



Learn. Practice. Grow.

Professional Development Training

The BC Council for Families has proudly delivered family support education and training programs to family and child serving professionals and families across the province for over 40 years.

Enhance your skills, learn new competencies and make connections. Join one of our professional development trainings and workshops.

Our live virtual workshops and in-person trainings introduce and build on established best practices, and deliver proven tools and techniques that you can implement the very next day to support children and families in your programs and communities. In our trainings you will learn from highly qualified and experienced educators who are experts in their fields, and receive recognized certification. We work closely with sectoral, government and partner agencies to ensure professional development is relevant and provincially recognized.

Depending on your role and learning goals, we offer training in a variety of different practice areas. Our culturally respectful and inclusive trainings are designed for children and family support professionals who work in programs and centres, in child care environments, and other individual and group settings to support families and children with diverse needs.

Our mission is to support families and the family support professionals who work with them.

Register today at bccf.ca

Supporting Families. Serving Professionals. Strengthening Communities.

Professional Development Training

Bring a Training to Your Region or Community Across BC

Do you have a group that needs training? Do you have specific educational needs? Are you located outside of Metro Vancouver and need an expert trainer to join you virtually or visit your community?

All of the professional development trainings and workshops listed are also available to be delivered across the province and in your community.

We can develop and deliver custom trainings to meet your unique needs and/or deliver any of our existing programs and workshops to larger groups throughout the province. Please contact us by phone at 604-678-8884 or by email at bccf@bccf.ca to learn more about our regional training options.

Core Trainings

26-hour
training

Nobody's Perfect Parenting Facilitator Training

Learn how to help parents with children aged 0-5 years connect, build knowledge, and gain confidence. Training participants will learn how to facilitate experiential strength-based learning and increase parent understanding of child safety, health, behaviour and development. NPP is a core training for family support professionals.

6.5-hour
training

Nobody's Perfect Parenting Refresher Training

Join Nobody's Perfect Parenting BC to review program concepts, gain fresh facilitation techniques and learn tips and strategies for offering Nobody's Perfect programs. You will also have the chance to connect and collaborate with facilitators across the province.

15-hour
training

My Tween and Me Facilitator Training

Learn effective facilitation skills to engage both parents and their tweens in our innovative group program curriculum that goes beyond parent education to promote strong family relationships, positive youth development and social and emotional learning for children aged 7-12 as they move through the critical transition from childhood to adolescence. This core training is a great compliment to the Nobody's Perfect Parenting training.

3-hour
training

My Tween and Me Refresher

In this virtual refresher, participants will review My Tween and Me history, key concepts, new youth-focussed research data and the facilitator's role. They will also have the opportunity to meet facilitators from across the province and beyond, network and ask questions.

22-hour
in-person
or 18-hour
virtual
training

Integrated Strategies for Home Visitors Training

Acquire new knowledge, tools, and techniques to support families (with children aged 0-6 years) in their homes with this training developed by Great Kids, Inc.* (GKI). You'll learn about the protective factors that increase the health and well-being of children and families, as well as practical strategies to teach and strengthen these factors in the families you work with. Participants will receive a manual and International Training Certification from GKI.

Professional Development Training

4-hour
training

Risk Management for Home Visitors

Learn strategies to stay safe and healthy at your work with this one-day training developed specifically for home visitors in consultation with WorkSafeBC and an occupational health-care expert. You'll be able to increase your knowledge about the risks of delivering social services in clients' homes, and learn how to assess and mitigate risk.

6.5-hour
training

Fantastic Facilitation

This training is for family service and community support professionals to develop and refresh their group facilitation skills and gain innovative, creative and practical ideas for delivering their own vibrant sessions. Fantastic Facilitation techniques are based on adult education principles that can be transferred to many types of settings, such as community educational programs and team meetings.

3-hour
workshop

The Role of Early Literacy in Attachment

This workshop is designed for early years practitioners who work with families of young children, particularly in Parent-Child Mother Goose programs as well as ECEs and ECEAs. We will explore how parents can enhance their child's early and foundational literacy skills by strengthening their own understanding of how literacy and attachment are interwoven. The workshop will be 1.5 hours long over 2 evenings or one 3 hour workshop on a Saturday. Workshops are generally offered virtually but can be adapted and customized for your needs.

Indigenous Cultural Safety

6-hour
workshop

Indigenous Cultural Safety and Humility for Child, Youth and Family Support Agencies

Increase your organization's capacity to incorporate Indigenous Cultural Safety (ICS) practices into your work with partners, clients and staff. This workshop will provide a deep understanding of the origins, definition, foundational concepts, and current relevant applications of ICS through interactive group discussions and introspective exercises.

6-hour
workshop

Emerging Practices in Decolonizing Child, Youth and Family Service

This workshop is designed for family service professionals who are looking to deepen their knowledge and practice in decolonization strategies. We will explore how current practices inform support for Indigenous families, and how we can create space for culturally safe approaches during service delivery.

2-hour
workshop

Bringing Back the Village

During this workshop we will dive into The First Peoples Principles of Learning from the Early Learning Framework (ELF), discuss the impact colonization has had on the way we educate our children, ways to challenge the colonial structure that has been placed on education and explore ways to decolonize our practices, our classroom and our selves.

The BC Council for Families provides certificates of professional development which may be provided to the ECE registry for professional accreditation.

Mental Health and Wellness Workshops

7-hour
workshop

Mothers Mental Health Toolkit Training

Enhance your maternal mental health literacy, and learn how to promote mental wellness and practices that build resiliency and a strong network of community supports. The valuable toolkit is a workbook-style resource that will increase maternal mental health knowledge, skills, and confidence among those working with mothers and families.

6-hour
workshop

Boundary Practice: Patterns of Relating, Self-care and Somatic Awareness for Family Support Professional

Boundaries are essential to practice in the helping professions, as they make caring sustainable, and protect skilled workers from compassion fatigue, vicarious traumatization and burnout. Learn about the different kinds of boundary habits, the challenges they bring, and how to practice healthier boundaries in our work and in life.

6-hour
workshop

Boundary Practice for Managers

In this workshop, managers will learn to see common communication issues, conflicts, and workplace dynamics through a boundary lens, with a view to creating a “boundary-informed” culture at work. Managers will learn about their own boundary styles and patterns of relating, how to practice and model boundaries, and how to support staff in their own boundary practice and goals.

6-hour
workshop

Restorative Self-Care

Self-care can help prevent burnout and compassion fatigue, but not all forms of “self-care” are restorative and helpful. In this workshop, participants will learn how to personalize self-care practices, and to distinguish between restorative and performative self-care. We’ll learn to identify ‘stress cycles’ in our personal and professional lives, and examine the link between these cycles and burnout.

5-hour
workshop

Strengthening Self-Regulation through Self-Compassion: How to create peace, patience and less overwhelm

Explore some of the myths about self-compassion and learn what self-compassion is and what it is NOT. We will introduce the three pillars of self-compassion: mindfulness, common humanity, and kindness. We will look at some of the benefits of self-compassion and the resistance we experience to it, including the beliefs that lead to this resistance.

5-hour
training

Trauma Aware Communication

Being aware of how trauma presents in people is a critical skill for anyone, including family support professionals. In this workshop, we will learn about ourselves, explore how we perceive and filter information, and learn communication strategies that are based on understanding trauma.

Professional Development Training

Supporting Father Involvement

4-hour
training

Supporting Culturally Diverse Fathers and Male Caregivers

This workshop is for family service providers who support immigrant fathers and/or male caregivers. The teaching is from a trauma-informed, anti-oppression perspective, and recognizes the importance of applying a person-centered approach within the context of a diversity of cultural backgrounds.

Intergenerational Programming

5-hour
training

Introduction to Intergenerational Programs

If you're thinking about intergenerational work and how to get it started in your community, this workshop is for you. You will learn about the types of intergenerational programs possible, how to determine what will be best in your community and how to get started.

5-hour
training

Intergenerational Program Development: Implementing and Evaluating

If you know the basics of how to develop an intergenerational program in your community and now you need to know how to go about actually making it happen, this workshop is for you. You'll learn how to create a concrete plan and timeline for your intergenerational program. Taking the introductory workshop is recommended.

3-hour
training

Intergenerational (IG) Curriculum Development

Explore best practices, tools and techniques to create meaningful and impactful interactions between youth and seniors. You will have the opportunity to engage in hands-on activities to create a curriculum for your own program. You will also receive a collection of activities.

3-hour
training

Sensitivity Training for Youth and Seniors

Gain first-hand experience about how to train youth and seniors to better understand and interact with each other in respectful and appropriate ways. You will get the chance to experience sensitivity training from both perspectives, and learn tips for customizing it for your agency.

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Family Support Resources

Through our **online Bookstore** we offer a collection of over 100 brochures and booklets that can be offered to the families you serve. These resources have been developed by the BC Council for Families with experts in the field, and offer evidence-based and practical knowledge and skills.

Share these resources at your programs, drop-ins, workshops, and centres to provide additional take-home support to families in your communities.

Our broad range of family support topics include:

- Parenting; Single-Parenting; Fathering; Grandparenting
- Relationships; Separation, Divorce and Blended Families
- Early Years; Middle Years; Tweens and Teens
- LGBTQ+
- Work Life; Mental Health

Visit bccf.ca today to browse the **Bookstore** and preview the resources.



New Resources: Online Parenting Programs

The BC Council for Families has partnered with Online Parenting Programs to offer parenting courses that families can complete at their own schedule and pace. The courses are designed for all parents/guardians to better understand their situations and build skills that will have a positive outcome for all in the family. We are offering the following courses:

- Parenting Skills: 0–5
- Parenting Skills: 5–13
- Parenting Skills: 13–18
- Parenting Without Conflict
- High Conflict Behavioural Skills
- Co-Parenting Divorce
- Parent-Child Class
- Foundation for the Future: For Families Facing Serious Parenting Challenges

Visit www.bccf.ca/program/online-parenting-programs to learn more or to enroll.

About BC Council for Families

BC Council for Families is a BC registered non-profit, charitable organization whose purpose is to **support families, serve professionals and strengthen communities**. For over 40 years BCCF has been developing and delivering family support resources and training programs to professionals across the province that focus on prevention, inclusiveness and building skills and confidence.

Please visit bccf.ca to learn more about our team, resources and programs.

Donate

Help us continue supporting families, serving family supporting professionals and strengthening communities by making a donation.

<https://www.bccf.ca/bccf/donate/>