



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 30

Explore your personal professional learning goals through a variety of webinars, resources, websites, and other virtual learning opportunities that support your ongoing journey and well-being.

Online Webinars and Training for Educators and Administrators

- Trauma-Informed Care - Building a Culture of Strength – **November 28, 2020** from **9:00 am to 4:00 pm**: [click here](#)
- Tinkering with Wood – **December 9, 2020** from **6:30 to 8:00 pm**: [click here](#)
- A Stronger, More Ambitious Future for Child Care **December 16, 2020** from **2:00 to 3:30 pm EST**: [click here](#)
- The Nature Principle Book Study Part 1: Nature Neurons - Intelligence, Creativity and the Hybrid Mind; **December 17, 2020** from **6:30 to 7:30 p.m. EST**: [click here](#)
- Fearless Conversations With Toddlers: How to Open a Can of Worms With Little Ones **January 13, 2021 2:00 p.m. EST**: [click here](#)
- Engaging Families in the Early Years in Authentic Ways **Wednesday January 20, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Taking Care of Me to Take Care of You – Supervisor Wellness Session **Wednesday January 27, 2021** from **9:00 to 11:00 am**: [click here](#)
- How To Document and Link The Planning Cycle (several dates to choose from): [click here](#)
- Virtual Lunch and Learn: ECE Qualification Upgrade Grant Program: [click here](#)
- Virtual Lunch and Learn: ECE Leadership Certification Grant Program: [click here](#)

Resources for Information on Covid-19

- Coronavirus disease (COVID-19) Updates for Canada: [click here](#)
- Provincial and territorial resources for COVID-19: [click here](#)
- Public Health Ontario: [click here](#)
- Latest COVID-19 Updates for Ontario: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)
- Mental Health and Resilience During Covid-19: [click here](#)
- Supporting Children During Covid-19: [click here](#)
- Building on *How Does Happen?* Pedagogical Approaches to Re-opening Early Years and Child Care Programs in Ontario: [click here](#)



Online Podcasts and Videos & Early Learning Websites

- Canadian Child Care Federation: [click here](#)
- FREE Giving Tuesday Campaign Toolkit + Templates: [click here](#)
- How to make a virtual holiday party memorable: [click here](#)
- Tools To Manage Social Stress In The Early Years: [click here](#)
- College of Early Childhood Educators: [click here](#)
- Association of Early Childhood Educators of Ontario: [click here](#)
- For Parents and Families of Infants and Toddlers: [click here](#)
- For Parents and Families of Preschoolers: [click here](#)
- 3 Frames for Creative Teaching: [click here](#)

Diversity and Inclusion Resources

- Inuit in Canada: From Dog Teams to the Internet; Resiliency and Change – **Tuesday November 24, 2020** from **4:00 to 6:00 pm**: [click here](#)
- FirstOntario Performing Arts Centre presents Cris Derksen with visuals by Adam CK Vollick **Friday November 27, 2020 8:00 p.m. EST**: [click here](#)
- Embedding Anti-Racism Education into Everyday Teaching Practice – **Tuesday December 1, 2020** from **4:00 to 5:00 pm**: [click here](#)
- Resilience and Racial Equity: [click here](#)
- Diwali Crafts for Kids for 2020: [click here](#)
- 3 Fun Hanukkah Crafts for Kids for 2020: [click here](#)
- Trans Awareness: [click here](#)

Small Business Resources and Remote Office Environments

- Webinar: The State of the (non-profit) Sector: A Look Ahead to 2021 - **Thursday December 3, 2020** from **1:00 to 2:00 pm EST**: [click here](#)
- Rebuilding Your Child Care Business: Technology Makes it Possible **January 7, 2021 2:00 p.m. EST**: [click here](#)
- The Child Care Success Company: [click here](#)
- National Day of Conversation on sexual harassment in the Canadian nonprofit sector: [click here](#)
- Spotlight on social media: Understanding platform algorithms: [click here](#)
- How To Integrate Sponsorship Into Virtual Events: [click here](#)



Health and Wellness

- 3 Ways to Recognize and Motivate in Uncertain Times: [click here](#)
- Devereux Centre for Resilient Children – Try Kindness: [click here](#)
- 10 Easy Ways You Can Practice Mindfulness: [click here](#)

Outdoor Activities & Resources

- Loose Parts Play Outdoors **Tuesday December 15 2020, 8:00 p.m. EST:** [click here](#)
- Child and Nature Alliance of Canada: [click here](#)
- Children and Nature Network: [click here](#)
- 43 Reasons That Hiking is Amazing for Kids: [click here](#)

Want to Know More about ECCDC Services?

- Check us out online at www.eccdc.org or in person at **3550 Schmon Parkway, Thorold.**
- We have moved our office location and are open Tuesday, Wednesday, and Thursday from 9:00 am to 9:00 pm and Friday and Saturday from 9:00 am to 4:30 pm to support your needs.
- We offer 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? We offer an online **EStore** of items including Personal Protective Equipment: [click here](#)
- We support early learning programs with organizational supports including indoor and outdoor environmental design services, team building, board development, curriculum planning and everything in between!
- We offer 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.

Uplifting Story of the Week

- Goldie Hawn Brings Proven Mindfulness Lessons to Kids and Their Parents Online for Free: [click here](#)
- Do you have any uplifting stories you would like to share? [Click here](#) to email the Early Childhood Community Development Centre and it may be included in a future edition of The Couch Exchange.