

# Winter Spring 2024 Professional Learning Workshops For Early Childhood Educators

[www.msvu.ca/earlychildhoodworkshops](http://www.msvu.ca/earlychildhoodworkshops)

**Child and Youth Study: Bachelor of Arts, Master of Arts, Early Childhood Administrator Certificate, Professional Development Workshops —  
be part of something BIG!**

**Intervention • Inclusion • Diversity. Our Children. Our Youth. Our Community.**



Funding for these workshops is made possible through the  
Early Childhood Development Agreement  
coordinated by Early Childhood Development Services,  
Nova Scotia Department of Education and Early Childhood Development



Mount Saint Vincent University  
166 Bedford Highway  
Halifax, NS, B3M 2J6  
Child and Youth Study Department



## Early Childhood Administrator - Continuing Education Course



September — June

### Hear what participants are saying about the program:

*“The overall programme exceeded my expectations because of the level of professionalism that was attained throughout the course”*

*“I have rekindled my commitment to the field of early childhood education and development and have a renewed determination to make a difference”*

*“I became more confident in my profession and myself”*

*“This program has allowed me to see where I am able to take my career.”*

*“I have always been a hard worker but this course showed me that I was able to accomplish a lot more than I ever thought myself capable of...”*

*“The skills we learned were not only relevant to a career in child and youth but to any field.”*

*“I feel more confident in my ability to manage groups of people “*

*“I would recommend this programme to any early childhood educator who wishes to aspire to a Directors position... I believe all of us should be required to take the course...”*

*“The exercises and assignments are not overly difficult and they are relevant to the field, which makes it much easier to work through.”*

*“The amount of growth I experienced personally and professionally during the past year because of the connections made with colleagues as well as the instructors and personal dedication to helping foster an even higher quality program for the children in my community could not have been accomplished in any other way during such a short amount of time.”*

For more information Please visit our website;  
<http://www.msvu.ca/administratorcourse>



# Early Childhood Administrator - Continuing Education Course



**Who:** Early learning and childcare program administrators or educators.

**What:** Developing leadership skills, knowledge and competency in administering and managing early learning and childcare programs.

**When:** September - June (two days a month in person, on campus: Friday & Saturday, 9am-4pm)

**Where:** Mount Saint Vincent University.

**Why:** You will develop competence in leadership and management training. Through a mixture of lectures, presentations, guest speakers, discussions, workplace based assignments and individual and group work, participants will develop skills to effectively manage and lead early learning and childcare programs.

## **Modules Include:**

Management & Leadership  
Managerial Communication  
Computer Applications  
Human Resource Management  
ECE Policy Development  
Financial Management  
Marketing Child Care Programs  
Advocacy & Professionalism  
Strategic Planning  
Risk Management  
Innovation  
Curriculum Design Implementation & Evaluation  
Pedagogical Leadership  
Collaboration & Mentoring Practices

## **Module Dates for 2024/2025 Sessions TBA**

### **Orientation Reception;**

Friday Sept. 6, 2024 9am-4pm

Sept. 13 & 14, 2024

Oct. 18 & 19, 2024

Nov. 15 & 16, 2024

Dec. 6 & 7, 2024

Jan. 17 & 18, 2025

Feb. 21 & 22, 2025

March 21 & 22, 2025

April 18 & 19, 2025

May 9 & 10, 2025

June 6 & 7, 2025

Graduation TBA

2024/2025 Tuition is **\$1,350 plus \$170 for course materials**. (\*the amount for course materials is approximate only depending on any changes in book costs). A Continuing Education Certificate will be awarded upon successful completion of the course. For more information, please contact:

Rhonda Rees  
Professional Development Coordinator  
Department of Child and Youth Study, Mount Saint Vincent University  
[rhonda.rees@msvu.ca](mailto:rhonda.rees@msvu.ca)

**Applications are available at**  
<http://www.msvu.ca/administratorcourse>

***This course qualifies for the Nova Scotia Department of Education and Early Childhood Development reimbursement Continuing Education Program.*** 3

## Early Childhood Education Assistance & Continuing Education Programs

The Nova Scotia Department of Education and Early Childhood Development, Early Childhood Development Services, has a recruitment and retention strategy to encourage more individuals into the field, and to assist those already in the early child care sector to deliver quality licensed child care services in Nova Scotia.

They offer two programs to provide financial support; the Early Childhood Education Assistance program offers a debt reduction incentive, and the Continuing Education Program offers reimbursement for continuing education courses offered through the early childhood training institutions in Nova Scotia. For more information on these programs, please visit their website:

<http://www.ednet.ns.ca/earlyyears/pd/>

## ALL REGISTRATION IS ONLINE

Please visit our website [www.msvu.ca/earlychildhoodworkshops](http://www.msvu.ca/earlychildhoodworkshops) and follow the links to register for workshops.

### CONFIRMATION & CANCELLATION POLICY:

Participation is not confirmed until payment is received. Confirmation receipt will be sent by email upon receipt of payment.

All fees are non-refundable but you may allow an alternate person to attend in your absence. Please allow 48 hours advance notice if making a substitution, otherwise a \$10.00 administration fee is required for a revised certificate of attendance.

If a participant misses a workshop, they forfeit all fees and there is no refund or credit.

### CERTIFICATES:

A Certificate of Attendance (including number of workshops contact hours) is given out for all workshops or workshop series.

Participants must attend the **full scheduled workshop session** in order to receive a certificate.

**PARKING:** All campus parking is "paid" parking from Monday to Friday, including evenings. Please visit our website below for pricing and parking regulations.

<http://www.msvu.ca/en/home/aboutus/safety-security/parking/default.aspx>

Workshop information & online registration is on our website:  
[www.msvu.ca/earlychildhoodworkshops](http://www.msvu.ca/earlychildhoodworkshops)

**Registration for  
Culturally Responsive Practice in Nova Scotia's Early Learning  
and Child Care Settings, Capable,  
Confident and Curious; Nova Scotia's Early Learning Curriculum  
Framework AND  
Infant Quality Care: Building an Infant Program Where Care, Early  
Learning & Relationships are Inextricably Connected**

*There is no charge for these Nova Scotia's Early Learning Curriculum Framework workshops.*

For more information on available sessions please visit the Early Years Professional Development Committee website [www.eypdc.ca](http://www.eypdc.ca)

**Registration:**

To register for any of the MSVU Nova Scotia Curriculum Framework Training sessions at any of the locations across Nova Scotia please click on the link below, or visit our online brochure and follow the registration links

**<https://eypdc.ca/learning/early-learning-curriculum-framework/registration/>**

**[www.msvu.ca/earlychildhoodworkshops](http://www.msvu.ca/earlychildhoodworkshops)**



## Curriculum Resource Centre / Lending Library

Our Curriculum Resource Centre (CRC) is located in Seton Academic Centre and serves primarily Education and Child and Youth Study students at the Mount. In addition to a wide selection of books (including many indigenous titles, picture books and young adult novels), journals, DVDs and resource kits, students are also able to borrow a variety of audio visual equipment including iPads, Chromebooks, laptops, MP3 recorders and digital cameras/video cameras. A selection of paper, markers, foamies, paint, clay, folders, and glue guns are available for use. Access to laser printers, a photocopier, a laminator, binder and a die cut machine are available for a small fee to cover materials.

The CRC is now accessible to early childhood educators and the community, who are able to visit or borrow materials once they have approved access via the Mount main library. All resources except for audio visual equipment can be borrowed by the community.

Food and drinks are allowed, and the CRC has Wi-Fi, a charging station for electronic devices and earbuds available for purchase.

Please visit our link for more information <http://libguides.msvu.ca/crc>

## Winter Spring 2024 Workshops at a Glance

- **Visual supports in Early Childhood Settings** **IN PERSON**  
6 PD hours *Presenters: Heather Bartholomew & Debbie Thompson* Saturday April 6, 2024 (9am –4 pm)
- **Behavior IS Communication** **ONLINE**  
6 PD hours *Presenters: Colin Morrison & Karen Carey* Saturday April 13 (9am –12noon) & Tuesday April 16, 2024 (6pm-9pm)
- **\*Inspiring Spaces & Environments** **CAR Tour** **IN PERSON OR ONLINE**  
*Presenter: Liz Hicks* Wednesday April 17 (7- 9 pm)\* AND Saturday April 20, 2024 (9am – 4pm)  
**Total PD hours: 9 PD hours** **\*OPTION to attend the full workshop OR attend the online evening only**
- **Leading through a Child-centred Lens** **IN PERSON** 10.5 PD hours \$115 *Presenters: Shari Ridgewell & Denise Stone* Thursday April 25 (6:30 – 9pm), Saturday May 4 (9am-1pm), Saturday May 25, 2024 (9am-1pm)
- **Difficult Conversations for Leaders** **IN PERSON & ONLINE** 8 PD hours  
*Presenter: Blair Hill* Saturday April 27 9am-3pm AND Monday May 6, 2024 6:30-8:30 pm
- **Why Physical Activity Matters** **ONLINE**  
6 PD hours *Presenter: Kathy Black* Wednesdays May 1, 8 & 15 6:30-8:30 pm
- **Mental Health of Newcomer Children** **ONLINE** 6 PD hours *Presenters: Colin Morrison & Karen Carey* Saturday, May 11, 2024 (9 am –12 noon) & Tuesday, May 14, 2024 (6 pm-9 pm)
- **Children Making Sense of the World** **ONLINE**  
Thursdays; May 16 & 23, 2024 6:30-8:30 pm 4 PD hours *Presenter: Liz Hicks*
- **Building Resilience Through Trauma Informed Practices in Early Childhood Settings** **IN PERSON**  
6 PD hours *Presenter: Kathy Black* Saturday May 25, 2024 9am-4pm
- **Gender Inclusivity in Early Childhood Education** **IN PERSON**  
4 PD hours *Presenter: Sebastian Gaskarth* Saturday June 1, 2024 9am-1pm

## Visual Supports in Early Childhood Settings

**Date:** Saturday April 6, 2024 (9am –4 pm), **Cost:** \$75 **Total PD hours:** 6 hours

**Location:** **IN PERSON** **Presenters:** Heather Bartholomew & Debbie Thompson

**Description:** This workshop explores the value of using visuals within early childhood settings. We will consider who benefits from use of visual supports & the numerous opportunities for a wide variety of visual formats. The facilitators will focus on the many ways these tools can support learning play skills, create smoother transition times, promote positive behaviour, support peer interaction & honour cultural & linguistic diversity within our classrooms & our communities in general. We will discuss finding the most efficient & effective supports & other considerations such as teaching their meaning, age appropriateness & fading them out over time.

Three learning outcomes

Understand how visual supports can be used to support individuals & classroom-wide learning & to increase cultural representation within the classroom

Learn variety of formats for visual supports, including many alternatives to printed, laminated visuals

Learn support options for various routines throughout the day

**Presenter Biographies:** *Heather Bartholomew* graduated with a Bachelor of Applied Arts (Child & Youth Study) & in the twenty plus years since then, has been working with preschoolers. Additionally, she has recently begun working part-time with adults with developmental delays, giving her a broader, across the lifespan perspective on supporting diverse individuals at any age. She has worked as an Early Childhood Educator, one-to-one support staff & as a resource teacher. For five years, she served as Resource Teacher at the Mount's Child Study Centre, supporting children with identified special needs &, in particular, delivering programming to students with Autism Spectrum Disorder. Heather has worked as a Program Implementer in Halifax's Early Intensive Behavioural Intervention program for the past seventeen years. She has developed & facilitated workshops on a variety of topics, most frequently relating to Inclusion. Heather is passionate about facilitating positive inclusion experiences & finding effective & efficient strategies to support individual & classroom-wide learning.

*Debbie Thompson* is a graduate from Mount Saint Vincent University with the Degree in Child & Youth. Debbie started her journey in ECE at Wee Care Developmental centre working as a Developmental teacher in an integrated setting. It was there that she knew she wanted to focus her attention on working with children with special needs. Debbie also developed the Resource position at Wee Care & was responsible for developing & implementing plans for children with special needs. Debbie now works at the IWK as a Program Implementer for the Early Intensive Behaviour Intervention program (EIBI) working with children with Autism. Through her job at the IWK she continues to work closely with preschool teachers consulting & providing feedback in various programs. Debbie also teaches regularly at Nova Scotia College of Early Childhood Education & Mount Saint Vincent University on various topics including challenging behaviour & Inclusion.

## Behavior IS Communication

**Date:** Saturday April 13 (9am –12noon) & Tuesday April 16, 2024 (6-9 pm) **Cost:** \$75 **Total PD hours:** 6 hrs

**Location:** **ONLINE** **Presenters:** Karen Carey & Colin Morrison

**Description:** Research shows children exhibit challenging behaviors as a means of having their needs met or understood. As an ECE, understanding all behaviors is communication & unique from one child to another is critical. Furthermore, we must acknowledge effective communication requires a range of communication styles, behavioral approaches, & environmental settings appropriate to the child's age, needs, & cognitive ability.

This workshop will provide information on effectively communicating with preschool & school-aged children who demonstrate challenging behaviors. We will review ways of building positive relationships with children, emphasizing the caregiver-educator relationship. We'll examine various communication styles related to undiagnosed mental health disorders & discuss strategies that can be implemented based on need.

Objectives:

Why Children Exhibit Challenging Behaviours

Understanding How Children Communicate & Self Regulate Strategies &

Support To Understand Children's Behaviour & To Increase Positive Relationships

**Presenter Biographies:** *Colin Morrison* has over 20 years' experience working with children, youth & families in the mental health field. Colin has served primarily as youth care worker & case coordinator for families & children in the Child & Family Day Treatment Program at the IWK. He has extensive experience in developing & implementing skill groups with children, particularly in the area of emotional regulation, & providing supportive counselling to families. Colin is currently completing a Master of Social Worker degree at Dalhousie University, & is working on a thesis related to male childhood sexual abuse, & the impacts of "toxic masculinity" on men's help seeking behaviours. He has a keen interest in trauma focused therapy, attachment theory, men's health, & issues affecting the LGBTQ+ community.

*Karen Carey* has over 15 years' experience working with children, youth & families as a social worker, youth care worker, case coordinator, in home support worker & direct care practitioner. Through evidence based & best practice methods, Karen is a strong advocate for the children, youth & families. Although Karen has strong roots in attachment theory, systems theory, positive parenting, trauma & resilience; her personal philosophy is to promote mental, physical & emotional health/wellbeing through a solution focused & social learning model.

Together Colin & Karen have seen positive & long lasting benefits for children AND families when they are provided education, strategies, guidance, empathy & support. They see effective communication & open collaboration as the key ingredients in supporting positive futures for the children & families under their care.



## *All Aboard for the Inspiring Spaces* & Environments **CAR** Tour

**OPTION to attend the full workshop**  
**OR attend the online evening only**

**Date:** Wednesday April 17 7 – 9pm \* 2 PD hours and Saturday April 20 9am – 4pm 7 PD hours

**Cost:** \$85 **Total PD hours:** 9PD hours **Location:** **IN PERSON & ONLINE** **Presenter:** Liz Hicks

**Wednesday April 17 7 – 9pm ONLY \* 2 PD hours Cost:** \$25

**\* IF you are unable to attend the car tour, you are invited to attend *JUST* the Wednesday evening (2 hours PD) to look at previous inspiring centres, and learn about the questions that you can ask to ensure you also become an inspiring centre! You MUST come to Wednesday evening if you are going on the car tour for a total of 9 hours PD.**

**Description:** In response to popular demand, we are offering a car tour for environments – indoors and outdoors.

**Please note it is a CAR tour.** This means if you sign up for this workshop you are responsible for driving yourself (we suggest car pooling) to the sites that have generously volunteered to show you their environments.

On the Wednesday evening, April 17<sup>th</sup> – **by zoom** - we will reflect on, discuss, and look at ideas on ways in which learning environments could inspire ourselves, the children, and families. We will be referencing the NSEYCF, and look at some previous tour NS child care spaces.

Then on Saturday, April 20<sup>th</sup> we will meet at the Mount. This will give an opportunity for car pooling. **When you register for this workshop please indicate if you are willing to drive and how many spaces you may have in your car. E.g. Liz will be driving and have 4 spaces for participants.**

**Each centre will give participants time to tour, and a short introduction to their program, philosophy and a question and answer session.**

**The centres we will visit are:**

**9.15am – 10.45am: Garderie Le Petit Voilier**, 1326 Bedford Hwy, Bedford, NS B4A 1C9 – “Nous accompagnons nos enfants vers leur plein potentiel au sein de la communauté francophone depuis plus de 25 ans. “

*“We have been guiding our children to their full potential in the francophone community for over 25 years.”* Serving preschoolers and pre-primary. This gives us an opportunity to see a French and Mi’kmaq approach to care and learning. <http://www.petitvoilier.ca/>

**11.15am – 12.45pm: Allegro Child Care Centre**, 5415 Victoria Rd, Halifax, NS B3H 4K5 – “*Where what they learn today, shapes who they become tomorrow*” – serving children from 3mths – 8years. This centre has been on a journey with the NSEYCF, and recently has been inspired by and working towards the Reggio Emilia Approach. <https://allegrochildcare.ca/about-allegro/>

**You now have a break for an hour where participants can get a lunch and drive to the next centre:**

**2.00pm – 3.30pm: East Preston Day Care Centre**, 1799 Highway 7, East Preston, NS B2Z 1E9

‘Offering nurturing care and educational experiences, the East Preston Day Care uses emergent curriculum and innovative programming for children ages 3 months to 10 years.’ This centre has been supporting community members since 1974 and is on a journey to offer more than ‘just’ quality childcare for their community, but childcare that is innovative, and inspiring.

You will receive instructions on how to access each location the week of the workshop.

**Presenter Biography:** **Liz Hicks**, 41 years in early childhood, in various capacities, & at present a private consultant working in early childhood education in NS, providing consulting & professional development in a variety of topics.

*‘I believe children are capable, curious & have an innate need to connect with people & the world around them, which is also a belief I have for the educators that work with the children.’*

## Leading through a Child-Centred Lens

**Dates:** Thursday April 25 (6:30pm – 9pm), Saturday May 4 (9am-1pm), Saturday May 25, 2024 (9am-1pm).  
**Cost:** \$115 **Total PD hours:** 10.5 hrs **Location:** **IN PERSON** **Presenters:** Shari Ridgewell & Denise Stone

**Description:** In this fast-paced environment of early learning & care, leaders are often challenged to adhere to & make decisions that are in the best interest of young children. This workshop series will provide program leaders (e.g. Directors, Board members, pedagogical leaders, inclusion coordinators), the opportunity to reflect on ethical decision making which supports action, duties & obligations that respect the rights of children, families & communities.

Participants will work on identifying ethical dilemmas they experience & use tools identified in the session to problem solve from an 'ethical perspective'. They will learn how to identify 'root causes' of the issues, applying either current or new skills to create possible solutions, & practice leadership proficiencies in applying ethical decision making between workshop sessions. Participants will review their current policies, & draft, or revise, a child-centered policy(s) for use within their organization.

Keeping children in the fore front of all decision making, participants will explore how ethical practice demonstrates respect for others, enabling leaders to be courageous & to act with integrity when confronted with ethical dilemmas,

### Objectives:

- To understand ethics & the need for ethical leadership in early childhood programs.

- To explore ethical decision making & practices across diverse cultures & social contexts.

- To identify common ethical dilemmas that arise from caring for young children.

- To explore how ethical leadership respects diverse opinions & supports positive outcomes for children & families.

**Presenter Biographies:** ***Shari Ridgewell, M.Ed.*** is an early childhood educator with 40+ years' experience in the field. She has worked with all age groups; as child care administrator; an early childhood education consultant; a trainer of early childhood students; professional development provider & as an advocate for high quality inclusive child care. She recently retired from the Nova Scotia Government after 22 years working in licensing, program consulting, & policy development. In her last 5 years of public service, she coordinated the initial implementation of the Pyramid Model in Nova Scotia & continues as a member of the Provincial Pyramid Model Leadership Team. Shari continues to support the social emotional development & well-being of all young children in her consulting work with the Pyramid Model Consortium.

***Denise Stone*** is an early childhood professional with over 40 years of experience working in the early learning & child care sector. Some of her experiences include, early intervention, child care management, licensing, & post secondary course delivery & workshop facilitation. Prior to her retirement from the provincial government in 2021, Denise held several positions during her 20 years as a civil servant. Over the course of her career, Denise's focus has always been to ensure the provision of high quality early learning & child care experiences for children & their families, & supporting professionalism within the sector.

## Difficult Conversations for Leaders

**Date:** Saturday April 27 (9am-3 pm) AND Monday May 6, 2024 6:30-8:30 **Cost:** \$85 **Total PD hours:** 8 PD hours  
**Location:** **INPERSON & ONLINE** **Presenter:** Blair Hill

**Description:** Join Early Childhood Education Faculty & former Childcare Director Blair Hill for this custom-designed workshop: “Difficult Conversations for Leaders”.

As Directors & Leaders, you are often in the position of having to initiate sensitive conversations with staff & parents. In fact, having these discussions is a critical part of your role.

Goals of Workshop

Understand why having difficult conversations is important to the success of your program?

Gain tips for having difficult conversations with employees

Gain tips for having difficult conversations with parents

**Facilitator Biography:** **Blair Hill** has worked in the field of early childhood education for over 38 years & holds diplomas in Early Childhood Education & Adult Education. As a life-long learner he continues to take courses to further his education & stay current in the field. He is the Lead Faculty for the Early Childhood Education Program at NSCC, Marconi Campus. He also is a faculty & Subject Matter Expert for the NSCC Early Childhood Education Advanced Certificate Program. Blair has been facilitating workshops for the ECE sector for over 25 years & is a Provincial Facilitator for Capable, Confident, & Curious: Nova Scotia’s Early Years Curriculum Framework. He has also been involved with the SHEY (Sexual Health in the Early Years) committee since its beginning. Blair lives with his cat Max & enjoys travelling & spending time in the outdoors.

## Children Making Sense of the World; looking at literacy and numeracy acquisition

**Date:** Thursdays: May 16 & 23, 2024 (6:30-8:30 pm both dates) **Cost:** \$50 **Total PD hours:** 4 PD hours  
**Location:** **ONLINE** **Presenter:** Liz Hicks

**Description:** Literacy and numeracy skills are critical to make sense of the world around us.

Learning to read is not just about being able to read words. It is necessary for us to be able to read but more importantly to understand what we are reading. In a rich language environment child want to know what words mean, how to de-code symbols known as letters, etc. and understand the variety of signs, and loved books they see and hear daily.

The same applies to numeracy. When we talk about numeracy concepts we think about more than just number. We think about the broad areas of measurement, about spatial knowledge and the many different aspects of number. Children see adults using math daily... and it fascinates them.

In these workshops you explore both worlds – literacy and numeracy. Sharing ideas, activities, and inspirations to use both indoors and outdoors.

Objectives: Increase your understanding of why literacy and numeracy acquisition are important; Help you achieve a deeper knowledge of literacy and numeracy; Explain how we can be more intentional with activities which support beginning development in literacy and numeracy.

### Facilitator Biography:

**Liz Hicks**, 41 years in early childhood, in various capacities, & at present a private consultant working in early childhood education in NS, providing consulting & professional development in a variety of topics.

*‘I believe children are capable, curious & have an innate need to connect with people & the world around them, which is also a belief I have for the educators that work with the children.’*

## Why Physical Activity Matters

**Date:** Wednesdays May 1, 8 & 15, 2024 **Time:** 6:30 pm—8:30 pm **Cost:** \$75 **Total PD hours:** 6 hours **Location:** **ONLINE** **Presenter:** Kathy Black

**Description:** All children, youth & adults benefit from participating in daily physical activity. This 3-part series will review why physical activity is important for young children, & the role of the educator or care provider to plan daily opportunities. A variety of activities & materials for young children will be discussed to promote active play throughout the day in the indoor & outdoor environments. Participants are encouraged to share photos of their active play opportunities to showcase during session 3.

Session 1: Information provided on how much physical activity is recommended for young children from birth to school age. Movement skills for each developmental stage will be reviewed, with suggestions on how to keep children physically active throughout the daily routine.

Session 2: Discussion regarding the common play patterns & how to support children during play.

Understanding the adult's role in encouraging & guiding daily indoor & outdoor active play opportunities for the children in their care.

Session 3: Review the importance of child lead & risky play opportunities for young children.

Examples of how educators & care providers successfully provide materials, space, & time throughout the day.

Photos of physical activity ideas from the participants will be shared.

Goals: Participants will understand why physical activity is important for young children & the movement skills for each developmental stage. Participants will learn how to support children during different types of play. Participants will share & observe a variety of indoor & outdoor physical play experiences to incorporate into their early childhood settings.

**Presenter Biography:** *Kathy Black* has been supporting children, families, and educators for over 35 years. Throughout her career in early childhood education, she has enjoyed various roles as an educator, consultant, licensing officer, faculty, and facilitator. Kathy currently works at Edward Jost Childrens Centre, fulfilling the role as Inclusion Coordinator. *Meeting children, families, and educators where they are at* has been a practice that continues to guide Kathy throughout her career.

## Building Resilience Through Trauma Informed Practices in Early Childhood Settings

**Date:** Saturday May 25, 2024 9am-4 pm **Cost:** \$75 **Total PD hours:** 7 PD hours  
**Location:** **IN PERSON** **Presenter:** Kathy Black

**Description:** As carers it is often challenging to identify or understand young children who have experienced trauma. Using a trauma informed lens will influence how we respond & meet the needs of the children in our care. During this workshop we will discuss possible signs & causes of childhood trauma, effective strategies to calm stress behaviours, & how to build resiliency in young children. The workshop will include a lecture, group discussions & hands on experiences.

Goals:

Participants will understand possible signs & causes of childhood trauma.

Participants will learn effective strategies to help children experiencing challenging behaviors due to stress.

Participants will discuss daily practices to help build resiliency in young children.

**Presenter Biography:** *Kathy Black* has been supporting children, families, & educators for over 35 years. Throughout her career in early childhood education, she has enjoyed various roles as an educator, consultant, licensing officer, faculty, & facilitator. Kathy currently works at Edward Jost Childrens Centre, fulfilling the role as Inclusion Coordinator. *Meeting children, families, & educators where they are at* has been a practice that continues to guide Kathy throughout her career.

## Mental Health of Newcomer Children

**Date:** Saturday May 11, 2024 9 am –12 noon & Tuesday May 14, 2024, 6 -9 pm **Cost:** \$75

**Total PD hours:** 6 hrs **Location:** **ONLINE** **Presenters:** Karen Carey & Colin Morrison

**Description:** Research shows Newcomers have higher levels of anxiety and depression compared with those born in Canada, yet are less likely to seek help for their mental health challenges. In 2023, Canada welcomed more than 430,000 permanent residents, with plans to hold another 505,000 by the end of 2024. Given the increased numbers seen in our communities, this presentation will elaborate on the psychological stress Newcomers face and the long-term impacts of anxiety, depression, and PTSD if support is not received. Our presentation will also discuss how ECEs must be responsible for incorporating diversity into the curriculum and environment. It will also explore the importance of being culturally sensitive and trauma-informed and the need to actively collaborate with families, community members, and the mental health system. Objectives:

The psychological stress newcomers face

How ECEs and their workplaces can be culturally sensitive and trauma-informed.

The importance and ways ECE can help families connect with local mental health services as needed

**Presenter Biographies:** *See Page 8*

## Gender Inclusivity in Early Childhood Education

**Date:** Saturday June 1, 2024 9 am –1 pm **Cost:** \$50

**Total PD hours:** 4 hrs **Location:** **IN PERSON** **Presenter:** Sebastian Gaskarth

**Description:** This workshop includes two sessions aimed at imparting knowledge on gender & its role in early childhood education. Participants will receive tools & strategies to create gender-inclusive environments & support children & their families.

**Session 1: Introduction to Gender.** The first part one of this workshop will explore the historical significance of gender in early childhood education within the Canadian context. The presentation will encompass a wide range of topics, including gender roles, trajectory & constructs, social reproduction & reification, pronoun usage, & the rights of gender-diverse children.

**Session 2: Gender & Inclusivity in Practice.** In the second part of the workshop, attendees will receive practical strategies for fostering a gender-inclusive practice & environment. Additionally, the session will provide helpful tools for facilitating gender-diverse conversations with children & their families. Finally, the workshop will end with a question-& answer period.

Objectives:

To gain knowledge of gender & its role in early childhood education

To develop tools & strategies for gender inclusivity & supporting families

To apply knowledge to specific practice & discussion

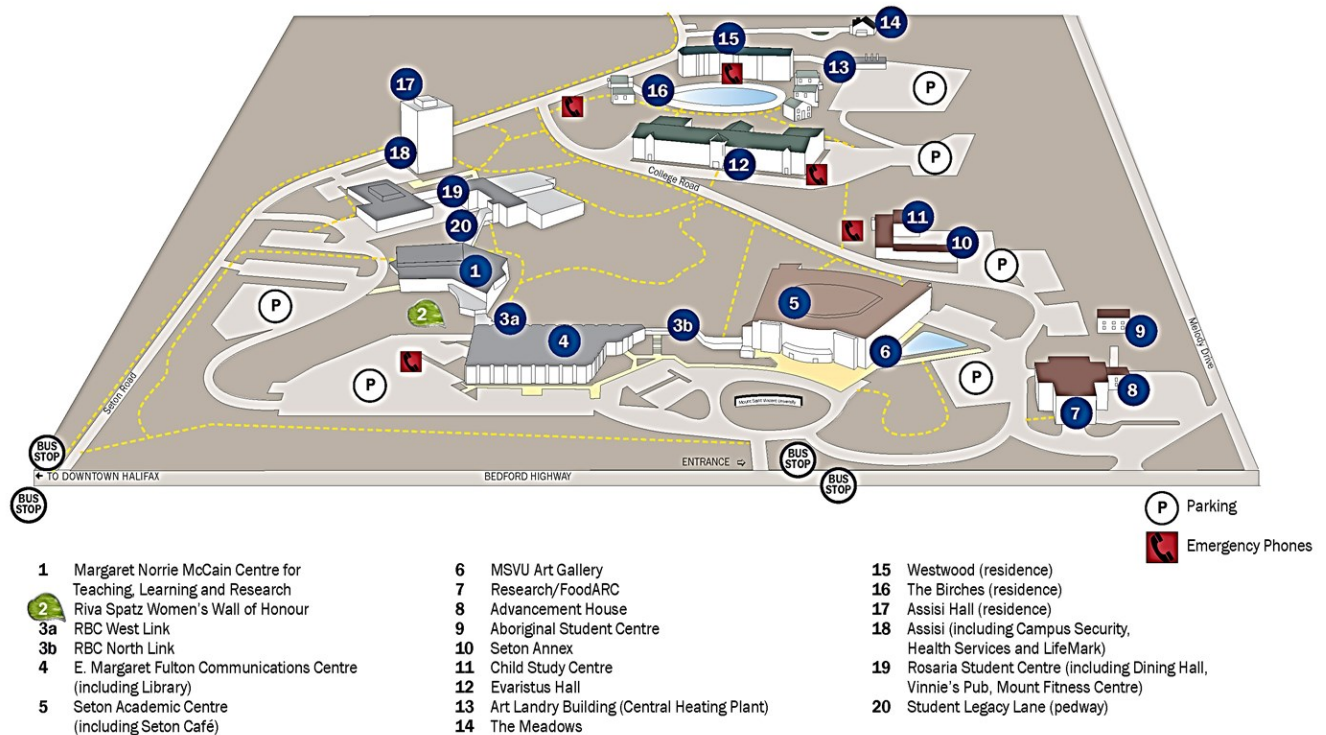
**Presenter Biography** *Sebastian Gaskarth* (they/them) is a queer and non-binary social worker, parent, and a graduate student in the Child and Youth Study Department at Mount Saint Vincent University. Sebastian's diverse work history includes experience as a child and youth care worker, keyworker, community educator, young adult facilitator, coach, student mental health peer supporter, and Pride Centre Coordinator. They serve as an intensive case manager, assisting individuals experiencing homelessness, and as a relief worker for Phoenix Youth Programs. Beyond their professional work, Sebastian's human rights complaint against a gender-affirming care policy in Nova Scotia resulted in a significant legal precedent and policy change for gender-affirming care for non-binary individuals. Their experiences have influenced their research interests, focusing on critical gender study, gender inclusivity, and gender-affirming care for children and youth.



## CAMPUS MAP

166 Bedford Highway  
Halifax, NS B3M 2J6  
Canada | msvu.ca  
Phone: 902.457.6788

 @MSVU\_Halifax  
 MountSaintVincentUniversity



## ALL REGISTRATION IS NOW ONLINE

Please visit our website  
[www.msvu.ca/earlychildhoodworkshops](http://www.msvu.ca/earlychildhoodworkshops)  
and follow the links  
to register for workshops

For additional information or to receive a copy of  
our electronic brochure please contact:

**Rhonda Rees**  
Professional Development Coordinator  
Department of Child and Youth Study  
(902) 457-6313  
[rhonda.rees@msvu.ca](mailto:rhonda.rees@msvu.ca)

<http://www.msvu.ca/earlychildhoodworkshops>