



Learn without Limits

# COMMUNITY LEARNING WORKSHOPS

YOU ARE

*Amazing*

YOU ARE

*Brave*

YOU ARE

*Strong*

SEPTEMBER 2021  
TO JUNE 2022

PARENTS, COMMUNITY AND STAFF

*Welcome*

# Welcome to our

## COMMUNITY LEARNING WORKSHOPS 2021 - 2022

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 2021-2022 program year. Each month, 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 staff 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 and second 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](mailto:gritprog@gritprogram.ca)

[www.gritprogram.ca](http://www.gritprogram.ca)

# Workshop at a Glance

## 2021



|                                  |   |   |
|----------------------------------|---|---|
| <b>September 27<sup>th</sup></b> | <p><b>AM</b> Neuro Relational Framework Basics NRF</p> <p><b>PM</b> Foundational Program Skills</p>       | <p><b>AM</b> Neuro Relational Framework Basics NRF</p> <p><b>PM</b> Scripted Stories</p>                  |
| <b>October 21<sup>st</sup></b>   | <p><b>AM</b> Flight Curriculum-Focus on Play</p> <p><b>PM</b> Step-by-Step: Task Analysis</p>             | <p><b>AM</b> Flight Curriculum-Focus on Play</p> <p><b>PM</b> Understanding Attachment Relationships</p>  |
| <b>November 15<sup>th</sup></b>  | <p><b>AM</b> Guiding Play &amp; Participation</p> <p><b>PM</b> Targeted Social and Emotional Supports</p> | <p><b>AM</b> Guiding Play &amp; Participation</p> <p><b>PM</b> Targeted Social and Emotional Supports</p> |
| <b>December 14<sup>th</sup></b>  | <p><b>AM</b> Reflective Practice</p>  | <p><b>AM</b> Reflective Practice</p>  |

## 2022



|                              |  |  |
|------------------------------|--|--|
| <b>March 23<sup>rd</sup></b> | <p><b>GRIT CONFERENCE</b></p> <p>Primary Service Provider - Sheldon &amp; Rush</p>         |  |
| <b>April 19<sup>th</sup></b> | <p><b>AM</b> Early Child Motor Development</p> <p><b>PM</b> Successful Mealtimes</p>       | <p><b>AM</b> Literacy for All</p> <p><b>PM</b> Advanced Child Motor Development</p>        |
| <b>May 2<sup>nd</sup></b>    | <p><b>AM</b> Understanding Ourselves as Cultural Beings</p> <p><b>PM</b> Visioning Day</p> | <p><b>AM</b> Understanding Ourselves as Cultural Beings</p> <p><b>PM</b> Visioning Day</p> |

# Workshop Details

## MONDAY, SEPTEMBER 27<sup>TH</sup>, 2021 (9AM - 3PM)

**9:00 - 11:15 AM**

### NeuroRelational Framework Basics

The NeuroRelational Framework (NRF) guides our work in supporting healthy development and well-being. Through discussion and activities learn how the NRF shifts our view of behaviour, and embraces complex solutions for complex needs.

FACILITATORS: SARA MURCHISON, OT, ALYSHA VISHRAM, OT AND DR. HAPCHYN

**12:45 - 3:00 PM**

### Foundational Program Skills

Developing a strong program involves plans, strategies, and communication. Join us to explore the purpose and use of foundational tools and skills to create and strengthen learning opportunities for the children and families of GRIT. Please make sure to bring your GRIT child's binder from one program to this workshop.

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

**9:00 - 11:15 AM**

### NeuroRelational Framework Basics

The NeuroRelational Framework (NRF) guides our work in supporting healthy development and well-being. Through discussion and activities learn how the NRF shifts our view of behaviour, and embraces complex solutions for complex needs.

FACILITATORS: SARA MURCHISON, OT, ALYSHA VISHRAM, OT AND DR. HAPCHYN

**12:45 - 3:00 PM**

### Foundational Program Skills

Developing a strong program involves plans, strategies, and communication. Join us to explore the purpose and use of foundational tools and skills to create and strengthen learning opportunities for the children and families of GRIT. Please make sure to bring your GRIT child's binder from one program to this workshop.

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

## THURSDAY, OCTOBER 21<sup>ST</sup>, 2021 (9AM - 3PM)

**9:00 - 11:15 AM**

### Flight Curriculum focus on Play

During this workshop, we will provide an introduction to the Vision, Values and Guiding Principles at the heart of Alberta's Early Learning and Care Framework. You will learn about the core concepts of the framework that center around the image of the child as a might learner and citizen. We will also share a quick overview of Flight's holistic play-based goals and the five depositions to learning that are foundational to the approach.

FACILITATORS: LISE PARDELL & SUSAN BAYNE, EDUCATION LEADS

**12:45 - 3:00 PM**

### Step-by-Step: Task Analysis

Every activity is made up of many small steps. Through hands on activities learn how to break down a task and help a child learn each step in order to ensure success.

FACILITATORS: SARA MURCHISON & ALYSHA VISHRAM, OTS

**9:00 - 11:15 AM**

### Flight Curriculum focus on Play

During this workshop, we will provide an introduction to the Vision, Values and Guiding Principles at the heart of Alberta's Early Learning and Care Framework. You will learn about the core concepts of the framework that center around the image of the child as a might learner and citizen. We will also share a quick overview of Flight's holistic play-based goals and the five depositions to learning that are foundational to the approach.

FACILITATORS: LISE PARDELL & SUSAN BAYNE, EDUCATION LEADS

**12:45 - 3:00 PM**

### Understanding Attachment Relationships

Secure children exhibit increased empathy, greater self-esteem, better relationships with family and peers and any increased capacity to handle emotions. Learn how your caregiver practices support your child's security.

FACILITATORS: CHRISTA LUCYK, OT, LAURA BLAKLEY, ASaP, & SHYLA MASSE, GRIT ALUMNI PARENT

*Workshop Details...continued***MONDAY, NOVEMBER 15<sup>TH</sup>, 2021 (9AM - 3PM)****9:00 - 11:15 AM****Guiding Play & Participation**

Learn strategies to encourage play and participation within programming, prevent challenging behaviors, and foster positive relationships of trust and respect. Discussion will include ways to tailor strategies to meet the specific needs of the child and family.

FACILITATORS: SUZANNE KAHLER, BEHAVIORAL CONSULTANT & ALLISON MENARD, SLP

**12:45 - 3:00 PM****Targeted Social and Emotional Supports**

This workshop helps parents and educators recognize the importance of intentionally providing opportunities for children to learn and practice social and emotional skills. This includes strategies for:

- Nurturing positive peer interactions
- Supporting children to recognize and identifying feelings
- Responding to children's strong emotions to support regulation, and
- Guiding children to become independent problem-solvers

FACILITATORS: TWYLA BRUCE, MANAGER, EARLY CHILDHOOD SERVICES (PUF), GINA BLANK, ASAP COACH/ PROFESSIONAL LEARNING LEAD

**9:00 - 11:15 AM****Guiding Play & Participation**

Learn strategies to encourage play and participation within programming, prevent challenging behaviors, and foster positive relationships of trust and respect. Discussion will include ways to tailor strategies to meet the specific needs of the child and family.

FACILITATORS: SUZANNE KAHLER, BEHAVIORAL CONSULTANT & ALLISON MENARD, SLP

**12:45 - 3:00 PM****Targeted Social and Emotional Supports**

This workshop helps parents and educators recognize the importance of intentionally providing opportunities for children to learn and practice social and emotional skills. This includes strategies for:

- Nurturing positive peer interactions
- Supporting children to recognize and identifying feelings
- Responding to children's strong emotions to support regulation, and
- Guiding children to become independent problem-solvers

FACILITATORS: TWYLA BRUCE, MANAGER, EARLY CHILDHOOD SERVICES (PUF), GINA BLANK, ASAP COACH/ PROFESSIONAL LEARNING LEAD

**TUESDAY, DECEMBER 14<sup>TH</sup>, 2021 (9AM - 11:15 AM)****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: LISA DAVIES & SUSAN BAYNE, EDUCATION LEADS

**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: LISA DAVIES & SUSAN BAYNE, EDUCATION LEADS

**FRIDAY, FEBRUARY 4<sup>TH</sup>, 2022 (9AM - 4PM)****GRIT CONFERENCE  
Primary Service Provider  
SHELDON & RUSH****Primary Service Provider Model**

Learn about the Primary Service Provider approach to teaming; an evidence based practice. Look for more information specific to the conference early in the fall from GRIT. GRIT is excited for this year's conference as we continue to learn and unpack the Primary Service Provider Model and the application for our families.

FACILITATED BY: M'LISA SHELDEN AND DATHAN RUSH

*Workshop Details...continued*

**TUESDAY, APRIL 19<sup>TH</sup>, 2022 (9AM - 3PM)**

**9:00 - 11:15 AM**

**Early Child Motor Development**

Learn about some of the general principles that guide the emergence of early fine and gross motor milestones birth to 18 months. General sequence of skill acquisition will be shared. Generate ideas based on a child's interests using a play-based approach to support these emerging skills in everyday routines.

FACILITATORS: OOI LIN PHEH & LISA UCHYTIL, PTS

**12:45 - 3:00 PM**

**Successful Mealtimes**

This workshop provides a brief overview of typical feeding development and common challenges. Participants will be supported in learning the importance of attunement during mealtimes, the experience of feeding, and strategies to support mealtime participation.

FACILITATORS: KATIE BENDIK, OT, CARMEN SOMERS, SLP & SUZANNE KAHLER, BEHAVIORAL CONSULTANT

**9:00 - 11:15 AM**

**Literacy for All**

How and when do children develop literacy skills? How can we adapt activities to ensure meaningful involvement? At this workshop you will learn ways to guide children down the road to literacy by providing a rich learning environment, extending books and activities as well as learning a variety of ways to incorporate AAC into your literacy routines.

FACILITATORS: LISE PARDELL, EDUCATION LEAD & ROBERTA FAITH-SCHMIDT, SLP

**12:45 - 3:00 PM**

**Advanced Child Motor Development**

Review the general principles that serve as the foundation for preschool fine and gross motor milestone development, including the sequence of skill acquisition 18 months and beyond. Discuss the features of immature and mature skills. What is and how can you promote a child's Physical Literacy? Generate ideas based on a child's interests using a play-based approach to support these emerging skills in everyday routines.

FACILITATORS: OOI LIN PHEH & LISA UCHYTIL, PTS

**MONDAY, MAY 2<sup>ND</sup>, 2022 (9AM - 3PM)**

**9:00 - 11:15 AM**

**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: KELLY HENNIG, DIRECTOR OF OPERATIONS & ANGELA HILL FROM IMAGINE INSTITUTE FOR LEARNING

**12:45 - 3:00 PM**

**GRIT Visioning (Parents and Staff)**

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 extended community partners.

FACILITATOR: BARB REID, EXECUTIVE DIRECTOR

**9:00 - 11:15 AM**

**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: KELLY HENNIG, DIRECTOR OF OPERATIONS & ANGELA HILL FROM IMAGINE INSTITUTE FOR LEARNING

**12:45 - 3:00 PM**

**GRIT Visioning (Parents and Staff)**

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 extended community partners.

FACILITATOR: BARB REID, EXECUTIVE DIRECTOR

**GRIT**

12852 141 Street NW  
Edmonton, AB  
T5L 4N8

**P.** 780.454.9910

**F.** 780 455-1806

**E.** [gritprog@gritprogram.ca](mailto:gritprog@gritprogram.ca)

CHARITY NO. 131527723RR0001



For more information on  
The GRIT Program, please visit:

**[www.gritprogram.ca](http://www.gritprogram.ca)**



**Learn without Limits**