

We wish to acknowledge the land that ECCDC is located on, is Thorold in Niagara, and is situated on the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. One of the earliest names for the Region of Niagara is Onguiaahra and is on the territory which is covered by the Upper Canada Treaties and is within the land protected by the Dish With One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Métis, and Inuit peoples and by acknowledging them we are sharing our respect and appreciation of the resources we have received from the land and our friendship with Indigenous peoples.

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Licensed Child Care Supervisors Winter 2023 Network

Agenda

- Welcome and Introductions
- Mindfulness & wellbeing
- Reflection on Resources
- Sharing Resources, Photos & Documentation
- Round Table conversations-Brainstorming, Questions and Connections
- QCCN update
- Resources Available
- Next Steps



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Welcome and Introductions

- We invite participants to say good evening and share a one word goal/focus for the year

"A word can't be broken. It serves as a reminder, a filter. It's who you want to be instead of what you regret."
 -My One Word: Change Your Life with Just One Word



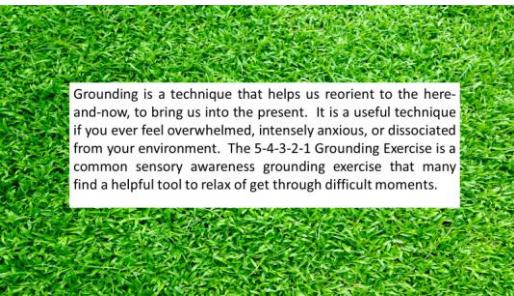
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Mindfulness at Work – Devereux Centre for Resilient Children



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5-4-3-2-1 Grounding Exercise

5 – LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

4 – FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

3 – LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

2- SMELL: Say two things you can smell. It's okay to move to another spot and sniff something. If you can't smell anything at the moment then name your 2 favourite smells.

1 – NAME: Name 1 good thing about yourself.

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ECCDC Support and Resources

- How can ECCDC support you, your staff & your program?



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Want to Know More about ECCDC Services?

- Check us out online at www.eccdc.org or in person at **3550 Schmon Parkway, Thorold.**
- The ECCDC offers a resource lending library of pedagogical materials, specialized workroom, an on-site conference room and a boardroom available for booking.
- Want to purchase items from a distance?
- The ECCDC E-store is currently being updated to serve you better. Please feel free to visit <http://www.eccdc.org/E-store> for updates or contact eccdc@eccdc.org or 905-646-7311 x304 to place orders directly with our Resource Staff Team.
- Our organization supports early learning programs with organizational supports including indoor and outdoor environmental design services, team building, board development, curriculum planning and everything in between!
- The ECCDC designs and delivers professional learning opportunities in person and via webinar on a range of topics. We can customize and deliver to small or large groups, and we always have sessions advertised for anyone to join. **Click here** to see what we have scheduled or register for one of our sessions.



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Next Steps

- What would the network like for next steps?

• Next meetings

-Thursday May 4th, 2023 9:30 am to 11 am



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