

“A person’s a person, no matter how small.”  
Dr. Seuss

# 14<sup>th</sup> Annual “Every Child Belongs” Conference



## March 10, 2012

8:00 a.m. to 3:30 p.m.

Held at: The College of New Caledonia  
3330 22<sup>nd</sup> Avenue, Prince George

Paid Parking - \$2.25/Day (Machines accept Loonies & Quarters ONLY)  
DO NOT Park in short term parking or you will be TICKETED

Register at: The Child Development Centre of Prince George and District  
1687 Strathcona Avenue, Prince George, BC V2L 4E7  
Phone: 250-563-7168 ext 205 Fax: 250-563-8039 Email: [kima@cdcpq.org](mailto:kima@cdcpq.org)

Trade Fair: CNC Atrium 8:00 a.m. to 3:30 p.m.

**\*\*ALLERGY AWARENESS\*\*** - Please **NO** Heavy Perfume or Peanuts

Co-Sponsored by:

- ❖ The Child Development Centre – Supported Child Development Program
- ❖ Aboriginal Supported Child Development
- ❖ YMCA - Child Care Resource & Referral
- ❖ Success by Six
- ❖ College of New Caledonia

## Day at a Glance

### “Every Child Belongs” Conference March 10, 2012

8:00 – 9:00 Registration & coffee/tea  
 9:00 – 11:30 Morning Workshops  
 11:30 – 1:00 Lunch (provided)  
 1:00 – 3:30 Afternoon Workshops

<b>Morning Sessions:</b> 9:00am – 11:30am	<b>Afternoon Sessions:</b> 1:00pm – 3:30pm
<p>(a) <b>Understanding and Supporting Children with Complex Trauma</b>                      Beginnings: From PTSD to Complex Trauma                      Body and Brain: A Bit on Trauma and Neurobiology                      (Dr. Linda O’Neill)</p>	<p>(f) <b>Understanding and Supporting Children with Complex Trauma</b>                      Sad, Mad, Happy: Affect Regulation and Complex Trauma                      Practice: Interventions for Children                      (Dr. Linda O’Neill)</p>
<p>(b) <b>The Mental Health of our Children</b>                      An interactive exploration of the most common mental health issues children ages 5-12 are facing, how we can respond, and how parents can meet their children’s emotional needs.                      (Erin Anderlini)</p>	<p>(g) <b>Learning to Listen, Learning to Help: A Child’s Perspective</b>                      Challenge your thoughts and perspectives on the characteristics of abuse, its impact on children, and the response of frontline workers.                      (Val Jordan)</p>
<p>(c) <b>Seven Sacred Teachings - Reducing Stress in Children</b>                      Learn various interactive meditations and exercises that will help promote better well-being in children.                      (Nadine Gagné &amp; Robie Daw)</p>	<p>(h) <b>Aboriginal Circle-time - How to Incorporate Traditional Drumming, Singing and Storytelling</b>                      Learn Aboriginal songs and stories in a fun, interactive workshop that will allow confident, culturally supportive engagement with Aboriginal families.                      (Nadine Gagné &amp; Robie Daw)</p>
<p>(d) <b>Would you Like to Learn About Sensory Sensitivities and Sensory Disorders?</b>                      A workshop on Sensory Sensitivities and Sensory Processing Disorders                      (Sherry Mitchell)</p>	<p>(i) <b>Giving &amp; Receiving Feedback Gently &amp; Effectively</b>                      There are no “twelve steps” or “cookie cutter techniques” for guaranteed success in relationship communication.                      (George Dunne)</p>
<p>(e) <b>Children and Sexual Behaviours: Is It Curiosity or Should You Be Concerned?</b>                      Addressing assessment and intervention strategies around children’s sexual behaviours in relation to normal curiosity and displaying patterns of offending behaviours.                      (Clarie Johnson)</p>	<p>(j) <b>Anxiety in Young Children: Approaches to Understanding and Responding</b>                      Learn strategies to promote healthy emotional development in young children, including self-regulation and emotion coaching.                      (Dr. Liz Rocha)</p>

Contact:

### The Child Development Centre

1687 Strathcona Avenue, Prince George, BC V2L 4E7  
 Phone: (250) 563-7168 ext 205 Fax: (250) 563-8039  
 Email: kima@cdcp.org



## **Morning Sessions (9:00am-11:30am)**

### **“Understanding and Supporting Children with Complex Trauma”**

This workshop explores Post Traumatic Stress Disorder (PTSD) and the new concept of Complex Trauma (Developmental Trauma Disorder); their historical context, symptoms, criteria and risk factors. We will also explore attachment theory and the relationship between trauma and attachment, and look at the basic neurobiology of trauma, including the effects on body and brain function. Implications for memory and emotional regulation will also be discussed.

**Discussion is welcomed and invited throughout**

#### **Dr. Linda O’Neill**

Dr. O’Neill is an Assistant Professor in the Counselling Program at UNBC, and a long-time northerner, who was a child and youth counsellor for many years in the far North; she continues to practice through the UNBC Community Care Centre in Prince George. Linda combines her experience with the latest research on trauma-informed practice as a way to help practitioners better support children who have experienced adverse experiences early in life.



### **“The Mental Health of our Children”**

This is a lecture, discussion and interactive activities workshop focusing on children aged 5-12. We will explore the most common mental health issues children are facing, how we can respond as community professionals, and how parents can meet their children’s emotional needs.

#### **Erin Anderlini**

Erin holds a Master's Degree in Counseling, and has taken training in Expressive Play Therapy. She has been working with children living with mental illness for 12 years, and coordinates the Aboriginal Child and Youth Wellness Program at the Prince George Native Friendship Centre.



### **“Seven Sacred Teachings - Reducing Stress in Children”**

Due to the fast pace of our lives, our children can display stress and anxiety - traits that often manifest themselves through actions such as nail biting, shutting down or chewing on shirts. How can we use our "old ways" to help our children? We can use the Seven Sacred Teachings - a set of values, that, when combined with modern tools and techniques, can help reduce stress levels. Learn various interactive meditations and exercises that will help promote better well-being. Please dress comfortably for this workshop.

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**Please dress comfortably for this workshop.**

#### **Nadine Gagné**

Nadine is Métis with Cree, French, English and Iroquois ancestry. Her spiritual name is "Metoni Apihtaw Acahkos".

She has spent the last 14 years working within Aboriginal Early Childhood Development in a variety of capacities including Family Support Worker, Cultural Support Worker, Aboriginal Infant Development Consultant and AIDP Supervisor. She spent 5 years working as an Aboriginal Infant Development Regional Advisor for the Fraser Region. Her last position was as Early Childhood Manager overseeing 8 large AECD programs that included AIDP, ASCD, AECD, a pre-natal and post-natal program, an Elder's program and 2 homework clubs. She has her Basic ECE, Post-Basic Infant Toddler and Special Needs Certificate, as well as a Diploma in Infant Development and Supported Child Development.

Nadine is passionate about working with foster children and children who have developmental delays or disabilities, and she sees a need for more Aboriginal cultural resource development. She created the "Children of the Rainbow Drum Group" which has performed at hundreds of events. She recorded an Aboriginal Children's CD in 2008 ("My Moccasins") that has been circulated to AECD programs provincially, and it reached #1 on the National Aboriginal Top 30 Countdown in 2009. She has received the "BC Aboriginal Childcare Award", "National Aboriginal Role Model for Canada" in 2005, "Surrey Civic Treasury" award, as well as being nominated for a "Canadian Aboriginal Music Awards".

She is a proud mother of a 3 year old daughter and is currently working on creating a second children's album.

### **Robie Daw**

Robie is of mixed Beaver and Cree Ancestry and her spiritual name is "Turtle Woman". She has worked extensively with children and families for 21 years, and has an interest in using traditional culture in healing attachment issues, trauma, and reducing stress in children. She currently works at Klahoweya Aboriginal Center in Surrey as an Aboriginal Infant Development Consultant. She is also the Regional Advisor of the Fraser region for Aboriginal Infant Development and Supported Child Development. She is the proud mother of 4 beautiful children.



### **"Would you like to learn about Sensory Sensitivities and Sensory Disorders?"**

Have you worked with or observed children who become anxious, cry or temper tantrum with loud noises, busy places, or when touched? Or does the child seek extreme movement in order to play? If you would like to learn how to help children who are experiencing sensory processing difficulties manage their reactions to everyday events, this workshop can help.

Current information on sensory sensitivities will be provided to assist you in understanding why children with sensory processing difficulties behave as they do. Children who have difficulty managing sensory information tend to either over or under react to their environment. Calming, organizing, or alerting strategies help children with sensory processing difficulties increase their attention, behaviour, motor skills and learning. Learn strategies on how to help children with sensory sensitivities increase their participation and enjoyment within the home, school and community.

This workshop was developed in response to concerns expressed by caregivers regarding the increasing number of children experiencing sensory challenges within the community.

### **Sherry Mitchell**

Sherry has worked as a paediatric occupational therapist for the past 13 years. She worked for the Prince George School District for 10 years prior to her current position at the Child Development Centre. She provides therapy for children up to 6 years of age, and is a consultant for children in private schools. Presently Sherry is working on her Masters of Rehabilitation Science degree. She continues to enjoy the daily challenges and rewards that working with children brings.



### **"Children and Sexual Behaviours: Is It Curiosity or Should You Be Concerned?"**

This workshop will explore the complex issue of children's sexual behaviours in relation to normal child curiosity about sex to children displaying patterns of offending behaviours, and how to support children and families on the continuum. The workshop will be presented to address issues relating to assessment and intervention strategies.

### **Clarie Johnson**

Clarie is a registered social worker who has worked at the Surpassing Our Survival, (S.O.S.) Society - Sexual Violence Prevention and Counselling Services Centre, for almost eighteen years as the Children's Program Coordinator and Counsellor. Clarie's expertise is in supporting children who have disclosed sexual abuse, addressing issues of concerning child sexual behaviours, teaching prevention strategies to children and caregivers, and providing community education about sexual violence.

## **Afternoon Sessions (1:00pm-3:30pm)**

### **“Understanding and Supporting Children with Complex Trauma”**

This workshop looks at affect regulation and complex trauma. Many children who experience complex trauma have differences in the way they express emotion, regulate behaviour, and relate interpersonally with others. We will explore strategies and interventions to assist these children and their families live a life less defined by trauma.

Participants will understand the difference between context and content. This will reinforce the concept that we are 100% responsible for everything we feel, think and do. Participants will then be able to create proactive intentions and lead effective working environments.

***Discussion is welcomed and invited throughout***

**Dr. Linda O’Neill**

See bio under “Morning Sessions”



### **“Learning to Listen, Learning to Help: A Child’s Perspective”**

From an early childhood perspective, this is a thoughtful discussion on the hidden impact of woman abuse on the most vulnerable members of the family. This is a call for all people who work with children to engage, educate and further develop an emotional literacy. This is an interactive workshop where participants will challenge their thoughts and perspectives on the characteristics of abuse, its impact on children, and the response of frontline workers to the issue.

**Val Jordan**

Val has been in the field of Early Childhood for over 12 years. She is currently working at the Elizabeth Fry Society in Prince George in the “Children Who Witness Abuse” program. She has had experience working in many capacities with alternative programs, high risk youth, infant and toddler care, special needs, and mentorship. Her philosophical approach is from a strength based, feminist perspective, inclusive of a harm reduction model.



### **“Aboriginal Circle-time - How to incorporate Traditional Drumming, Singing and Storytelling”**

This is a fun and interactive workshop that will teach participants a variety of Aboriginal songs and stories that can be easily incorporated into your circle time or program to engage Aboriginal families in a culturally supportive way. The drum is said to be the "heart beat of mother earth" and children respond in such a positive way to it. Learn songs and stories that will give you confidence in leading your own Aboriginal circle time.

**Nadine Gagné & Robie Daw**

See bios under “Morning Sessions”



## **“Giving & Receiving Feedback Gently & Effectively”**

The workshop, “Giving & Receiving Feedback Gently & Effectively”, is designed to help educators use their innate desire to understand, and improve their effectiveness in human communication in the workplace. Communicating is the vehicle we use to initiate and develop relationships with students, co-workers and family.

The workshop will emphasize that there are no definite “twelve steps” or “cookie cutter techniques” for guaranteed success in communication or relationships. George believes that, outfitted with firm understanding of the communication themes and skills, educators will adapt research based strategies to suit their own purpose and become better skilled at initiating and managing interaction with others.

George’s approach to facilitating and modeling interpersonal communication will be an empathic approach, believing that consideration of the thoughts and feelings of others is a pre-requisite for improving interpersonal communication and giving feedback to learners in respectful and effective ways.

### **George Dunne**

Now in his 35th year in the helping profession, George has been fortunate to work in three provinces as a counsellor. He is currently working with people in need, and is able to help students with disabilities through their educational experience at College. He works with visible and invisible disabilities, including mental health issues.

George’s work day is often diverse and changing. He may be listening and helping a student with a life crisis or assisting a student new to the college, who is in a wheelchair, touring the exit routes in the event of a fire alarm. He routinely provides workshops for students and faculty on topics including communication skills, myths about disabilities, student stress, test anxiety reduction, and understanding depression.

George is the B.C. and Yukon Director and Board Member of the Canadian Counselling and Psychotherapy Association (CCPA); he also sits on their Ethics committee. His education includes: B.Ed. (Brock), Dip. Ed. (St. Francis Xavier), M.Ed. (Counselling) from Acadia University in Nova Scotia. In addition, he has a post graduate Certificate in Disabilities from Cambrian College and is a Training Candidate at the C.G. Jung Institute in Zurich.

At the end of the day George finds solace in getting his heart rate up with vigorous movement through athletics or a fast paced walk in the changing green of Prince George.

Feel free to contact George by email at [jungwork@hotmail.ca](mailto:jungwork@hotmail.ca)



## **“Anxiety in Young Children: Approaches to Understanding and Responding”**

Participants will be introduced to issues such as: the spectrum of fear and anxiety, the features of anxiety and how anxiety in young children is often misunderstood. At the end of the presentation it is intended that the participants will be able to recognize the signs of anxiety and have an understanding of how the arousal of anxiety contributes to behavioral problems in young children. Participants will be offered strategies to help promote healthy emotional development in young children, including self-regulation and emotion coaching.

### **Elizabete M. Rocha, PhD., RPsych., Psychologist**

Dr. Liz Rocha is a registered psychologist practicing in child & adolescent psychology. Her PhD in clinical psychology is from the University of Saskatchewan. She is an adjunct faculty member in the Psychology Department at UNBC. Dr. Rocha’s research has focused on how to interview young children about their memories for painful experiences and on pain and illness behaviors in children. Her clinical interests include neurodevelopmental assessment, cognitive-behavioural treatment for childhood disorders, and assessment and treatment with abused and neglected children.



**Trade Fair – Atrium (8:00am-3:30pm)**

Cash and cheque purchases available at the various exhibits

**Vendors Include:**

- Discovery Toys
- Wintergreen
- Solid Ground
- Sew North Gifts
- Usborne Books
- Arbonne International

