



# QAPPD EDUCATOR CONFERENCE

**FRIDAY  
FEBRUARY 4, 2022  
8:45 AM – 3:45 PM**



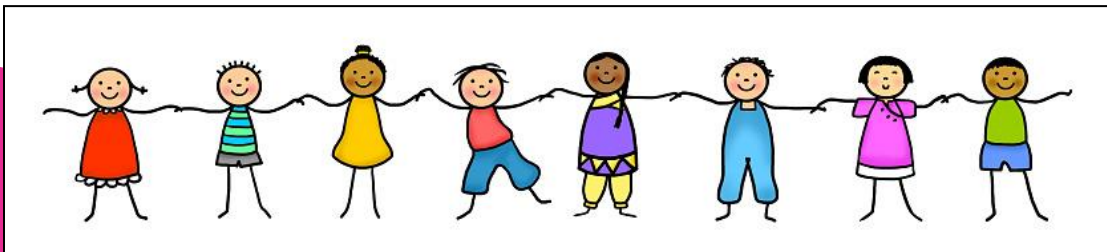
Join us for our Annual Educator  
Conference.

Choose from four different ½ day options  
offered both in the morning and repeated in  
afternoon,  
allowing participants more flexibility.

Once registration and payment have been  
received, zoom links for the plenary  
and your specific workshop(s)  
will be emailed to  
the centers.

A gift card for all those who register.

Hope to see you there!



QAPPD President's message....

As we have had to organize yet another conference virtually, it was important that we focus on you the educators.

With all the news in the media, inconsistent information, and ever-changing protocols, it may seem that our field has been forgotten and that the powers that be don't seem to understand the risk educators take every day showing up to work.

You DO show up so be proud of that! You are doing your BEST to care, love and guide the children every moment of every day. That has a huge impact on the children knowing that they too are affected by the pandemic.

Educators can do it all! You have the capacity to recover from difficulties and rise to challenges. We the directors, see this every day.

The conference offers some amazing workshops that will surely motivate and inspire you and remind you that you are educators first and foremost and not defined by the pandemic.

On behalf of the board, we invite you to join us on Feb.4<sup>th</sup>. Allow yourself this time, just for you, to listen and learn from new and familiar speakers.

Stay Safe  
Luisa Iglio  
QAPPD President  
Executive Director CPE Dorval

## *PLENARY WITH GRACE EDEH!*



*MESSAGE OF INSPIRATION,*

*VALIDATION AND MOTIVATION*

*8:45-9:10 and again at 12:30-1:00*

## Option #1

am 9:15-11:45 OR pm 1:15-3:45

### How to take care of you.

Experiences in geriatric care, oncology and mental health has given me many opportunities to look into myself, my behaviors, my way of thinking and ways to focus on self-care.

Participants will learn practical approaches and identify with what many may be experiencing during these challenging times.

This workshop will include ideas for self-care, tools to stop negative thinking and above all how to find healthy ways to be emotionally, psychologically and physically healthier and balanced.

**Rebecca Puterman** is a licensed professional Social Worker as well as psychotherapist. Over the past 25 years she has extensive work experience with different people in need such as women victims of conjugal violence and sexual abuse, children and families in distress, oncology as well as mental health. Rebecca has worked in several community organizations, at the Jewish General Hospital, and presently at the Herzl Family Medicine Centre.



## Option #2

am 9:15-11:45 OR pm 1:15-3:45

### We need to talk: Reflections on Racism in My Early Childhood Classroom

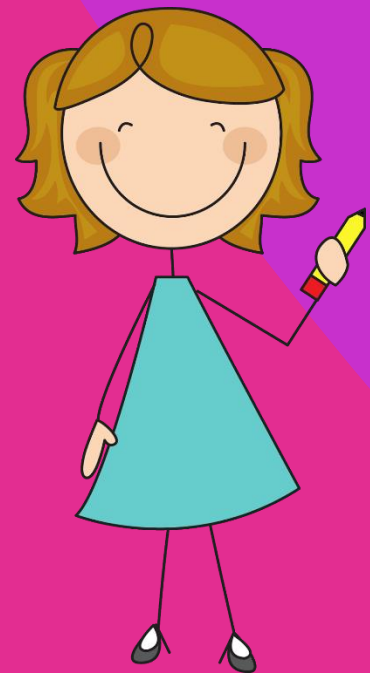
Join us for a workshop designed especially for early childhood educators as a forum for identifying and confronting ways that racism manifests in early childhood settings. Through reflection, question and answer, small-group dialogue, and discussion, this workshop is designed to address participants racial understanding.

Participants will learn ways to develop strategies to advance racial equity within (and beyond) their program. The end goal is to support and empower educators to engage with young children in positive, meaningful, knowledgeable, and authentic ways, committed to embracing diversity and inclusion as strengths.

### Grace N. Edeh, M. Ed.

With many years of experience in the profession, Grace has worked as an Early Childhood Educator and Executive Director. Grace is currently a full-time teaching faculty member at Vanier College in the Department of Early Childhood Education as well as the departments' Fieldwork Coordinator. Grace is also a part-time teaching faculty member at Concordia University in the Department of Education. Grace has facilitated numerous workshops and continues to do consultation work for many CPE's, School Boards, and professional Associations. Grace has been described as a skilled facilitator, and speaker.

Grace is passionate about motivating and inspiring early childhood professionals in pursuing excellence in their practice through lasting and meaningful change. Grace is the 2006 recipient of the Association of Early Childhood Educators of Quebec (AECEQ) Bothwell Smith Award. The award is given for outstanding contribution and dedication to the care and development of young children and to the field of Early Childhood Education.



## Option #3

am 9:15-11:45 OR pm 1:15-3:45

### **Building resilience in Early Childhood: Bringing back the Joy!**

The field of early childhood has taken such a hit from the global pandemic that many educators are opting to walk away.

This workshop is aimed to help educators see the good parts of the field again, give educators the tools they need to work through the stress of the job and the world around them and find the joy in the profession once again.

Resiliency is the key factor: this interactive workshop will give educators tools to build upon their resiliency and pass these tools on to the parents and to the children that they work with.

How the educators' attitude and resiliency will be passed to the children, through modelling, language used and mindset.

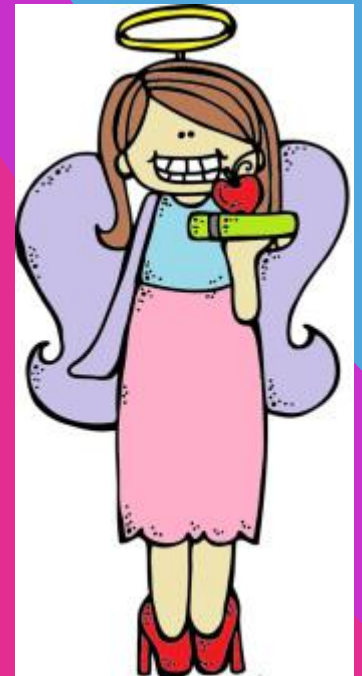
**Donna Skea** is an early childhood specialist, an early childhood professor at Vanier College.

Donna has spent the last 29 years working and advocating and devoting her whole career to the early childhood profession.

Her most recent project The Infinite Educator, is a childcare consulting firm that helps daycare directors to find, nurture and retain their staff.

Donna provides mentoring and workshops to support directors and educators in building exceptional childcare centres.

Early childhood has been a lifelong passion.



## Option #4a (am only) 9:15-11:45

**Morning workshop:** This workshop will provide an introduction on the topics of loss, grief, and bereavement in the workplace and amongst colleagues. Participants will gain an understanding of how people grieve differently and what are some ways we can best support each other during the grieving process. Responses to loss including normal and complicated grief will be explored as well as how one can move through their grief to help find meaning. Participants will have the opportunity to ask questions and discuss topics related to loss and bereavement.

**Facilitators:** Pauline Orr, MSW and Sarah Tevyaw, MA, ATR

### **Bio's:**

Pauline is a clinical social worker and a licensed psychotherapist. Since February 2019, Pauline has worked at the Teresa Dellar Palliative Care Residence as part of the Supportive Care Team. Pauline has more than 20 years' experience in mental health including outpatient psychiatry and crisis intervention.

Sarah Tevyaw is an artist and art therapist who has specialized in end-of-life care, loss, and bereavement for over 10 years. She is currently employed at the Teresa Dellar Palliative Care Residence where she offers art therapy to adults at the end of life and support to families, youth, and children. Sarah facilitates ongoing children and adult bereavement groups using alternative approaches including the gardening, play and creative art therapies to help foster post traumatic growth.

## Option #4b (pm only) 1:15-3:45

**Afternoon workshop:** This workshop will provide an introduction on the topics of loss, grief, and bereavement for children aged 0-5 years old. Children's developmental stages and their understanding of death and dying will be presented. Normal reactions to death, including how children process and express emotions will be explored. Participants will be provided with tools on how to support children who are anticipating a loss and in bereavement. Participants will have the opportunity to ask questions and discuss topics related to children's loss including common misconceptions.