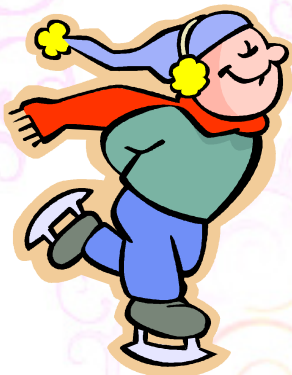


HAPPY NEW YEAR



NEWSLETTER

January February March 2012

Where we are located:

7369 James Street
Mission, BC
V2V 3V7
604-826-6194

Coordinator Corner

Wow! I can't believe it is already 2012. I just got use to it being 2011!! Time goes by increasingly faster each year. We hope everyone enjoyed the Holiday Season and that you enjoyed spending time with family and friends. Most of all, we hope that everyone managed to squeeze in some time just for you, to relax and unwind before the start of the New Year.

We have a large variety of Workshops for you this Quarter, two of which focus on managing the stress in our lives. George Burns once said, "If you ask me what is the single most important

key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I would still have to say it."

Such true words. Come and learn how to recognize stress and how to "get it before it gets you!" Also, Nicole Planek will be here with important information on what stress really does to our bodies and minds, and what you can do to control it. We look forward to seeing everyone at the Workshops and remember, drop by and see us anytime. We love to hear from you!!

Laura

A program of

Mission Community Services Society



Funded by the Province of British Columbia

The Minor Capital Funding for Emergency Repair, Replacement Relocation funding maximum has changed. Due to budget pressures, it was necessary to revise the funding levels. The maximum allowable grant is now \$2,000.00 per application. For additional information, visit www.mcf.gov.bc.ca/childcare/capital.htm

Stay and Play

Stay and Play happens every Thursday from 8:45 – 11:00 am here at Family Place. Join other Caregivers for coffee while the children play together. A great way to network with others who do the same work you do!



**Friendly
Reminder**

All new Registered LNR's MUST complete 20 hours of training in the first year. Don't forget to check out our Home Study Program for those who find getting out in the evening a bit challenging. All other RLNR's Licensed FDC must attend a minimum of two workshops per year to maintain their membership.

Please make sure to keep us updated if you have a vacancy in your program, or you have gone through any changes. Also, you can now find "Mission CCRR" on Facebook!

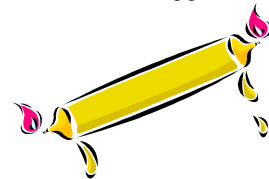
Workshops and Courses

"How To Get Stress Before It Gets You!"

Facilitated by Laura Hope

Join us for this fun, interactive Workshop on how to get stress before it gets you! There will be lots of information for you right from starting the day with a healthy breakfast to finishing the day in a warm bubble bath with a glass of.....green tea! Bring your tips on how you beat stress to share. You will leave with scores of ideas, new recipes, and a whole new outlook on what stress is, what it can do, and how to beat it! And....a chocolate buffet doesn't hurt either!!

Monday, January 23 starting at 7pm at the Mission CCRR office. Please call the office to register.



Enhancing Everyday Circle Times

Facilitated by Heart Felt Stories

Heartfelt Stories is offering this fun Make and Take Workshop that will add fun and excitement to your Circle Time. "I Know an Old Lady Who

Enhancing Everyday Circle Time continued...

Swallowed a.....WHAT?" This Workshop will lead participants in discovering the wide variety of themes in which they can use this versatile story. We will also discuss new ways to brighten up old themes as well as extending themes throughout your centre. During the Workshop, participants will have the opportunity to create an "Old Lady" as well choosing one of two themes to create. Participants will need to bring a pair of sharp scissors and a cookie sheet to take painted felt home. Class size is limited, so please register early. Starts at 6:45 at the Mission CCRR office.

***Monday, February 13th, 2012
7 – 9pm***

Becoming a Behavioural Detective: Understanding, Surviving and Supporting Children's Behaviour

Facilitated by Kim Barthel

This participatory workshop is for individuals living, caring or working with children. Topics covered include:

- *Looking beyond the behaviour into the nervous system*
- *Understanding how the child's behaviour is a manner of coping*
- *Learn strategies in adapting the environment, altering interaction*

and providing support with processing sensory information.

***Cost is \$10.00
for Mission residents and staff
\$20.00 for out of town guests***

***Saturday, February 18th, 2012
9:30am – 4:30pm***

***Located at Ecole Mission Central
Elementary School
7466 Welton Street, Mission, BC***

***To register call Laura Wilson at
604-820-4367 or email
ecdcommittee@shawbiz.ca.***

***Please register by February 11th.
Some subsidies are available. Make
cheques payable to MACL, send to
7364 Horne Street, Mission, BC***

Stress Management

*Facilitated by Nicole Planek, DCH,
RCSHOM*

Stress management among child care providers is an important issue. Too much stress can not only affect the caregiver's health, but also the quality of care that he/she is able to give.

***Stress is the main cause
of illness.***



Stress Management continued...

Learn how to handle and react to stress in a healthier way.

We are all individuals and we all have different likes and needs so we will discuss many ways to take care of ourselves on all levels. We will talk about benefits of relaxation, meditation, music, massage, homeopathy, exercise, yoga and a healthy diet.

Also included are some tips on taking care of your skin! Handouts and a draw for a free 1 hour massage and remedy samples also included.

***Monday, February 20, 2012
7 – 9pm at the CCRR Office
Please call to register!***

Guess What??

January 8th is National Bubble Bath Day!!

**Recycle, Repurpose Re-use
Workshop**

Facilitated by Joanne Newlands

We have found some creative ways to transform Pringle cans and plastic egg cartons into fun items for crafts and games.

Each participant will have the opportunity to turn a Pringle can into a cute Easter bunny and make a learning game out of a plastic egg

carton. Additional printed information on additional projects will be available.

Lots of fun! All items supplied.

***Monday, March 5, 2012
7 – 9 p.m.***



All About Me Conference

*Saturday, March 3rd, 2012
Please see registration form attached for details.*

Drug Education and Awareness

Facilitated by Derek Salisbury

During this interactive workshop, we will discuss common prescription and street drugs currently being used recreationally. Through the use of PowerPoint, we will look at how these drugs are manufactured and the hazards they pose to our communities through methamphetamine labs, dumps and grow ops. Most importantly, the workshop will highlight common signs and symptoms of parents or children who has consumed these substances and dispel the myth of 'clean' drugs

***Monday, March 12, 2012
7 - 9 pm
At the Mission CCRR Office
Please call to register***