



Learn. Practice. Grow.

Professional Development Training | Winter 2020

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

This winter is the perfect time to enhance your skills, learn new competencies and make connections. To support your learning and professional development, we're excited to offer our **Professional Development Trainings** for Winter 2020.

Our workshops 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 all families in BC and the family support professionals who work with them.

Register today at bccf.ca

Supporting Families. Serving Professionals. Strengthening Communities.

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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 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.

FEB 3

Fantastic Facilitation

1-day
workshop
Vancouver

This training is for family service and community support professionals to refresh their group facilitation skills and gain innovative, creative and practical ideas for delivering their own vibrant sessions. By applying new delivery techniques, participants will help turn their own groups into something that inspires and initiates change in others.

FEB 5-7

My Tween and Me

3-day
training
Surrey

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 and positive youth development for children aged 7-12 as they move through the critical transition from childhood to adolescence. A middle years **core training** for family support professionals.

FEB 21

Mother's Mental Health Toolkit Training

1-day
workshop
Vancouver

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.

FEB 27

Trauma Informed Practice using the Creative Process

1-day
workshop
Burnaby

Develop new strategies to help children affected by trauma cope, build resilience and reach their full potential. As a family support professional, you can have a profound impact on a child's ability to cope, build resilience, and achieve optimal development. In this workshop you'll gain a strong foundation of knowledge by learning more about early brain development and how trauma impacts the brain. You'll also gain hands-on knowledge and experience with interactive case studies and activities.

MAR 5

It's a Dad's Life

1-day
workshop
Burnaby

Build your capacity to better understand and engage with fathers in your programs and community services in this highly interactive and practical workshop. We will deliver information and tools on: how dads parent; what dads are looking for in programs and services; how to create father-friendly communication, tools and environments; and how to effectively support dads.

**MAR
23-27**

Integrated Strategies for Home Visitors Training

5-day
training
Vancouver

Acquire new knowledge, tools, and techniques to support families (with children aged 0-6 years) in their homes in this core training developed by Great Kids, Inc.* (GKI). In this hands-on, engaging, and informative program 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.

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MAR 30
–APR 2
4-day
training
Vancouver

Nobody's Perfect Parenting Facilitator Training

Learn how to support 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 nationally recognized family education program. NPP is a **core training** for family support professionals.

APR 30
1-day
workshop
Vancouver

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

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. In this full-day workshop, participants will learn different kinds of boundary habits, the challenges they bring, and how to practice healthier boundaries in our work and in life. Through interactive exercises and practice scenarios, learn about different patterns of relating, and how to bring breathwork and somatic awareness to the practice of boundary and containment in our work as helpers.

MAY 9
2-hour
workshop

The Power of Voice and Song in Programs for Young Children

Learn about the power of voice, song and rhythm and how to use it in early learning programs. New and experienced Early Childhood Educators, Family Resource Program Facilitators and Family Support Professionals will explore the role music and song play in attachment and early literacy, and how to use it in early learning programs. Participants will learn new songs, simple vocal exercises, stretches and warm-ups. We will also discuss how to teach parents about the value of rhythm through this fun, interactive and practical workshop.

JUNE 3
1-day
workshop
Vancouver

Understanding Fetal Alcohol and Other Neurobehavioural Conditions (FA/NB): A Brain-Based Approach

Nathalie Brassard, FASD Consultant and Facilitator with FASCETS Canada West, will lead workshop participants through the research-informed foundation linking brain function with behaviours, and introduce emerging best practices to develop effective person-specific approaches. Participants will be supported to understand FA/NB as a brain-based neurobehavioural condition and seek positive outcomes for people with FASD.

Other Trainings

2-day
workshop

Inclusive Trauma Informed Practice Through a Cultural Safety Lens

Using interactive group discussions, case scenarios, and introspective activities, this workshop will help participants to better understand what trauma is, how to recognize its signs and symptoms, and develop strategies to sensitively and compassionately support children and their families. Through an exploration of our own cultural upbringings, values and traditions, participants will also reflect how these influence our perspectives and practice. A **core training** for family support professionals.

Half-day
workshop

Learning from the Highly Sensitive Child

Learn how to identify the temperament traits of highly sensitive children and better understand their unique responses to emotional situations and physical environments. Develop skills to nurture the special qualities of highly sensitive children, such as their keen senses, high empathy, and intuition. Gain practical ideas and solutions for programming in family services, early childhood, child care, and school-age settings.

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

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: 0–7
- Parenting Skills: 7–13
- 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.