



Learn without Limits

COMMUNITY LEARNING WORKSHOPS

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YOU ARE
AMAZING!

YOU ARE
BRAVE!

YOU ARE
STRONG!

2022-23
PROGRAM YEAR

WELCOME PARENTS, COMMUNITY AND STAFF

WELCOME TO OUR COMMUNITY LEARNING WORKSHOPS • 2022-2023

The purpose of our Community Learning series is to create opportunities for parents, GRIT staff and community partners to learn together.

We are pleased to share our calendar for the 2022-2023 program year. A variety of topics are offered to support the confidence and skills needed to meet the needs of children, families and our community partners.

This year, you will notice some changes from past years. To support GRIT's commitment to organizational values, and our focus on mental

health, we have designed our offerings to build cohesive knowledge and shared learning for all our staff. Therefore, this year, all community learning workshops are being offered on one day, and often, our core and continuing staff will learn together.

To accommodate the diverse needs of all, we offer a variety of workshops. Childcare is provided for GRIT families to attend. If you require childcare, please let us know one week in advance.

GRIT STAFF

Please refer to the two following streams to guide your attendance.

CORE:

Designed with a focus on GRIT's values and foundational skills for staff in their *first three years with The GRIT Program*.

CONTINUING:

Designed to provide opportunities for enhanced reflection on implementing new skills and practices *for staff who have completed the core series*.

GRIT PARENTS

Parents are encouraged to attend any of the workshops offered.

COMMUNITY PARTNERS

Staff supporting a child enrolled in GRIT may attend any workshop free of charge. Fees may apply to outside agencies not currently supporting a child in the GRIT Program.

All sessions are held at the GRIT office:
12852 - 141 Street
Edmonton, Alberta
unless noted otherwise.



FOR MORE INFORMATION:

P. 780.454.9910

E. gritprog@gritprogram.ca

www.gritprogram.ca

WORKSHOPS AT A GLANCE

2022



October 21st	AM Brain Development	AM Safety in the Community
	PM Building Relationships	PM Physical Literacy
December 20th	AM Reflective Practice	AM Reflective Practice

2023



January 30th	AM Social Emotional Supports	AM Prevent-Teach-Reinforce: How to Support Positive Behaviour Change
	PM Understanding Ourselves as Cultural Beings	PM Understanding Ourselves as Cultural Beings
February 21st	GRIT CONFERENCE	
March 13th	AM Mental Health Literacy	AM Vision Loss Accommodation Strategies
	PM Communication Fundamentals	PM Scripted Stories and Video Modeling
April 28th	AM The Art of Family-Centered Practice	AM Sensory Processing and Sensory Preferences
	PM Road to Inclusion	PM Could This Be Grace
June 21st	AM Vision Day	AM Vision Day
	PM To be announced	PM To be announced

WORKSHOP DETAILS

FRIDAY, OCTOBER 21ST, 2022 (9AM - 3PM)

9:00 - 11:15 AM

Brain Development

Early brain development is a complex process involving both genetic factors and environmental influences. This workshop explores the basics of brain development, the factors that can negatively impact brain development, and how we can use our role.

FACILITATORS: CHRISTA LUCYK & SARA MUCHISON, OCCUPATIONAL THERAPISTS

12:45 - 3:00 PM

Building Relationships

Positive relationships create trust that leads to more meaningful involvement with children, families and co-workers. We will explore strategies for developing respectful relationships and address the foundational building blocks to creating collaborative teams.

FACILITATORS: LISA DAVIES, EDUCATION LEAD & LEANNE ROSE, FAMILY SUPPORT SOCIAL WORKER

9:00 - 11:15 AM

Safety in the Community

Safety when out in the community is a common concern. How do we actually teach children to be safe when out in the community? What tools can we use to support learning? Join us for a morning of learning - to identify safety concerns within the community and practical strategies to implement this learning.

FACILITATORS: SUZANNE KAHLER, BEHAVIOR CONSULTANT & KATIE BENEDIK, OCCUPATIONAL THERAPIST

12:45 - 3:00 PM

Physical Literacy

Physical literacy helps all of us to have an active lifestyle. Physical literacy encompasses movement fundamentals, motivation to move, and confidence to integrate movement into our activities and lifestyles. Explore physical literacy in different forms, suited to each individual, and how it can impact a child's learning and lifestyle as they grow.

FACILITATORS: OOI LIN PHEH, PHYSICAL THERAPIST & CARMEN SOMERS, SPEECH AND LANGUAGE PATHOLOGIST

TUESDAY, DECEMBER 20TH, 2022 (MORNING ONLY)

9:00 - 11:15 AM

Reflective Practice

Reflective practice is a dynamic process of thinking honestly, deeply and critically about all aspects of the work you do with children and families. It starts with knowing your families and children; it continues with planning, identifying barriers to learning, and actions for moving forward.

FACILITATORS: SUSAN BAYNE & LISA DAVIES, EDUCATIONAL LEADS

9:00 - 11:15 AM

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FACILITATORS: SUSAN BAYNE & LISA DAVIES, EDUCATIONAL LEADS

MONDAY, JANUARY 30TH, 2023 (9AM - 3PM)

9:00 - 11:15 AM

Social Emotional Supports

How can we work with families to promote a child's sense of confidence and competence?

During this workshop, we will discuss strategies to promote positive peer interactions and support children as they learn to problem solve and become 'Mighty Learners'.

FACILITATORS: TWYLA BRUCE, MANAGER EARLY CHILDHOOD SERVICES & MARIA MAKOWIECKI, ASAP COACH

12:45 - 3:00 PM

Understanding Ourselves as Cultural Beings

Thinking about how to strengthen GRIT's understanding of culture, one must first reflect on their own culture biases. During this session unpack what culture means to you and how your thoughts impact your interactions with others. The purpose of this workshop is to enhance the health and well-being of families and foster their efforts at building community so they can thrive and actively contribute to society.

FACILITATORS: ANGELA HILL FROM IMAGINE INSTITUTE FOR LEARNING & CANDICE QUINLAN, DIRECTOR OF PROGRAMS

9:00 - 11:15 AM

Prevent-Teach-Reinforce: How to Support Positive Behaviour Change

Despite our best intentions and efforts, challenging behaviour can still happen. Using the PTR-YC model, (Prevent-Teach-Reinforce for Young Children), learn how to create a plan to target a specific challenging behaviour, while building both yours and the child's skills and resilience. Learn how to identify functions of behaviour, strategies to decrease problem behaviours, to teach new behaviours, and how to reframe your own thoughts around challenging behaviour.

FACILITATORS: SUZANNE KAHLER, BEHAVIOUR CONSULTANT & ROBERTA FAITH-SCHMIDT, SPEECH AND LANGUAGE PATHOLOGIST

12:45 - 3:00 PM

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FRIDAY, FEBRUARY 21ST, 2023 (9AM - 4PM)



GRIT CONFERENCE

Look for more information fall 2022 for conference update.

MONDAY, MARCH 13TH, 2023 (9AM - 3PM)

9:00 - 11:15 AM

Mental Health Literacy

How do we know when something is a mental health concern? And how do we provide support? In this workshop, we will learn key factors affecting mental health, how to recognize signs of mental health concerns, and what our role is in supporting the mental health of children families and ourselves.

FACILITATORS: SARA MURCHISON OCCUPATIONAL THERAPIST & MICHELLE MILLSON KUEFLER, SPEECH AND LANGUAGE PATHOLOGIST

12:45 - 3:00 PM

Communication Fundamentals

This workshop provides the opportunity to gain background knowledge about early childhood speech and language development. The focus will be on learning UNIVERSAL strategies to support the development of a child's language within his/her natural environment. Emphasis will be placed on developing the fundamental skills required to learn language such as interaction, attention, listening and play skills.

FACILITATOR: CARMEN SOMERS, SPEECH AND LANGUAGE PATHOLOGIST

9:00 - 11:15 AM

Vision Loss Accommodation Strategies

In this session you will get a better understanding and willingness to accommodate different learner needs. To help you develop a more creative mindset to modify everyday games and activities, so that children will be engaged and included in their everyday activities and interactions.

FACILITATOR: SANDY SUMMERS, EARLY INTERVENTION SPECIALIST, VISION LOSS REHABILITATION CANADA

12:45 - 3:00 PM

Scripted Stories and Video Modeling

Children are quite interested in seeing themselves featured in stories and videos. This universal interest can be used to guide learning in natural and meaningful ways. We will discuss the key elements to include in scripted stories and some relevant examples, where they have been used in our programs. We will also discuss the value of video modelling, and we'll review some of the research and different types of video models. We will all leave with a specific idea as to how to use these natural intervention approaches in our current educational programs.

FACILITATORS: JULIE LEESON, SPEECH AND LANGUAGE PATHOLOGIST, JOCELYN BOYSIS, RESOURCE COORDINATOR & KIRSTEN NORDHOLT, ASAP COACH

FRIDAY, APRIL 28TH, 2023 (9AM - 3PM)

9:00 - 11:15 AM

The Art of Family-Centered Practice

Everything we do either improves or lessens a family's strength, skills and confidence. Our actions, as professionals, directly influence the experiences and outcomes for families. What does it mean to be family centered and how do you ensure families have a central role in your team. Join us to learn more about your role in supporting families in a family centered-friendly way.

FACILITATORS: LEANNE ROSE, FAMILY SOCIAL WORKER & TWYLA BRUCE, MANAGER EARLY CHILDHOOD SERVICES

12:45 - 3:00 PM

Road to Inclusion

Inclusion is a developmental process that starts in the family and extended family and then expands to the community and school. Inclusion is lifelong!! What is your philosophy? What is GRIT's philosophy? Join us to explore these questions and how we as parents and professionals can support the inclusion of children with disabilities throughout their lives.

FACILITATORS: ANNA MCMULLEN, EDUCATION LEAD & TWYLA BRUCE, MANAGER EARLY CHILDHOOD SERVICES

9:00 - 11:15 AM

Sensory Processing and Sensory Preferences

All day long our brains receive, organize and respond to sensory input as we engage with and explore our world. Join us to learn about sensory processing, sensory preferences and how sensory system vulnerabilities impact young children's participation in daily routines.

FACILITATORS: SARA MURCHISON, OCCUPATIONAL THERAPIST & ALYSHA VISHRAM, OCCUPATIONAL THERAPIST

12:45 - 3:00 PM

Could This Be Grace

Come and explore the essence of inclusion and the value it brings to those living an inclusive life. Explore your own bias and values around inclusion and what it means to you. Dianne's workshops provide deeper insights and stories in an engaging and interactive atmosphere.

FACILITATOR: DIANNE MCCONNELL

WEDNESDAY, JUNE 21ST, 2023 (9AM - 3PM)

9:00 - 11:15 AM

Vision Day

Join us for our annual celebration of GRIT's accomplishments and our continued learning journey. We look forward to building on our vision for GRIT's core value of being a "Learning Community". This value continues to guide GRIT's priorities within our own program, as well as our interactions with our expended community partners.

FACILITATORS: LEADERSHIP TEAM FROM GRIT

12:45 - 3:00 PM

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For more information on
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