gratefully acknowledges the support of the following sponsors:



EK Infant Development Program.



East Kootenay



Supported Child Development

## REGISTRATION FORM

Please complete a separate registration form for each person attending the conference.  
**KEEP A COPY OF THE COMPLETED FORM FOR YOUR OWN REFERENCE.**

Name: \_\_\_\_\_ Organization/Parent: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Pro-D Certificate required: \_\_\_\_\_

Please indicate: Vegetarian: \_\_\_\_\_ Gluten Free: \_\_\_\_\_ Any other dietary restriction requires participants to bring their own food.

Please let us know if you require any extra assistance in order to participate.

DAY & SESSION	1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	3 <sup>rd</sup> Choice
Session A, Sat am			
Session B, Sat am			
Session C, Sat am			
Session D, Sat am (FULL DAY)			
Session E, Sat am			
Session A, Sat pm			
Session B, Sat pm			
Session C, Sat pm			
Session D, Sat pm (FULL DAY)	N/A	N/A	N/A
Session E, Sat pm			
REGISTRATION FEES	EARLY BIRD PRICE REGISTER BY MARCH 31	REGULAR PRICE REGISTER BY APRIL 14	Paid
Full Conference – April 28 & 29	\$125 *Student \$100	\$150 *Student \$120	
Friday Pre-conference - April 28	\$40 *Student \$40	\$40 *Student \$40	
Friday Night Only –April 28 <sup>th</sup>	\$35 *Student \$28	\$45 *Student \$36	
Saturday Only – April 29 <sup>th</sup>	\$100 *Student \$80	\$120 *Student \$96	
<b>Total Enclosed: \$ _____</b>			
* Must be enrolled in full time studies to receive the Student discount			

Space is limited in all workshops. Every effort is made to accommodate first choices for the session. Register early for best chances on getting first session choice. Please note registrations are not accepted without payment. **You will be informed which workshops you are assigned to in your registration package when you arrive at the conference.**