



BC Family Child Care Association

2018 AGM & Workshops

Please join us: Saturday, June 2nd, 2018 from 9:00am to 4:15pm for:

“Overhaul the Overwhelm”

A day full of learning that will leave you with inspired strategies on how to contribute to the healthy development of children by reducing their anxiety and insights to improve care provider wellness!

Julie-Anne Richards M.A.R.C.C C.C.C.



Julie-Anne Richards is a registered clinical counsellor who provides counselling and coaching services for children, families and adults via private practice. In addition to her in-person counselling work, Julie-Anne offers online and telephone sessions for individuals, couples and families in need of support from a distance. She frequently provides parent coaching and parent-school combined coaching for intensive and tailored, child-focused support and planning.

An upbeat, seasoned and dynamic motivational speaker, Julie-Anne supports organizations and communities throughout Canada and the United States by offering a wide variety of wellness-promoting workshops and training seminars. With advanced clinical training in the use of cognitive behavioural therapy (CBT), mindfulness techniques, and insight therapy to promote mental health, Julie-Anne particularly enjoys specializing in the treatment of anxiety disorders and in empowering clients for successful navigation of significant life transitions.

Julie-Anne's private practice is located in beautiful Ladysmith, British Columbia, where she enjoys a busy life alongside her husband, while juggling two young children, two scrappy terriers, a cello and a piano.

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Register Early to avoid disappointment!

Educational Funding provided by: BC Family Child Care Association

Morning Session – Childhood Anxiety: Empowering Strategies for Effective Support

This instructional and interactive presentation effectively supports anxious children, five years old and under, by teaching childcare workers concrete, research-backed strategies. Anxiety is highly treatable, but often misunderstood. Replace well-intentioned, yet ineffective, approaches to treating anxiety with highly effective, research-based strategies (CBT & Mindfulness-based) provided by a registered clinical counsellor who has an extensive background in treating children struggling with anxiety.

This workshop provides the opportunity to:

- receive professional guidance and effective strategies for both daycare and home settings*
- discover common, well-intentioned mistakes you may be making in attempting to address anxiety and learn how to proceed more effectively*
- gain a solid understanding of how to implement the most empirically sound approaches (C.B.T. and Mindfulness) for the treatment of anxiety*
- learn which strategies to pass along to parents who would value the support and which home-based and/or supports to request when needed*
- leave not only with renewed optimism for progress, but also with concrete, effective strategies that can be implemented immediately.*

Afternoon Session - Overhaul the Overwhelm—First Aid for Frazzled

Overloaded? Overworked? Overwhelmed?

Feel like Wonder Woman (only with wild hair and a rapidly fraying cape)? You're in luck. This is your invitation to ditch the cape and reclaim your life.

Overhaul the overwhelm and replace feelings of being overloaded and under-fulfilled with a tailored, deliberate and fuelling approach to life. This inspiring and strategy-based workshop moves beyond "burnout prevention." You will be guided through a series of insight-oriented activities to help you target areas for change, embrace your unique potential, live what fuels you and lead days that match who you truly are and how you want to live.

Discover a renewed sense of balance and fulfillment in your professional and personal lives that fuels rather than drains. Whether you're feeling ready for big changes or small, "Overhaul the Overwhelm" is an empowering, motivating and refuelling workshop through which you will identify what "optimal living" means for you. Develop an individualized, reality-based plan for change that meets your needs and comfort level and leave with a strategy-packed framework to support and sustain attainable, goal-directed action.

Hey, even Wonder Woman deserves a break. Hang up the cape and invest in yourself.!

You're most decidedly worth it.

Location: [Burnaby Central Secondary School](#)
Conference Room
6011 Deer Lake Parkway
Burnaby, BC
V5G 0A9

Workshop Agenda:

- 9:am:** Doors Open/Registration and Coffee
- 9:30am to 12:00 noon:** Morning Workshop (begins promptly)
- 12:15pm to 1:15pm:** Lunch (Includes BCFCCA AGM)
- 1:30pm to 4pm:** Afternoon workshop
- 4pm to 4:15pm:** Closing remarks and evaluations

Upon completion and return of your evaluation form, a certificate for 6 hours of training will be provided to each participant at the end of the day.

A delicious lunch from the [Argo Greek Restaurant](#) is included in your registration fee as well as snacks throughout the day.

Should you have any dietary concerns, please let us know and we will do our best to accommodate your request.

Dietary Concerns:

Vegetarian choices required (please provide a phone contact) _____

Other Dietary concerns: (Please list below, not all concerns can be accommodated)

Registration (Please Print Clearly):

Name: _____

Name for Receipt: same as above or _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Please check: BCFCCA Member: _____ Non-Member: _____

Methods of Payment Accepted:

Cash, e-transfer or cheques/money order made payable to: **BC Family Child Care Association**

E-transfer to BCFCCA Question: Who is the presenter at conference? Answer: **julianne**
(no spaces)

Complete and return registration form by mail with payment to:

BC Family Child Care Association
#100-6846 King George Blvd.
Surrey, BC V3W 4Z9

Or scan and send registration form by email if using e-transfer to: office@bcfcca.ca:

Payment: Cheque/money order Total: _____

E-Transfer Total: _____

Early Bird Price : \$55.00 for BCFCCA members

(Until May 7th) \$80.00 for non-members

Early Bird Registration Closes: Midnight, May 7th, 2018

Registration Price: \$80.00 BCFCCA members

(After May 7th) \$100.00 Non-members

*****REGISTRATION CLOSSES AT MIDNIGHT, May 26th, 2018*****

Cancellation Policy: NO refunds will be given but we will accept substitute delegates in writing to BCFCCA prior to **May 26th, 2018**