

Never stop
learning,
because life
never stops
teaching.

2023-24 PROGRAM YEAR

COMMUNITY LEARNING
WORKSHOPS



GRIT

Learn without Limits

WELCOME PARENTS, COMMUNITY AND STAFF

Welcome to our

COMMUNITY LEARNING WORKSHOPS • 2023-2024

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 2023-2024 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*

2023



September 25th	<p>AM Neuro-relational Framework Basics</p> <p>PM Foundation Program Skills</p>	<p>AM Neuro-relational Framework Basics</p> <p>PM Planning with Purpose</p>
October 20th	<p>AM Play Dispositions and Unpacking What Play Means</p> <p>AM Early Child Motor Development</p>	<p>AM Sleep</p> <p>AM Vision Strategies/Supports</p>
November 14th	<p>AM Successful Mealtimes</p> <p>AM High-Tech AAC</p>	<p>AM Using Touch</p> <p>AM High-Tech AAC</p>

2024



January 31st	<p>AM Reflective Practice</p> <p>PM Community Café's Program Updates</p>	<p>AM Reflective Practice</p> <p>PM Community Café's Program Updates</p>
February 20th	GRIT CONFERENCE (MORE INFORMATION TO FOLLOW)	
March 11th	<p>AM Social Emotional Development</p> <p>PM Guiding Play and Participation</p>	<p>AM Adapted Physical Education</p> <p>PM Shifting Perspectives with the NRF</p>
April 26th	<p>AM Physical Literacy</p> <p>PM SELF-CARE</p>	<p>AM Emergent and Adapted Literacy</p> <p>AM SELF-CARE</p>
June 21st	<p>AM Vision Day</p> <p>PM TBA</p>	<p>AM Vision Day</p> <p>AM TBA</p>



WORKSHOP *details*



MONDAY, **SEPTEMBER 25TH, 2023** (9AM - 3PM)

9:00 - 11:15 AM

Neuro-relational Framework Basics

The Neuro-Relational Framework (NRF) guides our work in supporting healthy development and well-being. Through discussion and activities, participants will identify the three steps of the NRF that support children's resilience, as well as our role in nurturing development in each of these areas.

FACILITATORS: GINA BLANK; PROFESSIONAL LEARNING LEAD & SARA MURCHISON; OCCUPATIONAL THERAPIST

12:45 - 3:00 PM

Foundation 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; EDUCATIONAL LEAD & KARUSHA ROSE; RESOURCE COACH

9:00 - 11:15 AM

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12:45 - 3:00 PM

Planning with Purpose

This session will help us take our planning to the next level! We will continue to explore the use of interests, routines, fun and play and extend these to think about the goals we are targeting. By the end of this session, learners will improve their ability to plan activities with intention to target IPP objectives and to promote new learning and development. Learners will also enhance their tools and strategies to modify learning activities in the moment to support the child to participate successfully.

FACILITATORS: JULIE LEESON; SPEECH AND LANGUAGE PATHOLOGIST & SUSAN BAYNE; EDUCATION LEAD

FRIDAY, **OCTOBER 20TH, 2023**

9:00 - 11:15 AM

Play Dispositions and Unpacking What Play Means

Learn the various play dispositions and what they mean for the children you work with. Gain practical ideas to make everyday activities a more playful and engaging learning opportunity. Adults, as play partners, increase the warmth, delight, and participation of play and learning. Come to play!

FACILITATORS: LISA DAVIS; EDUCATIONAL LEAD & PARVEEN KALIRAI; EDUCATIONAL LEAD

12:45 - 3:00 PM

Early Child Motor Development

Learn about the general principles that guide the emergence of fine and gross motor milestones such as head control, rolling, sitting, and walking (typically seen from ages birth to 18 months). We will discuss the typical sequence of skill acquisition and some of ways this can vary. We will find ideas to support these emerging skills in everyday routines based on a child's interests using a play-based approach.

FACILITATORS: CHERYL ASSENHEIMER; PHYSIOTHERAPIST & CHARINA REYES; RESOURCE COORDINATOR

9:00 - 11:15 AM

Sleep

Sleep is essential to support a child's wellbeing and development. It is a foundational factor in a child's ability to cope with everyday challenges and stress. This workshop will review universal information and strategies on ways to improve sleep as well as ways to build healthy sleep routines and habits.

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

12:45 - 3:00 PM

Vision Strategies/Supports

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

FACILITATORS: TBD



TUESDAY, NOVEMBER 14TH, 2023 (9AM - 3PM)

9:00 - 11:15 AM

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: TBD; OCCUPATIONAL THERAPIST & ANNA MCMULLEN; EDUCATIONAL LEAD

12:45 - 3:00 PM

High-Tech AAC

In this session, we will explore a variety of apps and systems that provide children with access to communication and promote language development. We will discuss best practices for Aided Language Modeling across routines and activities to promote confidence and comfort in using these tools. Overall, learners will leave with a more solid awareness of the tools that are available to provide every child with a voice as they leave our program.

FACILITATORS: ROBERTA FAITH-SCHMIDT & CARMEN SOMERS; SPEECH AND LANGUAGE PATHOLOGISTS

9:00 - 11:15 AM

Using Touch

Physical touch is a type of nonverbal communication that is important for brain development, human connection, bonding, and health; however, the use of touch can be easily overused when supporting children with disabilities. This workshop will review purposeful use of physical touch and how to modify use of touch to provide appropriate type of touch based on the child's needs and environment.

FACILITATORS: KATIE BENEDIK; OCCUPATIONAL THERAPIST & ISOBEL SHEA; RESOURCE COORDINATOR

12:45 - 3:00 PM

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FACILITATORS: ROBERTA FAITH-SCHMIDT & CARMEN SOMERS; SPEECH AND LANGUAGE PATHOLOGISTS

WEDNESDAY, JANUARY 31ST, 2024 (9AM - 3PM)

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; EDUCATIONAL LEAD & KARUSHA ROSE; RESOURCE COACH

12:45 - 3:00 PM

Community Café's Program Updates

Learn about the various programs at GRIT and what they have been working on! Ask questions to better understand how the programs work together for a strong GRIT agency.

FACILITATORS: GRIT'S PROGRAM MANAGERS

9:00 - 11:15 AM

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TUESDAY, FEBRUARY 20TH, 2024 (9AM - 4PM)

GRIT CONFERENCE

More information to follow



MONDAY, MARCH 11TH, 2024 (9AM – 3PM)

9:00 – 11:15 AM

Social Emotional Development

The first five years of a child's life is very important. A child's healthy social emotional development forms a foundation for lifelong learning and mental health. Children's social emotional development is deeply linked to healthy parent-child relationships. In this workshop, you will learn about social emotional milestones and the qualities of engagement between the parent-child that support development. You will also reflect on how your own qualities of engagement with children and families is a powerful tool for supporting developmental progress.

FACILITATORS: KATIE BENEDIK; OCCUPATIONAL THERAPIST & TWYLA BRUCE; ECS/FSCD PROGRAM MANAGER

12:45 – 3:00 PM

Guiding Play and 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; BEHAVIOUR CONSULTANT & PARVEEN KALIRAI; EDUCATIONAL LEAD

9:00 – 11:15 AM

Adapted Physical Education

Many of the children we serve need adaptations to their physical education programming due to a variety of needs – physical and/or cognitive. We will discuss ways to change physical education programming in a classroom and home setting to offer that “just right challenge” that kids need to learn and grow. We will also discuss practical strategies and activity ideas to make things fun, interactive, and encourage learning.

FACILITATORS: ZIANNA ESMAIL & CHERYL ASSENHEIMER; PHYSICAL THERAPISTS

12:45 – 3:00 PM

Shifting Perspectives with the NRF

Why use the NRF? This workshop will help us understand the paradigm shifts that support a whole-child approach to programming and development. We will practice reframing perspectives on children's actions and behaviours, as well as investigate the impact of relational safety versus a traditional approach to responding to behaviour. We will also look at how to change our understanding of the cause of behaviour, our expectations of neuro-diverse children, and the importance of a common approach for an integrated support plan.

FACILITATORS: CHRISTA LUCYK; OCCUPATIONAL THERAPIST & GINA BLANK; PROFESSIONAL LEARNING LEAD

FRIDAY, APRIL 26TH, 2024 (9AM – 3PM)

9:00 – 11:15 AM

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 PHEN; PHYSICAL THERAPIST & CARMEN SOMERS; SPEECH AND LANGUAGE PATHOLOGIST

12:45 – 3:00 PM

SELF-CARE

Caring for others can be rewarding, but it can also be tiring, overwhelming, confusing, and stressful. Come learn some ways to incorporate self-care into your daily living, so that you are better equipped to manage stress from day to day, continue to live a healthy life, and provide care.

FACILITATOR: TBD

9:00 – 11:15 AM

Emergent and Adapted Literacy

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: SUSAN BAYNE; EDUCATIONAL LEAD & KATIE BENEDIK; OCCUPATIONAL THERAPIST

12:45 – 3:00 PM

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FACILITATOR: TBD

FRIDAY, **JUNE 21ST, 2024** (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

To Be Announced



9:00 - 11:15 AM


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For more information on The GRIT Program, please visit: www.gritprogram.ca