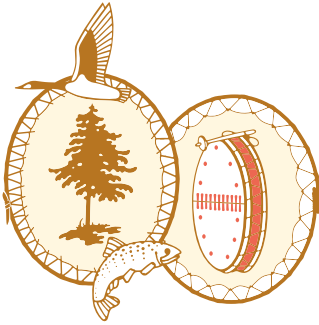


Department of Child and Family Services



2nd Regional Cree

Child & Family

Services Forum

February 11-13, 2020

Delta Marriott, Montreal

www.cngov.ca





WELCOME

FROM THE DIRECTOR

KELLY PEPABANO

Director of Child and Family Services

Watchiya!

It is with great pleasure that we welcome you all to our second edition of the Cree Regional Childcare Forum taking place this week February 11-12-13, 2020 here at the Delta in Montreal! We hope that this week will be an enjoyable and enriching experience for you all. We hope that the workshops we have planned for you all this week will be uplifting and motivating for you all and that there is something that you can take back to your workstations. These workshops were after all, created with your valuable input.

I'd like to say a huge thank you to our sponsors and special invited guests for making this week possible:

Service Canada (Early Learning and Literacy)

All our workshop facilitators.

A big thank you also goes to our planning committee which consists of Sheena Costain, Julie Hartley, Josee Beaulac, Larry Depoe, Pamela Norquay, and Ann Marie Matoush.

We'd also like to thank the Child & Family Services team for their support with the logistics for this week. If you have any questions, please feel free to reach out to them this week. They will be more than happy to help!

Melissa Rodgers, Diana Spencer Blacksmith, Nathalie Iserhoff, Harriet Petawabano, Desiree Blacksmith, Shirley Diamond, Christine Duff, and Barbara Snowboy.

Please find included with this package, information on the hotel, a map of the meeting rooms, other useful information. At the end of each workshop we ask you to take some time to drop a few lines to tell us how the workshop helped you or what more you wish we could offer.

Enjoy your week!

ABOUT THE EVENT LOCATION

DELTA HOTELS / MARRIOTT

Marriott.com/YULDB

BY TELEPHONE:

514.286.1986

EVENT START TIMES

Tuesday through Thursday

8:30am - 5:00pm

VENUE ADDRESS:

475 Avenue Président Kennedy

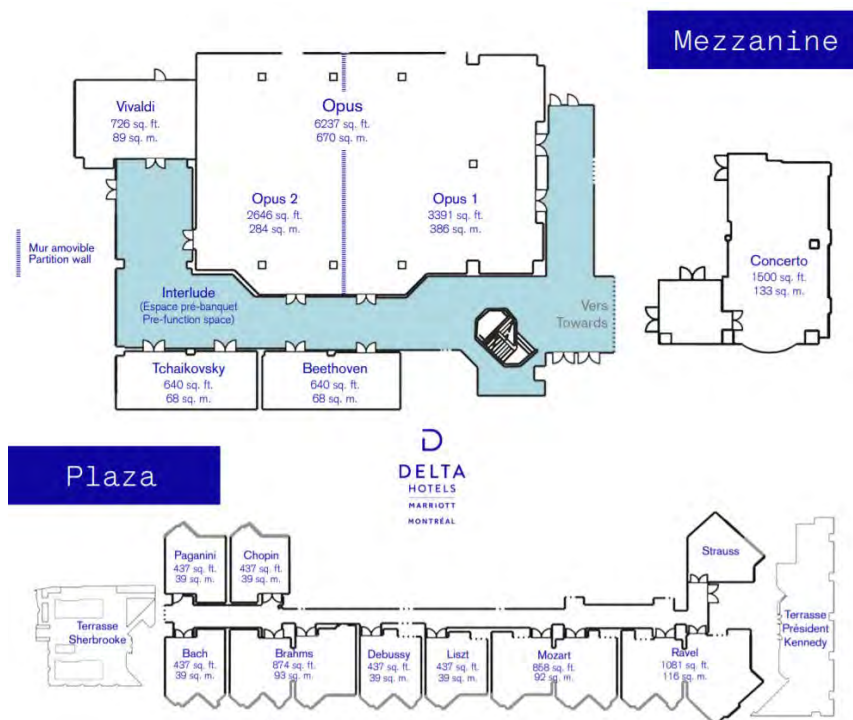
Montréal, Québec

H3A 1J7

LOCATION DETAILS:

- Located in the heart of downtown, just a few steps away from the quartier des spectacles, Place des Arts and the festivals and not far from Mount Royal
- One street away from The Bay department store and St. Catherine
- 50 meters (500ft) from Place des Arts and McGill metro stations linking with the underground city
- Close to museums such as McCord Museum, Contemporary Art, Museum and Montreal museum of fine arts
- A few minutes away from Central Station, Old Montreal and Chinatown

FLOOR PLAN AND EVENT LAYOUT



WORKSHOPS AND SESSIONS

All workshops and events that are held during the day will indicate which meeting space they are assigned to. Please take the time to review the floor plan so you can move between sessions efficiently.

We will announce if any workshops or sessions have a change of location during the event. We hope that all of you will have a productive and informative session during this Regional Forum. Remember to be respectful, place your phones on silent and to participate fully during the two days.

On behalf of the Child and Family Services Department thank you for taking part in this event!

DAY 1

February 11, 2020

SCHEDULE FORMAT FOR THE CONFERENCE

Morning Block A	7:30AM	8:30AM	9:00AM	10:30AM	10:45AM
	Registration (foyer)	Welcome & Info	Part 1 of Workshops	Break	Part 2 of AM Workshops
<i>Lunch Break from 12:00PM-1:30PM</i>					
Afternoon Block B	1:30PM	3:00PM	3:15PM	4:30-5:00PM	
	Afternoon Workshops	PM Break	Part 2 of PM Workshops	End of Day Plenary (Opus Room)	

WORKSHOPS

Schedule Block	Title & Location of Workshop	Facilitated By
A / B	Mindfulness (Chopin Room)	Josie Gemma
A / B	Child Behaviour (Paganini Room)	Jean Montpetit
A	Nutrition 101 for Infants and Toddlers (Debussy Room)	Naureen Hunani
B	Raising Body Positive Children (Debussy Room)	Naureen Hunani
A / B	Allergy Training (Beethoven Room) (A.M. for Educators, P.M. for Cooks)	Abigail Brodovitch from Allergy Quebec
A / B	Educational Program Revision: Focus Group (Mozart Room)	Melissa Rodgers
A	Traditional Practices in Childrearing (Brahms Room)	Jane and Lawrence Matthew
B	Conflict Resolution (Beethoven Room)	Larry Depoe
A / B	What is Autism Spectrum Disorder (Ravel Room)	Holly Nathan

DAY 2

February 12, 2020

SCHEDULE FORMAT FOR THE CONFERENCE

Morning <i>Block A</i>	7:30AM	8:30AM	9:00AM	10:30AM	10:45AM
	Registration (foyer)	Welcome & Info	Part 1 of Workshops	Break	Part 2 of AM Workshops
Lunch Break from 12:00PM-1:30PM					
Afternoon <i>Block B</i>	1:30PM	3:00PM	3:15PM	1:00-5:00PM	
	Afternoon Workshops	PM Break	Part 2 of PM Workshops	Setting up for banquet (no plenary at 4:30)	

WORKSHOPS

Schedule Block	Title & Location of Workshop	Facilitated By
A / B	Active Learning (Paganini Room)	France Cartier from Highscope Quebec
A / B	Child Led Learning (Brahms Room)	Grace N. Edeh
A / B	Special Needs (Debussy Room)	Glenda Bernstein
A	Allergy Training for Other Staff (Beethoven Room)	Abigail Brodovitch from Allergy Quebec
B	Facility Cleaning & Preventative Maintenance for Janitors (Paganini Room)	Martin Sureau
A / B	Story Based Activities (Ravel Room)	Jesse Heffring
A / B	Loose Parts (Chopin Room)	Larry Depoe
A / B	Basics of Teaching Cree Language (Mozart Room)	Lucy & Betsy Shem

DAY 3

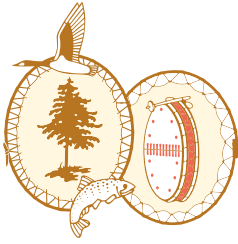
February 13, 2020

SCHEDULE FORMAT FOR THE CONFERENCE

Morning <i>Block A</i>	7:30AM	8:30AM	9:00AM	10:30AM	10:45AM
	Registration (foyer)	Welcome & Info	Part 1 of Workshops	Break	Part 2 of AM Workshops
Lunch Break from 12:00PM-1:30PM					
Afternoon <i>Block B</i>	1:30PM	3:00PM	3:15PM	4:30-5:00PM	
	Afternoon Workshops	PM Break	Part 2 of PM Workshops	End of Day Plenary (Opus Room)	

WORKSHOPS

Schedule Block	Title & Location of Workshop	Facilitated By
A / B	Resiliency and Vitality in Times of Change (Paganini Room)	Madalena Coutinho
A / B	Nurturing College (Ravel Room)	Desiree Blacksmith & Eviكه Goudreault
A / B	Moral and Ethics in the Workplace (Beethoven Room)	Larry Depoe
A	Healthy Weights in Children (Debussy Room)	Naureen Hunani
B	Picky Eating and Feeding Disorders (Debussy Room)	Naureen Hunani
A / B	Managing Change (Chopin Room)	Arleen Boyer
A	New Menu & Recipes for Cooks (Vivaldi Room)	Lillian Kandiliotis
B	Online Ordering Systems for Cooks (Vivaldi Room)	Ben Deshaïs
A / B	Basics of Teaching Cree Language (Mozart Room)	Lucy & Betsy Shem
A	Traditional Practices in Childrearing (Brahms Room)	Jane and Lawrence Matthew
A / B	Adult Child Interactions (Strauss Room)	France Cartier from Highscope Quebec



Workshops

Description

LAWRENCE DEPOE

Lawrence DePoe has been an Educator, Childcare Centre Director, College teacher and Early Childhood consultant for more than 30 years.

WORKSHOP 1- CONFLICT RESOLUTION (DAY 1)

Conflict always happens in life – or does it?

When you have a disagreement with someone, how can you fix it?

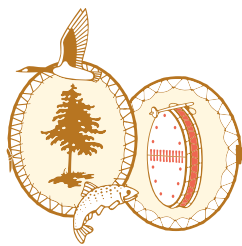
We will talk about the trouble we have getting along with each other and some steps to get along better.

WORKSHOP 2-LOOSE PARTS (DAY 2)

What are loose parts in the childcare centre? Why is this the best program for children? How do you inform parents what the children are learning when they play? We will talk about some ways to observe children at play and how we can show the parents what the children are doing.

WORKSHOP 3- MORALS AND ETHICS IN THE CHILDCARE CENTRE (DAY 3)

Sometimes there are differences of opinion in childcare centres between educators or between educators and parents. How do we decide who is right? What are community ethics? What are personal morals? We will talk about how to make up our minds on these issues.



Workshops

Description

GLEND A BERNSTEIN, M.ED

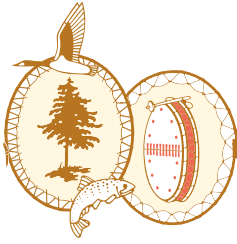
Glenda has worked in the field of special education for over 30 years. She began her career as a special education teacher and later as a special education consultant. Working primarily with students who for various reasons can't make it within the regular school system, she focuses much of her career on adapting school curriculums and providing these students with a successful school program. Building back the self-esteem of these students with positive school experiences is the driving force to her work. In addition to her work at Montreal's Summit School, she has been travelling to the Cree communities in Northern Quebec since 1991, providing in-service training, student assessments, and consultation to staff and parents. From August 2005 until August 2007, Glenda worked for the CNG as the "Regional Special Needs Consultant" providing ongoing support and training to staff and parents, screening and assessments of children seen as high risk, and in helping in the design and modification of communication and recording systems within the childcare centres. Early identification and intervention was the ultimate goal of her work.

1- SPECIAL NEEDS WORKSHOP

Children with special needs are children first, and have more similarities than differences from children without disabilities...

This workshop focuses on an all-inclusive approach to working with every child. Practices to include all children, regardless of learning, behavioural, social and emotional challenges will be explored.

Understanding some of the more commonly diagnosed disabilities will be looked at in some detail, in order to gain a better understanding and sensitivity to each unique impairment. Strategies to help integrate children into the childcare centre will be discussed with the aim of acquiring practical playroom strategies.



Workshops

Description



NAUREEN HUNANI

The Montreal-based nutritionist / registered dietitian, a mom of two and a nutrition expert for Mom Talk on Breakfast Tele-vision. As a mom I can relate to other parents when it comes to feeding kids. Feeding children can be complicated! I've been helping families overcome their nutritional challenges for over a decade. What I am most passionate about is help-ing children and adults develop a good relationship with food. I am a certified SOS feeding therapist, focusing on children who are picky eaters and problem feeders.

WORKSHOP 1- NUTRTION 101 FOR INFANTS AND TODDLERS (DAY 1)

WORKSHOP 2-RAISING BODY POSITIVE CHILDREN (DAY 1)

WORKSHOP 3- HEALTHY WEIGHTS IN CHILDREN (DAY 3)

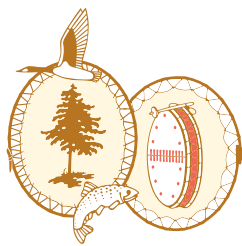
WORKSHOP 4-PICKY EATING AND FEEDING DISORDERS (DAY 3)

ARLEEN BOYER

Arleen Boyer has been the Executive Director of CPE Terre des Enfants in West-mount , Quebec since 2010. Her work with children and families has spanned over 30 years in various settings including non-profit management, child development and family program direction, outdoor education in addition to ECEC. Arleen is a graduate of Concordia University in Applied Human Sciences , with a specialization in administration. Arleen's interests include playing hockey, music , camping, travel , and hunting and fishing with family .

WORKSHOP - MANAGING CHANGE (DAY 3)

Change begins with you - How leaders and mentors can bring about change in a positive manner.



Workshops

Description



MADELENA COUTINHO

Madalena Coutinho, formerly a well-respected ECE Executive Director, has transformed herself into becoming a Senior Leadership Consultant and a Certified Facilitator. Madalena is a formidable leadership and HR speaker sought after by companies across North America. She employs a participant-centered approach to training based on principles of adult learning. Madalena is dynamic, energetic, authentic, straightforward and inspiring. Many of Madalena's clients attest to appreciating her ability to offer real-world skills that can immediately be transferred to the workplace for productive results.

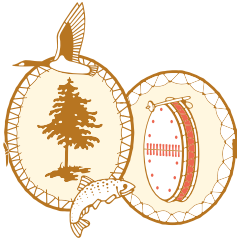
WORKSHOP - RESILIENCY AND VITALITY IN TIMES OF CHANGE (DAY 3)

HOLLY NATHAN

Has been teaching the Education in Childhood Services (AKA-ENCS) program in the Cree Territories since 2004. She recently completed a Post-Graduate Diploma program from Algonquin College in Autism and Behavioural Sciences.

WORKSHOP - WHAT IS AUTISM SPECTRUM DISORDER

1. *What is Autism Spectrum Disorder*
2. *The diagnosis process including the DSM-5 and the multidisciplinary team;*
3. *Evidence-based training;*
4. *How programs are designed for individuals with autism;*
5. *Different types of skill-building used with individuals on the spectrum.*



Workshops

Description



ÉVIKE GOUDREAULT

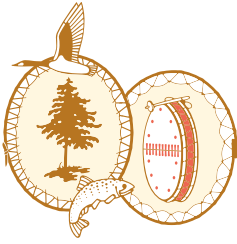
Évike Goudreault is a consultant with over 30 years of expertise in issues related to child and family services, early childhood/school age education, and disability programs, including Fetal Alcohol Spectrum Disorder. She has worked for several school boards, the Cree Nation Government, Cree Board of Health and Social Services, and Aboriginal Head Start Programs. She has traveled extensively throughout all of the First Nations and Inuit communities in Quebec and other regions in Canada developing and administering programs and services.

In 2019 she retired from the Cree Health Board as the regional coordinator of disability programs, but continues to work as a consultant on issues that she is passionate about. She is particularly interested in positive intervention and prevention programs that support children and families. Évike has excellent facilitating skills and can offer training in English or French. Évike is a Ministry of Education, certified teacher with various degrees in education and social services from McGill University, University of Quebec,

and the University of Western Ontario. She is the proud mother of two daughters and grandma to two amazing granddaughters.

WORKSHOP - NURTURING COLLEGE (DAY 3)

Evike Goudreault and Desiree Blacksmith will be facilitating this workshop



Workshops

Description



DESIREE BLACKSMITH

Desiree has been working in the field of child development since 2002. Her interest started as a Janitor who was cleaning “learning centers” at a Wellness Center in Eastmain. Pursuing her work as Janitor, eventually, she became one of the Wellness Centers’ Educators. Her overwhelming passion for little children has kept her interest strong. Within time, she has worked as a childcare educator in Waswanipi and became their Local Head Start Coordinator for 6 years, providing services to children aged 0-5 and their families.

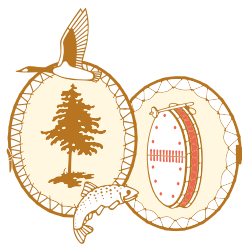
WORKSHOP NURTURING COLLEGE (DAY 3)

The objectives for this workshop will be to present an overview of the initial Nurturing Program and to acquire guidance pertaining to the next steps in the development of the Program.

Since 2014, she is our Regional Head advisor who supports and provides tools to all of the Local Head Start programs in Eeyou Istchee.

By the guidance of many Elders, one of the Head Starts’ main focus is Cree Language and Cree Culture. Moreover, to provide support to young families in the upbringing and overall development of their children through services and other activities based on our Cree Language and our Cree Culture.

During this workshop, participants will actively participate in understanding how first 3 years of a child’s life lay the foundation for lifelong learning since 95% of the brain’s growth occurs in the first three years of life. Furthermore, they will have the opportunity to express what is needed in such a program to ensure that families are well supported in order that their young children are enriched with opportunities to develop to their full potential.



Workshops

Description



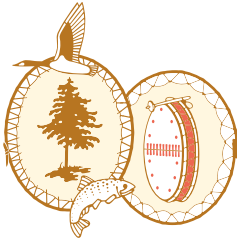
GRACE N. EDEH

Grace has 13 years of experience as an executive daycare Director and is a former early childhood educator. Grace is well qualified in early childhood education with more than 25 years of experience in the field in various roles including consultant, workshop facilitator and keynote speaker. Grace's facilitation style is described as empowering and leading without directing. Her workshops have been described as "humorous, motivating, thought provoking and inspirational". Grace is the recipient of the AECEQ's 2006 Bothwell-Smith Award for outstanding contribution and dedication to the care and development of young children and to the field of early childhood education.

Grace is a grateful and very busy mother of 3-year-old twins. When she isn't running after them, Grace works full-time as a teaching faculty member in the department of Early Childhood Education at Vanier College. She is also a part-time teaching faculty member in the department of Elementary and Early Childhood Education at Concordia University.

WORKSHOP - Child Led Learning (Day 2)

Child led learning is based on the idea that young children are intuitively and naturally curious about the world around them. By allowing children to explore, as educators we are in an optimal position to establish a foundation that fosters life-long learning. The goal for this workshop is to "practice what we preach" by introducing concepts of play-based, emergent curriculum that model flexible, inquiry-based approaches to curriculum content which are inspired, generated and led by the interests of the children we work with.



Workshops

Description

JOSIE GEMMA, M. ED., M.F.T

Josie has been in the field of Early Childhood Education for over thirty years. She has served young children and families as an educator, Director, workshop facilitator and instructor at Vanier College. Josie Gemma is also a licensed couple and marriage therapist, psychotherapist and certified Imago educator and has a private practice at The Argyle Institute of Human Relations in Montreal, where she works with couples, families and individual

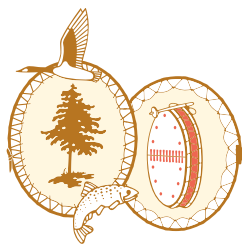
WORKSHOP - BRINGING MINDFULNESS INTO THE EARLY CHILDHOOD CLASSROOM

The aim of this workshop is to help early childhood professionals explore the role of Mindfulness in creating well-being for children and adults in the early childhood setting.

Through reflective discussion and practical exercises, participants will identify their personal stressors and examine ways of using Mindfulness to bring forth more harmonious routines and interpersonal relationships for the benefit of children and adults alike.

Participants will have the opportunity to explore the following Mindfulness principles and identify how they apply to the role of the early childhood professional:

- Observation
- Non judgment
- Acceptance
- Being present
- Non competitive



Workshops

Description

LUCY & BETSY SHEM

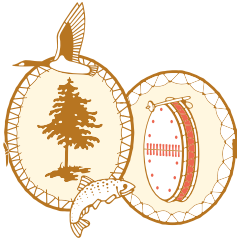
Lucy began her career at a time when the Cree School Board was coming into being. It was a time of empowerment for our nation, a time when we were making statements about our ability to do things our own way and for our own purposes, and the Cree School Board was one of those statements. She began her career as an elementary teacher replacement at Fort George, Eeyou Istchee. Since that time she has gained 18 years of teaching experience, working with students from kindergarten to grade 4.

From teaching, Lucy was recruited to work at the regional board office under Education Services in the Cree Programs Department. She was recruited for her expertise, both in the Cree language and in knowledge of effective teaching and the way in which children learn and factors in their success. She has 42 years of experience working with the Cree School Board and Cree Education.

WORKSHOP - BASICS OF TEACHING CREE LANGUAGE

Our language is an integral part of our society and we all have a part to play in preserving it for future generations. Lucy's workshop highlights where Cree language takes part in Cree Society, while also tackling the issue of language decline.

Basics of Teaching Cree Language helps participants to approach Cree from different angles while actively participating in multiple activities that help people to see Cree from different contexts.



Workshops

Description

JESSE HEFFERING

Jesse Heffring is a Media Teacher and Director of the Performing Arts Program at Summit School. As such, he has produced countless films and several acclaimed plays. These works have shown at some of Montreal's most storied theatres, and his documentary films about youth with developmental disabilities have won awards and screened all over the globe. He works with students to develop their sense of self-confidence and encourages them to express their stories.

WORKSHOP: ENCOURAGING A CHILD'S SENSE OF SELF CONFIDENCE AND SELF EXPRESSION THROUGH STORY BASED ACTIVITIES

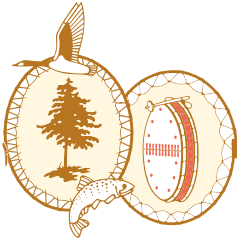
In his workshop, Jesse will share strategies to help develop a child's sense of self-confidence and self-expression through the medium of storytelling. Activities, directed play, drama and video can be used to help children begin to understand their own behaviour and show them that they are important members of their class and their society.

ABIGAIL BRODOVITC - from Allergy Quebec

Abigail is a nutritionist registered with the Ordre professionnel des diététistes du Québec (OPDQ). She has over 10 years experience working with children and their families, both in the hospital setting and in the community. She currently holds a full time position at the Montreal Children's Hospital working with children of all ages, from neonates to adolescents. Abigail also has a particular interest in food allergy and its impact on the health of those living with allergic conditions.

WORKSHOP - ALLERGY TRAINING FOR STAFF

Allergies are an important consideration to ensuring our facilities are safe for all that utilize them. This training workshop will focus on best-practices based on understanding, prevention and effective responses to allergies.



Workshops

Description

FRANCE CARTIER

With training in psychoeducation and teaching in school and social adjustment, France Cartier was installation Director of the CPE les Trottinettes in Montreal for more than 20 years. This CPE promotes the HighScope educational approach in order to offer a democratic environment where active learning is at the heart of its interventions.

Certified trainer and translator, France Cartier has developed expertise in the program and is a certified HighScope trainer.

WORKSHOP 1: ACTIVE LEARNING

The elements of a quality educational program will be identified and the ingredients of active learning, the cornerstone of the HighScope program will be presented and tested. Research shows that children learn best when they are actively involved. The learning cycle and the link with intrinsic motivation will complete this training.

WORKSHOP 2: ADULT-CHILD INTERACTION

The different strategies of support and action to act as a partner in the game of children will be demonstrated so that the adult supports the intentions and the choices of the children, encourages their initiatives, anticipates and supports the resolution of conflicts, develops a good communication with children in a climate of trust and attachment.

ΔΗΚΑΠΛΑ

“
THANK YOU TO EVERYONE THAT
HELPED TO MAKE THIS YEAR’S EVENT
POSSIBLE, WE HOPE THAT YOU HAVE
AN ENJOYABLE, INFORMATIVE AND
PRODUCTIVE CONFERENCE!”



