

# Conference Agenda

# 2021

February  
22 – 25



BC COUNCIL FOR  
FAMILIES

*your family*



## Connecting During Covid-19

Alliance of Professionals Serving Young Parents

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**WHEN:**

Monday February 22 to Thursday, February 25, 2021

**WHERE:**

Online via Zoom

**CONFERENCE REGISTRATION RATE:**

\$50 until January 31, 2021, after which it will increase to \$60.

**Groups of eight or more are entitled to a 10% discount.**

**REGISTRATION**

Registration is open on the BC Council for Families' website [https://shop.bccf.ca/catalogue/apsyp-conference-2021-connecting-during-covid-19\\_1031](https://shop.bccf.ca/catalogue/apsyp-conference-2021-connecting-during-covid-19_1031)

Registration for the workshops and connecting sessions will be limited, and will happen on our website between February 8th–11th.

**WHAT'S INCLUDED**

Two webinars and your choice of one workshop and one connecting session.

**For more information**, please email [bccf@bccf.ca](mailto:bccf@bccf.ca) or call 604-678-8884 ext. 101.

Welcome to the annual Alliance of Professionals Serving Young Parents (APSYP) conference, the only one of its kind in BC that is specifically focused on supporting Young Parent Program (YPP) staff!

Our conference theme this year is **Connecting During Covid-19**. We know how challenging the Covid-19 pandemic has been on you, your young parent programs and services, and the young parents themselves. We hope this virtual conference will provide learning opportunities to expand your knowledge and skills in caring for youth and their children, and provide the space and time to connect with others doing the same work.

There are many people to thank for making this conference a reality: all of our inspiring presenters and knowledgeable facilitators for sharing their wisdom, the APSYP Regional Representatives for their guidance, the staff team at the BC Council for Families for all of their administrative support, and most importantly, to you, the young parent program professionals who tirelessly work to support young parents and their children.

We hope you will leave this conference inspired, with new skills and ideas for your program, and that you feel connected to others providing similar support during this challenging time.

Kindly,



**Jennifer Westoby**  
Provincial Coordinator,  
APSYP



**Joseph Dunn**  
Executive Director  
BC Council for Families

# Connecting During Covid-19

## Alliance of Professionals Serving Young Parents

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### CONFERENCE AGENDA

#### Monday, February 22

- 9:30 – 9:40 AM      Welcome and opening remarks by Jennifer Westoby, Provincial Coordinator for the Alliance for Professionals Serving Young Parents
- 9:40 – 9:55 AM      Territorial Acknowledgment and Welcome by Elder Shane Point
- 10:00 – 11:00 AM    **Webinar:** “Connecting with Youth: What’s Your Story?” with Jeff Willis
- 1:00 – 3:30 PM      **Workshop:** “Mind your Heart: Emotional Regulation and Self-Care” with Angela Low\*

#### Tuesday, February 23

- 9:30 – 11:30 AM    **Webinar:** “Relationship as the Answer: Promoting Healthy Development Through the Lens of Attachment” with Vanessa Lapointe
- 6:00 – 8:30 PM      **Workshop:** “Designing Culturally Focused Early Childhood Education” with Jennie Roberts and Angie Maitland\*

#### Wednesday, February 24

- 10:30 AM – 12:30 PM    Connecting and Creative Thinking Session for Young Parent Support Workers and Program Managers\*
- 1:00 – 3:30 PM      **Workshop:** “Compassionate Communication” with Warren Hooley\*

#### Thursday, February 25

- 9:30 AM – 12:00 PM    **Workshop:** “Team Building” with Warren Hooley\*
- 6:00 – 7:30 PM      Connecting and Creative Thinking Session for Child Care Providers\*

*\*A limited number of spaces are available in the workshops and connecting sessions.*

*Registration will happen on our website between February 8 and 11.*

*\*\*A limited number of bursaries are available, please contact the APSYP Provincial Coordinator at [jenniferw@bccf.ca](mailto:jenniferw@bccf.ca)*

## WORKSHOP DESCRIPTIONS AND PRESENTER BIOS

Monday, February 22

### WEBINAR

#### “Connecting with Youth: What’s Your Story?” by Jeff Willis

After a year of COVID-19 redefining our lives, perspectives and personal stories - what do the next pages look like in the year ahead? Is the story about hope, simplicity, reconnection and more impactful approach for youth engagement? Yes! Come and learn new skills, ideas and approaches in connecting with youth as we all prepare for the post-COVID 19 story that you will play a main character in. The workshop is NOT a webinar to tune out in but a highly charged, interactive and virtual workshop to inspire, inform and instigate the readiness of how to transform a youth’s story.



An energetic facilitator and speaker, **Jeff Willis** has spent nearly 30 years working with a variety of organizations using supportive, innovative and experiential techniques to improve team collaboration and perspective. His passion is derived from his breadth of understanding of experiential and community based education, his various senior roles within the outdoor recreation industry, adventures and continuous commitment to community advocacy.

### WORKSHOP

#### “Mind your Heart: Emotional Regulation and Self-Care” with Angela Low

Caring for others is rewarding, but can also be emotionally challenging and leave us depleted. This presentation provides some strategies for managing challenging emotions and highlights the essential role self-care plays in protecting our capacity to care for others. Participant will come away with a deeper appreciation of the role their own well-being plays in their capacity to care for others, and learn some strategies for managing stressful situations and taking care of their mental and emotional well-being.



**Angela Low** is an expert in emotional intelligence and child development who is committed to bringing social and emotional learning to children, youth and their families. Angela has been developing educational resources and facilitating workshops on social and emotional development for 15 years in China and Canada. She is currently completing doctoral studies in the Faculty of Education at the University of British Columbia, conducting research on emotional resilience in families.

Tuesday, February 23

### WEBINAR

#### “Relationship as the Answer: Promoting Healthy Development Through the Lens of Attachment” by Dr. Vanessa Lapointe

A growing human’s most essential need is the experience of a deep, connected relationship with at least one caring “big person.” This caring presence allows neurological and developmental processes to unfold exactly as nature intended. The child’s belief that they are worthy and that their world is safe and secure grows from this relationship, as does their capacity to regulate emotions. Eventually, this caring relationship allows the child to form and nurture

connections with other people. All of this becomes especially relevant when there is a trauma, grief, and/or other significant challenges presenting in the child's environment - either directly with the child or with the child's parent. Dr. Lapointe will discuss exactly how all of this happens through the science and heart of child development, and what caregivers can do to support parents and children towards hope, healthy development, and the capacity to thrive.



**Dr. Vanessa Lapointe**, is a Registered Psychologist, author, parenting educator, and mom to two. From her work with parents and children – and from being a mom – she has developed a keen understanding of the powerful connection between healthy child development and the parent-child or “big-person”- child relationship. Through this lens it is her experience that we can understand everything about the growing child from behaviour to anxiety to brain development. And all the in-between stuff too. While the dominant pop-culture of child-raising has left so many big people feeling conflicted with how to grow up kids in the best possible way, she strives to come alongside with empowerment. It is her singular goal that parents, teachers, caregivers, and all the other big people are able to connect with their own expertise and intuition in finding a way through.

## WORKSHOP

### “Designing Culturally Focussed Early Childhood Education” with Jennie Roberts and Angie Maitland

Learn to develop and implement culturally focused curriculum and resources that draw upon local First Nations cultures. Locally developed curriculum relies on input from parents, community members and knowledge keepers and is accepted and used more meaningfully by caregivers and child care centres. Participants will be introduced to some of the new cultural resources that are, or will be available, through the BCACCS resource centre.



**Jennie Roberts** is Ojibway but identifies as Stó:lᕐ Xwelxwelmexw and resides on Tzeachten First Nation. She has been working with children and families for over 35 years. Jennie has a certificate in Early Childhood Education through the University of the Fraser Valley in collaboration with Seabird Island (graduated on Dean's List). In 2005 she received her Special Needs License to Practice; while working as a Head Start Coordinator at Seabird Island. In 2016 through a Seabird College collaboration with Northern Lights College, she was able to complete her Infant Toddler/Early Childhood Education and Care Diploma (graduated on Dean's List). In 2018, Jennie also completed her Speech and Language Assistant through Seabird College. In addition to working in child care and early learning settings, Jennie has experience as a parent, foster parent and adoptive parent. Being a multi-parent of 10 children has provided new experiences and expertise with children who have experienced trauma and anxiety. As well as raising children with different abilities, Jennie received an Adoptive Parent Certification in 2018. Jennie's philosophy is that children are reminders to us that we only live once, so make sure you take time to see the world through the eyes of the child you are engaging with. Jennie brings a multitude of knowledge and a wide range of skill sets that makes learning fun and thought-provoking.



**Angie Maitland** is a Child Care Advisor who works for the BC Aboriginal Child Care Society. This position is a part of the CCRR Program, funded by MCFD. The advisors visit childcare providers and Aboriginal centers around the province and provide support through training and sharing of resources. Angie is the mother of three children aged 18, 21 & 43 years. She has worked with children and families for over 18 years, specializing in Indigenous Early Years programs on reserve within HeadStart, Language nest and daycare with a passion for grant writing, leadership and policy development. Angie holds a Certificate in ECE and is currently studying business management with UBC Sauder. Angie is the director of Education including the management of the Early Years programs for the Haisla Nation which includes HeadStart, Language Nest, Daycare and Parenting programs.



Wednesday, February 24

## CONNECTING SESSION

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### Connecting and Creative Thinking Session for Young Parent Support Workers and Program Managers

This 1.5 hour interactive, facilitated session will be an opportunity for those Young Parent Program staff who support youth directly and/or manage programs to come together and share ideas. Be ready to discuss the best practices that make your program successful as well as to ask questions about any challenges you may be experiencing. Themed questions will guide the discussion with the intended outcome of participants leaving with a sense of community, optimism and new ideas.

## WORKSHOP

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### “Compassionate Communication” with Warren Hooley

Compassionate Communication is rooted in learning key communication skills that help people understand and connect on a value’s level. This helps people resolve conflict, share love and communicate more clearly. Goals of the workshop:

- To practice active empathetic communication skills in order to increase ability to understand others and support connection
- To recognize what communication patterns are not helpful for building understanding and connection
- To learn how to support each other to be able to process challenges that come up in our jobs/roles
- To be able to hear each other’s stories and experiences of working with parents, and to help build a sense of community



**Warren Hooley** is a 34-year old man from the (Okanagan) Territory in Penticton, British Columbia. Having mixed roots of Okanagan, English and Ukrainian and growing up in both western and Indigenous worlds, Warren sees himself as a bridge, helping both sides move from polarity to deeper connection. For the past 10 years, Warren has passionately chosen a career of facilitating groups and delivering workshops on the topics of Compassionate Communication, Indigenous 'Allyship' and Healthy Masculinity. Today, living in Vancouver BC, Warren is passionate about creating a world where everyone can thrive and succeed to their own definition. His work is focused on teaching the tangible skills for healthy, happy and sustainable relationships.

Thursday, February 25

## WORKSHOP

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### “Team Building” with Warren Hooley

This workshop is all about learning what elements and skills it takes to make for strong teamwork; it is all about building community and connection. Goals of workshop include:

- Learning how to say 'Yes' to each other just as much as we say no. This means exploring the power of positive reinforcement and consistently naming the strengths in others
- Having some fun and allowing ourselves to be silly. The world of imagination is the language of kids and staying in touch with this can be a great tool for connection



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## CONNECTING SESSION

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### Connecting and Creative Thinking Session for Child Care Providers

This 1.5 hour interactive, facilitated session will be an opportunity for those staff who care for children in Young Parent early childhood centres to come together and share ideas. Be ready to discuss the best practices that make your centre successful as well as to staff who care for children of Young Parents in early childhood centres. Themed questions will guide the discussion with the intended outcome of participants leaving with a sense of community, optimism and new ideas.



## Alliance of Professionals Serving Young Parents

The Alliance of Professionals Serving Young Parents (APSYP) is a provincial network of Young Parent Program professionals. Young Parent Programs provide education, counselling, child care, and community referrals for young parents and their families in communities across British Columbia.

The Alliance connects in person and through phone calls to share best practices, exchange ideas, and learn from new research. APSYP also holds an annual conference focused on strengthening Young Parent Programs in BC and supporting professional development. Together, APSYP members advocate for the needs of their programs and work to enhance positive outcomes for the young parent families they serve across the province.

APSYP was established in 1990, and the BC Council for Families has been committed to its provincial coordination since 2007. Funding support is provided by the BC Government through the Ministry of Children and Family Development. Alliance members are Young Parent Program professionals from 34 communities across BC, and the network is directly supported by the BC Council for Families' APSYP Provincial Coordinator.

- The Lower Mainland APSYP group meets virtually three to four times a year
- The Interior/North APSYP group holds conference calls three times a year
- Vancouver Island APSYP members connect twice a year
- The Regional Representatives hold conference calls four times a year
- An annual APSYP conference is held each year

*For all inquiries or support, please contact:*

**Jennifer Westoby**

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