

EST. 1974

Early 
Childhood
Development

ASSOCIATION of PEI

CELEBRATING OUR 50TH ANNIVERSARY

Leading With Inclusion

SPRING CONFERENCE 2024

May 3rd 2024 - Colonel Gray High School - 8:30 am

Spring Conference PRICING



Members: \$90.00 + tax*

Non-Members: \$180.00 + tax*

*Payment is due in full prior to attending.
Registration closes on April 26th at Midnight

Spring Conference SCHEDULE

8:30 - 10:00	Morning Breakout Session*
10:00 - 10:30	Discovery Break
10:30 - 11:30	Morning Breakouts Continued
11:30 - 12:45	Lunch
12:45 - 2:00	Afternoon Breakouts
2:00 - 2:30	Discovery Break
2:30 - 3:45	Afternoon Breakouts Continued

*Note: There will not be registration at the Spring Conference.
Attendees must head directly to their morning break-out session by 8:30 AM

REMINDERS



While we love to watch children run and play, this is an adults only kind of day. However, you are welcome to bring infants under 9 months.

We hope you will understand our decision to make the conference children-free, and take the opportunity to learn and network care-free!

To ensure a safe and respectful environment please be considerate of the following guidelines during the conference:

- Be respectful and polite
- Practice active listening
- No chatting; Save the networking conversations for the breaks, etc.
- Cell phones on silent during the sessions
- Scent Free spaces
- NUT FREE FACILITY

LOCATION

The Conference is being hosted at
Colonel Gray High School
175 Spring Park Rd, Charlottetown, PE C1A 3Y8



*"When Everyone
is included,
everyone wins!"
Jesse Jackson*

Spring Conference

ACCOMODATIONS

Rodd Hotels & Resorts are pleased to provide a special accommodations rate for conference attendees the 2024 ECDA Spring Conference: Leading with Inclusion

Rodd Royalty – 14 Capital Drive

Rates starting at \$137 for a Standard Single Room, plus taxes, per night, based on single/double occupancy, rates offer based on availability at time of booking.

The hotel offers complimentary breakfast, parking and Wi-Fi.

Rodd Charlottetown – 75 Kent Street

Rates starting at \$174 for a Standard Room, plus taxes, per night, based on single/double occupancy, rates offer based on availability at time of booking.

The hotel offers a full-service restaurant, complimentary parking and Wi-Fi.

For Reservations, please call 1-800-565-7633 and request the Early Childhood Development Association rate offer at the preferred hotel and for the dates required, or book online with the following links:

Rodd Charlottetown: <https://reservations.travelclick.com/85516?RatePlanId=8667893>

Rodd Royalty: <https://reservations.travelclick.com/85522?RatePlanId=8667923>

WELCOME

The ECDA Team and Board are proud to present your 2024 Spring Conference-- Leading with Inclusion! Every child, family, and educator deserves a space that honours who they are, and the individual journey they are on. That is what this year's ECDA Spring Conference Leading with Inclusion will focus on-- a lens of inclusion and how we can all be leaders and holistically honour each child that comes into our environments.

As we embark on our 50th Anniversary Year, we aim to highlight one of the fundamental rights of children – the right to inclusion and a nurturing environment for growth. Join us on this journey and discover helpful tips and tricks to kickstart your Spring season in the best way possible!

While there is much to learn, this event isn't all about serious topics. We'll sprinkle in some lighthearted fun to keep the atmosphere lively. Plus, we're excited to bring back beloved facilitators and introduce fresh faces to make our event even more engaging!

We can't wait to greet you for this amazing event!



THANK YOU

A big shoutout to all the amazing contributors, sponsors, volunteers, and attendees! You guys are the real MVPs who make this event sparkle like glitter. Your dedication, generosity, and time are essential to supporting such an event!

We're thrilled to have had you with us, crafting this conference just for you, our members. May you soak up wisdom to supercharge your skills and leave with a skip in your step. Most of all, we hope you walk away with a fire in your belly and a heart full of passion for what you do. Thank you from the bottom of our hearts! ❤️

*"What we know matters, but who we are matters more."
Brene Brown*

SESSIONS

1A: Thriving People - Flourishing Teams

How we reset, revive and thrive with Shannon Gander

Frontline work can be rewarding and energizing! It can also be a wild ride of chaos, multi-tasking, and uncertainty. Not to mention keeping children safe, families buoyant while trying to keep yourself afloat. We were never meant to do this alone! Navigator stress, burnout prevention and creating an environment where we can all thrive is a team event.

In this vibrant keynote, we'll explore a toolkit of actions for co-creating a culture that protects your mental health both in and outside of work. Drawing on the research from *Guarding Minds at Work*, you'll learn the psychosocial factors that help with recovering from challenging days, navigating difficult people interactions to resetting and recharging for individual and collective well-being. Transform everyday habits that not only promote resilient and connected teams, but they can have immediate impacts on your energy, positivity and joy.

This session is also being offered in the afternoon



1B: Inclusion is FUNdamental with Marc Battle

In my experience as an ECE, I have learned that there is no such thing as a disability. I have never met anyone with a disability. I have only met people who faced different and many more profound barriers than me. One of the biggest barriers I have seen is how clinical and medical our Inclusion practices can be.

We have IEPs, tons of goal and measurable outcomes meetings, we discuss labels and adaptations so much so that I fear will drift away from the point of our work with children. We have forgotten that we are really all here for a good time and that fun must be at the heart of everything that we do in Inclusion. I will boldly state that Inclusion only works if it is fun. This interactive workshop will explore through discussion, stories, activities and songs; the attitudes we hold about the value of fun, why is fun necessary, the types of fun available, how fun has a profound impact on inclusion, and identifying the barriers to fun.



SESSIONS

1C: Empowering EQ - Cultivating Emotional Intelligence for Classroom Success with Terri-Ann Richards

Participants will enhance their self-awareness, deepen their understanding of their own emotions and reactions, enabling them to recognize and manage their feelings more effectively in their Early years environment. Attendees will also learn strategies to communicate empathetically and assertively with everyone they communicate with, fostering positive relationships and resolving conflicts constructively.



Participants will develop empathy as a cornerstone of their teaching practice, learning how to empathize with the children's perspectives and experiences, leading to more personalized and inclusive instruction. Educators will gain practical tools to manage stress and build resilience in the face of challenges, enabling them to maintain their emotional equilibrium and provide consistent support to their students throughout the year.

1D: Living with Epekwitk; The praxis of etuaptmumk - two eyed seeing with Nicholas Phillips.

COVID 19 has pushed us all to rethink our relationship with place. Land based, outdoor education, indigenous knowledge and two eyed seeing are common themes arising in Early Learning and Childcare.

Join Nik Phillips; a Mi'kmaw Early Childhood Scholar, as he explores the practice of two eyed seeing using Epekwitk 13 moons as a foundation to building an authentic relationship with place. Learn the 13 moon cycle of Epekwitk. Learn the Mi'kmaw description for each moon and the corresponding behaviours happening in place. By learning, participants unlock the opportunity to understand the importance of Etuaptmumk - two eyed seeing.



SESSIONS

1E: Demystifying Trauma: Naming, Normalizing, and Negating Future Impacts of Early Childhood Trauma with Brianne Shea

According to the Canadian Mental Health Association (2022), ECEs describe high levels of burnout and compassion fatigue, with 50% leaving the profession within 5 years. This workshop seeks to validate the pressures and experiences of Early Childhood Educators and discuss what Burnout, Compassion Fatigue and Vicarious Trauma entails as well as out of the box, evidence-based ideas to mitigate the risks of Burnout, Compassion Fatigue and Vicarious Trauma and improve wellness for Early Childhood Educators in the field.

This session is also being offered in the afternoon



1F: Loose Parts 101 with Tanya Moxley

It seems like everyone is talking about 'loose parts' these days! Do you have 'loose parts' at your centre? Do you 'do' loose parts? Inside, and/or outside? If inside has been pretty easy, but outside has been a challenge, this session is for you. What kinds of loose parts are easy to manage, clean and store for outside? What risks do we need to consider? What are the benefits that make loose parts better outside than our regular equipment and toys? Come and see!



1G: Music Therapy and Childhood Development: How music therapy can create connection and enhance learning with your littles with Shona Pottinger

Join Certified Music Therapist Shona Pottinger to learn how music therapy can be a beneficial addition in childhood development. From the education of becoming a Certified Music Therapist, to specific techniques that might be used within a therapy session, you will learn of the various ways music therapy can effect positive change in social, emotional, and physical developments of a child.



SESSIONS

1H: Nourishing Little Minds on a Budget with Brittany Boothroyd

Nourishing Little Minds on a Budget is a hands-on workshop for early childhood educators, focusing on essential nutrition principles and budget-friendly cooking tips. Discover practical strategies to provide nutritious meals while saving money, learning how to maximize resources and create delicious, healthy snacks on a budget.

Engage in a hands-on cooking component, and collaborate with fellow educators to exchange ideas and strategies for promoting healthy eating habits in the classroom and at home.

Gain confidence and inspiration to make a meaningful impact on the wellbeing of the children you serve.



Back by popular demand!
This session was offered
at the 2023 Fall Conference

1I: An Introduction to Mindful Practice in An Early Learning Setting with Robyn Corbett

An introduction on how mindful practices can be used to support a holistic early learning environment. Specifically, ECEs will learn how mindfulness supports children's connections within the space and overall well-being in the areas of social-emotional, mental, and physical health.

Using the PEI Curriculum Framework as a guide, participants will learn how to incorporate mindfulness to support early learning goals. This workshop offers tools for educators to develop their own mindfulness practice and learn how it can support an embodied early learning practice.



SESSIONS

1J: Supporting Staff through Change with Elizabeth Pederson.

Change is difficult for most people. It can cause staff to feel anxious and uncertain. This is especially true when it is not handled well. This session will explore why we resist change in general. Proven methods of leading through change will be presented and explained.

Attendees will leave this workshop with a solid understanding of change and a process that will work for them going forward for supporting employees through change successfully.



This session is also being offered in the afternoon

1K: Health Promotion: Let's talk about food and beverage environments at home, in the community, and at work with Heather McIver and Meghan Adams

Health Promoters from PEI's Chief Public Health Office will provide an overview of health promotion theories and frameworks and lead activities to translate concepts into action.

This session will also take a deeper dive into healthy eating and nutrition through a trauma informed lens; and into the harmful use of alcohol by exploring risks and harms associated with alcohol, the new Canadian Guidance on Alcohol and Health, and healthy public policies that can help to reduce health and social harms, such as family violence, impaired driving and FASD.

1L: Feel Great Achieving Your Wellness Goals in 4 Simple Steps with Will Fuller

Do you ever think to yourself "Why is it so hard to work on my wellness when I KNOW it would make me feel so great?" Well you are not alone. Research suggests that 91% of people who make New Year resolutions don't complete them!

Why wait until midnight on December 31st to make those last minute wellness goals that you know you won't keep? In this workshop you are going to discover 4 simple steps to creating a wellness plan that could put you in the 6% of wellness achievers. By the end of this workshop you will have a customized take home wellness plan to guide you on your journey, no matter how busy life gets!

Back by popular demand!
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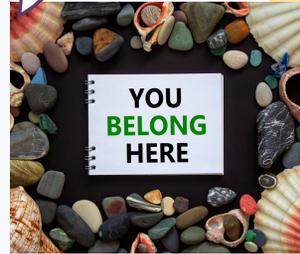
SESSIONS

1M: Inclusion: Investigating Mattering, Advocacy, and Engagement with Kim Stewart and Sherry Rose

What does it mean to matter, to be an advocate, and to fully engage with children, families, colleagues, and community?

Through multiple texts and conversations participants will disrupt the limitations of inclusion, reimagining affirmative possibilities for navigating the complexities of dignity and freedom.

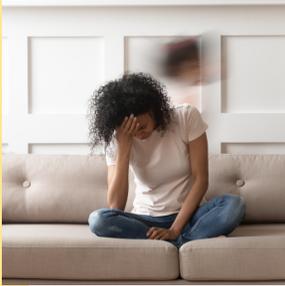
This session is also being offered in the afternoon



1N: Befriending You: Practical strategies for reducing Burnout, Compassion Fatigue and Vicarious Trauma with Nicole Macrae

According to the Canadian Mental Health Association (2022), ECEs describe high levels of burnout and compassion fatigue, with 50% leaving the profession within 5 years.

This workshop seeks to validate the pressures and experiences of Early Childhood Educators and discuss what Burnout, Compassion Fatigue and Vicarious Trauma entails as well as out of the box, evidence-based ideas to mitigate the risks of Burnout, Compassion Fatigue and Vicarious Trauma and improve wellness for Early Childhood Educators in the field.



1O: From Senses to Sentences: Maximizing Learning Potential for Our Little Ones! with Bengisu Gonul and Stephanie Hovey

Learn from an Occupational Therapist and Speech-Language Pathologist about how sensory processing affects communication and how you can help your little ones thrive. Participants will gain valuable insights into how sensory processing impacts a child's ability to effectively communicate and engage with their environment.

The course highlights the importance of a multidisciplinary and collaborative approach to supporting children with sensory processing and communication challenges, emphasizing the complementary roles of OTs and SLPs in promoting holistic development and well-being.



SESSIONS

1P: The who, why, how and what of leadership and inclusion with Elizabeth Hicks.

As the title suggests we will do a deep dive into who we are as ece's, what this means for leadership, and an exploration of what inclusion means and how leaders lead to achieve full inclusion. A lot to ask for in a short workshop... so be ready to bring your ideas and work hard!

This session is also being offered in the afternoon



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1Q: Coloring outside the gender lines: implementing a gender flexible pedagogy with Adam Braye.

Offering practical steps for early childhood educators to build inclusive and intentional safe spaces where all children receive positive messages about their unique gender selves.

Through this workshop we will explore and expand our understanding of gender through history and how it manifests across cultures. Becoming increasingly aware about gender diversity, gender-inclusive language, gender-stereotyping, and what it means to be an ally through practical tools and framework. Contextualizes what it means to rethink early thinking with a commitment to gender justice and gender equality for all children.



1R: Discovering your bias and creating community with Amy Sullivan

This session will provide participants with opportunities to look within themselves to discover potential biases and blind spots. To support an inclusive community, we must start with ourselves.

Uncovering potential blind spots encourages personal growth and the ability to move beyond the bias. As ECE's we are a community, we share common goals with respect to children and families. Through interactive engagement, open dialogue and power point presentation we will work together to 'see' our individuality, create a space to embrace our uniqueness and have this become a part of our practice as ECE's.

This session is also being offered in the afternoon



SESSIONS

1S: Découvrir l'intelligence émotionnelle : Renforcer les capacités des éducateurs et éducatrices de la petite enfance with Kristin Rix

Approfondissez vos compétences en matière d'intelligence émotionnelle grâce à cette session transformatrice ! Animée par une thérapeute en counseling, une enseignante et une coach de vie certifiée, cet atelier est spécialement conçu pour sensibiliser les éducateurs et éducatrices de la petite enfance et leur donner les outils dont ils ont besoin.

Venez participer à une discussion stimulante sur l'intelligence émotionnelle, en explorant ses composantes complexes et en découvrant des stratégies efficaces pour renforcer vos compétences. Explorez la signification profonde de la conscience de soi, de l'autorégulation, de l'empathie, des compétences sociales et de la motivation dans la promotion de l'intelligence émotionnelle.

Vous en sortirez avec des connaissances inestimables, des outils pratiques et un plan d'action personnalisé adapté à vos besoins uniques. Cultivez un état d'esprit de croissance et renforcez votre confiance en maîtrisant l'art de cultiver l'intelligence émotionnelle, tant chez vous que chez les enfants avec lesquels vous travaillez.



1T: "Kehkimin: Wolastoqey Language Immersion and Land-Based Education with Lisa Perley-Dutcher

Kehkimin means "Teach Me " in Wolastoqey language. Wolastoqey people are also known as the Maliseet people and they are located along the Wolastoq in N.B.. Their language is critically endangered and to address this issue a Wolastoqey Immersion school was established in 2022 with its first intake. It is also a land-based school with a curriculum designed to support indigenous pedagogy for early learners (4 & 5 year olds). The process of designing a program that is Indigenous developed and managed will be discussed along with best practice and challenges faced.

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SESSIONS

2A: Thriving People - Flourishing Teams

How we reset, revive and thrive with Shannon Gander

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This session is also being offered in the morning



2B: There is a Pair of Underwear Hanging on our Fence: The Value + Benefits of Mischief with Marc Battle

Throughout my halcyon days in elementary school, everyone of my report cards contained some comment from a stressed out teacher that I had to curb my mischievousness. The thought being was that mischief was something untoward, something that was hateful and full of malice. Heck look up mischief in the dictionary and it will involve punishment and call it misbehavior.

What if mischief was the key to happiness? What if mischief built relationships and created a sense of joie de vivre in the person? What if mischief was a behaviour we hoped to see in our programs? This workshop using stories, research and conversation will explore the value of mischief and how to embrace it within our work and how to encourage it making life a little more fun for everyone.

"Let them call it mischief: When it is past and prospered t'will be virtue." Ben Jonson



SESSIONS

2C: Unlocking Personality Dimensions: Understanding Yourself and the Children for Positive Classroom Relationships with Terri- Ann Richards

Participants will engage in a comprehensive self assessment to uncover their unique personality dimensions, gaining valuable insights into their own strengths, preferences, and communication styles.

Educators will learn how to leverage their newfound self-awareness to foster positive and meaningful connections with their children, colleagues, and parents, leading to stronger classroom relationships and a more supportive learning environment.

Through understanding personality differences, educators will acquire effective conflict resolution techniques, enabling them to navigate disagreements and interpersonal challenges with empathy, respect, and understanding. By recognizing and valuing the unique perspectives and strengths of each personality type, educators will cultivate a culture of inclusivity and diversity within their classrooms, fostering a sense of belonging and acceptance among all children.



2D: Authentic Inclusion with Nicholas Phillips

To be inclusive, we must first understand ourselves; our privileges, biases, and perceptions of what we think we know. Join Nik Phillips; a Mi'kmaw Early Childhood Scholar, as he creates a safe space where participants will explore their own intersections, unpacking the advantages and disadvantages they hold. Privileges, biases, and perceptions will be explored, informing participants how such beliefs and behaviours shape learning environments for early learners. Using Mi'kmaw ways of knowing and being, participants will learn about such teachings as: strengths-based practices, the strength of early learners, Culture and being authentic in our practice of inclusion



SESSIONS

This session is also being offered in the morning



2E: Demystifying Trauma: Naming, Normalizing, and Negating Future Impacts of Early Childhood Trauma with Brianne Shea
Trauma - a term that is part of our vocabulary but frequently misused, misrepresented, and minimized. This is particularly true regarding the long-lasting impacts and prevalence of childhood trauma. Trauma alters brain function. It changes the nervous system. It shifts your concept of self and alters how you show up in the world. Trauma distorts reality. As Early Childhood Educators you play an integral role in the healthy development of children. Your early intervention efforts can curb the lifelong impression trauma can make.

This training session will endeavor to not only explain the development of trauma in early childhood, but break down its impact on the mind, body and soul, and offer practical, interactive strategies to help overcome trauma response that you can take with you throughout your career and your personal life. Let's talk trauma!

2F: Rough and Tumble Play with Tanya Moxley

This session will provide participants with information about the value of a wide variety of play types and their importance in child development.

Most of the program will focus specifically on rough & tumble play – how to set up spaces for it, talk with children and parents about it, and be more comfortable making decisions about when to get involved or stop various types of play.



SESSIONS

Back by popular demand!
This session was offered
at the 2023 Fall Conference

2J: The Power of Negativity; Eliminating the Spread with Elizabeth Pederson

In this interactive session negativity will be defined, how it works, where it comes from, and how it can affect you will also be addressed. You will learn to recognize feelings within yourself and stop them from making you have a bad day.

You will learn about building self-confidence to protect yourself against negative people who just want to beat you down.

Communicating effectively to ensure you don't create negative feelings in others will be reviewed and practiced. Changing negativity into opportunity by using a simple psychological trick will be shared. And, identifying the most common negative mindset traps and how to avoid them.



2K: Health Promotion: Let's talk about food and beverage environments at home, in the community, and at work with Heather McIver and Meghan Adams

Health Promoters from PEI's Chief Public Health Office will provide an overview of health promotion theories and frameworks and lead activities to translate concepts into action.

This session will also take a deeper dive into healthy eating and nutrition through a trauma informed lens; and into the harmful use of alcohol by exploring risks and harms associated with alcohol, the new Canadian Guidance on Alcohol and Health, and healthy public policies that can help to reduce health and social harms, such as family violence, impaired driving and FASD.

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SESSIONS

2L: Responsive Feeding: Celebrating Mealtimes, Language and Play with Margaret Young

Responsive feeding supports children to practice autonomy and self-regulation while developing eating competence and a positive relationship with food. This workshop will explore and celebrate how we approach food and feeding in the early years, with a focus on practical examples and problem solving.

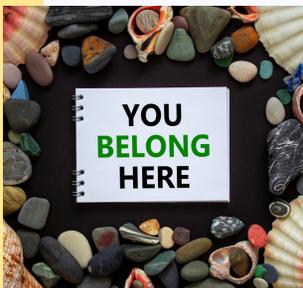
Concepts and learnings from the CELEBRATE Feeding project will be used to provide foundational knowledge and support participants to think about how they can enhance the responsive feeding environment in their centres.



2M: Inclusion: Investigating Mattering, Advocacy, and Engagement with Kim Stewart and Sherry Rose

What does it mean to matter, to be an advocate, and to fully engage with children, families, colleagues, and community?

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SESSIONS

2N: Anxiety and Play: Supporting children with anxiety through play-based interventions with Nicole Macrae

Over the past decade, childhood mental health therapists, educators and advocates have been highlighting that kids - though resilient - are not immune to stress and worries. They also come with big feelings and are developmentally not able to regulate those feelings until much later in life. For 3% of kids, this stress and worry, these big feelings, can develop into an Anxiety Disorder, with signs and symptoms beginning in the early preschool years.

Understanding how kids brains work when they are experiencing Anxiety, Big Feelings and Worry can be extremely helpful - as well as knowing easy to implement strategies.

This workshops aims to help Educators develop a deeper understanding of early childhood Anxiety and Dysregulation, as well as inclusive, easy-to-implement play based strategies that can help improve childhood wellness, while keeping your own!



2O: Beyond Words: Enhancing Communication through Alternative and Augmentative Methods with Bengisu Gonal and Stephanie Hovey

Learn from a Speech-Language Pathologist and an Occupational Therapist about the basics of Alternative and Augmentative Communication to explore innovative ways to enhance and empower individuals with diverse communication needs.

This course offers a comprehensive introduction to Alternative and Augmentative Communication (AAC) techniques, designed to empower individuals with diverse communication needs. Participants will gain a thorough understanding of AAC fundamentals and explore innovative strategies to enhance communication for individuals who may have challenges with speech or traditional forms of communication.



SESSIONS

2P: The who, why, how and what of leadership and inclusion with Elizabeth Hicks.

As the title suggests we will do a deep dive into who we are as ece's, what this means for leadership, and an exploration of what inclusion means and how leaders lead to achieve full inclusion.

A lot to ask for in a short workshop... so be ready to bring your ideas and work hard!

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2Q: Coloring outside the gender lines: implementing a gender flexible pedagogy with Adam Brayne

Offering practical steps for early childhood educators to build inclusive and intentional safe spaces where all children receive positive messages about their unique gender selves. Through this workshop we will explore and expand our understanding of gender through history and how it manifests across cultures. Becoming increasingly aware about gender diversity, gender - inclusive language, gender- stereotyping, and what it means to be an ally through practical tools and framework. Contextualizes what it means to rethink early thinking with a commitment to gender justice and gender equality for all children.



2R: Discovering your bias and creating community with Amy Sullivan

This session will provide participants with opportunities to look within themselves to discover potential biases and blind spots. To support an inclusive community, we must start with ourselves. Uncovering potential blind spots encourages personal growth and the ability to move beyond the bias. As ECE's we are a community, we share common goals with respect to children and families. Through interactive engagement, open dialogue and power point presentation we will work together to 'see' our individuality, create a space to embrace our uniqueness and have this become a part of our practice as ECE's.

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SESSIONS

2S: Optimiser la communication sur le lieu de travail with Kristin Rix

Cette session sur l'optimisation des communications sur le lieu de travail offre des perspectives spécialisées adaptées à la dynamique unique des établissements d'éducation de la petite enfance. Plongez dans des stratégies visant à favoriser une communication efficace dans un contexte de besoins divers, à encourager la collaboration et à garantir des résultats optimaux pour les jeunes apprenants.



Explorez les techniques permettant de mener des conversations difficiles avec les parents, les collègues et les partenaires, en favorisant la compréhension et la coopération. De plus, vous découvrirez des méthodes permettant d'améliorer la connaissance de soi, d'identifier les points forts et d'aborder les limites afin d'affiner la pratique professionnelle.

Rejoignez-nous pour cette session interactive conçue pour donner aux éducateurs de la petite enfance les outils et les compétences nécessaires pour cultiver un environnement de soutien et de communication où chaque enfant peut s'épanouir.

2T: "Kehkimin: Wolastoqey Language Immersion and Land-Based Education

Kehkimin means "Teach Me " in Wolastoqey language. Wolastoqey people are also known as the Maliseet people and they are located along the Wolastoq in N.B.. Their language is critically endangered and to address this issue a Wolastoqey Immersion school was established in 2022 with its first intake. It is also a land-based school with a curriculum designed to support indigenous pedagogy for early learners (4 & 5 year olds). The process of designing a program that is Indigenous developed and managed will be discussed along with best practice and challenges faced.

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Your

FACILITATORS

Shannon Gander



Shannon is internationally recognized as a leading expert in mental health and resiliency. She has worked with hundreds of corporations and non-profits over the past 25 years where workplace culture and unhealthy stress has contributed to high rates of disability and staff turnover. She has also spent her career in a helping profession and knows what it is like to work on the edge of burnout while caring for others. Shannon founded Life Work Wellness to share best practice information on how to strategically invest in strategies that have the biggest impact on our mental health and employee well-being.

Leveraging her dynamic background in mental health, conflict mediation and corporate wellness, Shannon engages her audience by sharing portable skills and daily actions that have immediate positive results on themselves, their workplace teams and the people they go home to at the end of the day. During the pandemic, Shannon was the mental health lead and one of the authors for Teacher Take Care – A Guide to Well-Being and Workplace Wellness for Educators. When not presenting, Shannon works in her private counselling practice in Winnipeg, Manitoba.

Marc Battle



Marc is an ECE Instructor at the Downtown Campus of Red River College Polytechnique. He has been actively involved in Inclusion in child care for almost 40 years and active in the Adult Unrecognized Abilities Community for almost 20 years. He was also a member of The Fabulous Scottones, a fully Inclusive band that was actively involved in protests for the closing of the Manitoba Development Centre. They were featured in a film documenting this protest movement called, The Freedom Tour.

Your FACILITATORS

Nicholas Phillips

Nicholas (Nik) is a father of two and a member of the LGBTQQIA2S+ community of Mi'kma'ki. He is from the district of Sipekne'katik, and of the community of Wekope'kwitk. He married into the community of We'kwistoqnik.

His creative side is founded in Mi'kmaw beading. A skill he continues to master, weaving traditional and modern style into forms of expression. He actively practices Netukulimk, teaching his children the correct way of being with place. Together they spend a wealth of time harvesting medicines and food. They are reclaiming the traditional names of the animals, plants, the waterways, and sky. He is a practicing linguistic, committed to learning the structure of my language; Epekwitk—the place laying in the water.

He lives within a ceremonial home, where the values of love, humility, respect and courage are foundational in all that they do in action and speech. He is a L'nu early childhood development and education scholar and author, with a focus in L'nu storytelling. Weaving arts-based mediums through the narration of trauma informed practice. As a scholar, he is committed to building a platform for L'nui'tasimk—Mi'kmaw ways of knowing and being, in reclaiming and revitalizing traditional and customary practices. While ensuring authenticity in the practice of two-eyed-seeing—etuaptmumk. As an author, he uses the medium of writing to speak truth.

He is a public servant for the provincial government of Nova Scotia, working at the Office of L'nu Affairs, in the Treaty Education Nova Scotia division. His primary role is supporting all Nova Scotians as they learn about our shared history with the Mi'kmaq. We are all Treaty People in Mi'kma'kik. He is an Academic Chair, at the Nova Scotia Community College, providing leadership for the poqji-kina'masulti'kw tel-kina'mujik mijuia'ji'jk – Mi'kmaw Early Childhood Education Level II Diploma program, and the Accelerated Africentric Early Childhood Education Level II Diploma program.

Aside from all of this, he is just a regular human committed to doing better for our little humans. Everything we do Today, borrows from the next generation.



Your

FACILITATORS

Brianne Shea, M.Ed., CCC., CT.



Born and bred an Islander, Brianne Shea's therapeutic intentions for PEI were years in the making. She spent 12 of her adult years living across Canada and internationally, working in non-profit agencies, government organizations, school settings, and complex trauma clinics. From the rice paddy fields of northern Thailand to The Glebe area of Ottawa, Brianne embraced each experience as an opportunity to better connect with, support and understand mental health as it shows up across various populations and cultures. These experiences helped shape her therapeutic approach with the intention of returning to PEI to offer evidence-based mental health support to Islanders.

Brianne feels privileged by the opportunity to do just that, having recently formed her own private practice in downtown Charlottetown, Coastline Counselling Services. As a registered Counselling Therapist (CT) and Canadian Certified Counsellor (CCC), Brianne has advanced clinical training in a variety of modalities and specializes in trauma services including Eye Movement Desensitization and Reprocessing (EMDR). Brianne believes in the power of the mind-body connection and encourages holistic, creative approaches to healing, not least of which includes involving Buoy, her therapy dog-in-training to support her clients through their therapeutic journey.

To learn more about Brianne check out her website, coastlinecounselling.ca, or follow her socials, [@coastline.counselling](https://www.instagram.com/coastline.counselling)

Your FACILITATORS

Tanya Moxley

Tanya is an ambassador for the importance of unstructured loose parts play for children's successful growth & development. In 2018 Tanya completed the Playworker Development Course, through Pop-up Adventure Play in the U.K., where "Playworker" is actually a job title! It's one that requires a four-year degree that's not available in Canada, so we call what we do "Play Ranging", as we take our loose parts to you, rather than you having to come to a particular place.

Tanya got into the "loose parts" business in 2012 upon meeting Beverlie Dietze while they were both working for Mount Saint Vincent University. Tanya & Beverlie collaborated on several projects, leading to lots of learning, the growth of an 'at home' loose parts collection that got lots of great reviews and feedback from her two sons and their friends.

In 2016, while working with the Halifax Regional Centre for Education's "Excel" program (Before & After School Care), she was invited to 'take the [loose parts] show on the road' to introduce the concept to 18 Excel programs. That venture led to visiting every Excel site the following year, having registered T K Adventure Play as a business. Sixty-five schools and many more visits to early childhood centres, summer camps, parties, after-school programs and a variety of community events and even farmers' markets have demonstrated the value of loose parts play in our region!

Shona Pottinger

Shona Pottinger is a graduate of the Bachelor of Music Therapy program at Acadia University. After graduating in 2007, she completed her internship in Halifax and eventually found her way to Prince Edward Island and has worked in private practice since 2010. She splits her workdays between long term care facilities around Charlottetown and working with children and youth in her studio. Her younger clients have a variety of diagnoses including ASD, Downs Syndrome, Developmental Delays, Cerebral Palsy, and ADHD to name a few. Outside of work, Shona enjoys being active outdoors, spending time with friends and her partner Mark, cat Harvey, and dog Walter.



Your

FACILITATORS

Brittany Boothroyd

Chef Brittany Boothroyd is a passionate chef who focuses on plant-forward cuisine prioritising high quality and local ingredients.

Graduating from the Culinary Institute of Canada in her home town of Charlottetown, Prince Edward Island, she earned her Culinary Arts diploma in 2012, followed by her Pastry Arts certificate in 2013 and Cook's Red Seal certification in 2015. With over a decade of culinary experience, Chef Brittany has honed her skills in various restaurants, spanning from her hometown in PEI to British Columbia, Alberta, and even Melbourne, Australia.

She now owns and operates Wild Kitchen where her mission is to inspire her community to feel confident cooking at home for themselves and their loved ones using fresh, wholesome, and delicious ingredients that nourish your body and the planet. She offers private and group cooking classes and workshops, as well as private chef and small event catering services.



Robyn Corbett

Robyn Corbett has a Bachelor of Arts (Child and Youth) from MSVU and has been working in early learning settings for over a decade. As a certified yoga and mindfulness instructor, Robyn has encouraged young people to deepen their relationships with themselves, others, and their environment through engaging mindfulness programming. She is currently an ECE in Pre-Primary in Halifax, N.S. Her early learning practice is deeply influenced by contemplative practices, inspiring her to stay curious about her assumptions in order to continue her growth as an educator.

Robyn is passionate about offering professional development workshops for ECEs looking to expand their understanding of concepts related to children's well-being and learning. Combining evidence-based content with reflective exercises, Robyn invites educators to deepen their early learning practice in a fun and engaging style.



Your FACILITATORS

Elizabeth Pederson

Elizabeth has over 25 years of experience in business and is passionate about helping people. She has worked as an instructor in Business Administration courses, managed a private post-secondary school for 15 years, and provides consulting services in areas such as workplace culture, leadership, and communication.

She is also a regular facilitator at the University of Prince Edward Island and a published author. Elizabeth is a mother of three and a grandmother of two.



Heather McIver

Heather McIver (she/her) is a Health Promoter in PEI's Chief Public Health Office. Heather brings a unique perspective to the team with a decade of experience working in frontline healthcare settings. This has given her the opportunity to see firsthand the positive impact that prevention programs and policies can have on people's health. Heather works in many areas of health promotion with a focus on eating well (Eat Well) and reducing cannabis-related harms. Heather is a Registered Dietitian with a Master's in Applied Human Nutrition from Mount St. Vincent University and a Bachelor of Science in Foods and Nutrition from UPEI. Heather not only focuses on food and nutrition in her work life, but her personal life too while she enjoys the amazing cuisine the Island has to offer.



Meghan Adams

Meghan Adams (she/her) is a Health Promoter in PEI's Chief Public Health Office. Meghan is a believer in the power of community connection, and she is passionate about reducing health inequities through sustainable solutions and healthy public policy. Meghan works in many areas of health promotion with a focus on physical activity (Move Well) and reducing alcohol-related harms (Choose Well). Meghan has a Master's in Science in Global Health and Development from University College London, U.K., and a Bachelor of Science in Biochemistry from Mount Allison University. Meghan remains active in her home community of Charlottetown through volunteering and sport and is grateful to call our beautiful Island home.



Your

FACILITATORS



Nicole Macrae

Nicole is a Mental Health Therapist specializing in Trauma, Reproductive Counselling/Infertility, Grief/Loss, Perinatal Mental Health, Anxiety as well as working with Children, Adolescents and Parents. She owns Oak and Cedar Counselling Services, currently located in Cornwall, PEI but also provides services across New Brunswick and Nova Scotia.

As a practitioner for almost 20 years, Nicole is highly skilled and educated in a wide variety of areas. This includes being Certified in EMDR and is one of a handful of Certified Perinatal Mental Health Therapists in Atlantic Canada. Of special note, she also has specialized Play and Art therapy training, and has worked with kids and adolescents of all ages. Though her private practice works mostly with Adults now, her passion for Child and Adolescent Mental Health is still an important part of her work and she is looking forward to connecting with everyone at this year's Conference.

Bengisu Gonal



Bengisu Gonul (she/her) is a certified Occupational Therapist. She brings a unique dimension to her practice as a Children's Yoga teacher, enriching her approach with holistic insights. Bengisu is committed to creating a safe space for her clients to build self-awareness, recognize their strengths and enhance their overall quality of life by enabling client-centered experiences. Her therapeutic toolkit includes sensory processing, trauma informed care, neurodivergent affirming, and mindfulness-based cognitive approaches. Her profound understanding of the connection between complex behaviour and emotional regulation adds a valuable dimension to addressing the emotional and social aspects of daily living.

Your FACILITATORS

Will Fuller

Will is a licensed Naturotherapist and wellness educator with expertise in functional movement therapy and postural reeducation. He has a degree in Sports Science and a postgraduate certificate in Physical Education. He has taught sports and functional abilities subjects in England, Kenya, and Kuwait before transitioning to the health and wellness field. He has worked as a wellness practitioner at the Sports and Recreation Center at the University of California, San Francisco, and joined the Chiro-Medical Group, which delivers a collaborative, multidisciplinary approach to health and wellness care. Recently, he relocated to PEI with his wife to be closer to their family during the pandemic.



Kim Stewart and Sherry Rose

Kim Stewart is an Associate Professor at the UNB. Through the theoretical frameworks of new materialism, posthumanism, and critical feminism, Kim's re-search investigates ways to re-conceptualize literacies and early childhood teaching/learning.

Sherry Rose is an Associate Professor at UNB. She teaches in the areas of critical studies, early literacies, feminist theories, assessment and curriculum.

Kim and Sherry are founding and continuing members of the University of New Brunswick's (UNB) committee who developed and orchestrated the birth of the online, asynchronous Bachelor of Education in Early Childhood Education.



Your

FACILITATORS

Terri- Ann Richards

Regardless of who you are or where you come from, the one thing that unites us is our desire to be happy. Joining the mic today is Terri-Ann Richards, a woman who believes that happiness AND success is possible for all -- but our conditioning has us chasing it in the wrong direction. Today, Terri-Ann will deliver to you her stories, her energy and most importantly her lessons that will inspire and challenge each of us to take a good hard look in the mirror.

She is host of the Balanced Perspective podcast, and the author of the book "Success Takes Courage: The Inside-Out Approach to Lasting Achievement and Happiness" . She's a serial entrepreneur with almost two decades of experience behind her across eight different businesses in varying industries.

Today, she is a renowned Leadership Development Coach who helps leaders go beyond their titles and live up to their full potential.

When not coaching or standing behind the mic, she is a fun-loving mother to two adult-ish children and an adoring grandma to one and enjoys going on adventures with friends and family in her home on the East Coast of Canada.

Jess Findlay

Jess is an Australian trained Occupational Therapist with 13 years' experience in a variety of OT areas of practice, including pediatrics, palliative care, the cute care, case management, return to work rehabilitation and mental health. She graduated in 2010 with a bachelor of occupational therapy from the University of Sydney, Australia.

Jess is driven by understanding the uniqueness of neurodiversity, particularly in children and how this impacts their way in the world. Jess has additional training and experience in Sensory Processing, Autism/ ADHD, Self-regulation and Coaching and health care. Jess' therapy tends to be guided by her sense of developing connection with others, attunement to individual sensory and nervous system needs and engaging adults and children in their own therapeutic process.



Your FACILITATORS

Stephanie Hovey

Stephanie Hovey (she/her) has over ten years of extensive experience working with vulnerable populations. She specializes in working with Autism, Alternative and/or Augmentative Communication, and complex clients. Stephanie is a Certified Speech-Language Pathologist with Professional Interest in Augmentative and alternative communication (AAC), Clinical education, and Leadership.



Elizabeth Hicks

Liz Hicks, 42 years in early childhood, in various capacities, and at present a private consultant working in early childhood education in NS, providing consulting and professional development in a variety of topics. Recently I have been focusing on getting to know who we are... as educators, leaders and exploring what being inclusive means. I believe that ALL children are capable, curious and have an innate need to connect with people and the world around them, which is also a belief I have for the educators that work with the children.



Amy Sullivan

Born and raised in Atlantic Canada, Amy Sullivan thrives in the Maritime environment. An empty nester now, she lives happily on the shore of St Margaret's Bay with her two kitties. Amy enjoys hiking local trails and exploring other Nova Scotian locales. After 20 years in early childhood education, in 2017 Amy successfully completed a program qualifying her as a Registered Professional Counsellor. Since then, she received instruction and training in Critical Incident Stress Managements with Paul Mackenzie and Certification in Compassion Fatigue education while still maintaining her strong connection to the ECE field. Amy has a passion for supporting and educating individuals in areas such as Compassion Fatigue/Vicarious Trauma, Self Care and Self Regulation and Trauma Informed Practice. It is through her work with vulnerable populations that she developed programs specifically for groups in sectors healing from trauma.



Your

FACILITATORS

Kristen Rix



Kristen est une enseignante certifiée bilingue et thérapeute en counseling basée à l'Île-du-Prince-Édouard (Î.-P.-É.). Elle a complété sa Maîtrise en arts en psychologie du conseil (MACP) à l'Université de Yorkville. Kristen est aussi diplômée d'un baccalauréat en éducation - Français Langue Seconde (BEEd) et d'un baccalauréat en sciences avec une majeure en psychologie (BSc) de l'Université de l'Île-du-Prince-Édouard. La passion et l'expertise de Kristen résident dans la combinaison des domaines de la santé mentale et de l'éducation. Son expertise est renforcée par sa certification en coaching de vie, accréditée par la Fédération des Coachs Certifiés (CCF). Kristen offre du coaching individuel et de groupe, tirant profit de sa vaste expérience. Cette expérience fait d'elle une animatrice d'ateliers exceptionnelle. Kristen a enseigné pendant huit ans au sein du système public de la Commission Scolaire de Langue Française (CSLF). Elle travaille actuellement comme conseillère scolaire et spécialiste en counseling pour les trois écoles francophones dans l'est de l'Î.-P.-É. Son parcours international comprend l'enseignement de l'anglais en France, et elle a dirigé une équipe chargée d'élaborer un curriculum et d'organiser un programme de camps d'été appelé "Learn and Play en français" à UPEI en collaboration avec Canadian Parents for French.

Margaret Young, MSc RD



Margaret is a Registered Dietitian with a Masters of Science in Applied Human Nutrition from Mount Saint Vincent University. She has extensive and diverse experience in early childhood nutrition, research, consultancy, group facilitation and nutrition education. Most recently, Margaret has worked with the CELEBRATE Feeding project as an Early Years Nutrition Coach. She also teaches nutrition at the University of Prince Edward Island and Holland College.

Your FACILITATORS

Adam Braye

Adam Braye (He/They) has worked with children and youth in a variety of capacities and contexts for over 15 years. He currently works as a Family Home Childcare Consultant where he supports providers in developing an inclusive, quality program within their family home setting. Adam also is an instructor for the ECE diploma program at the Jane Norman College. They have a wide range of experiences working with vulnerable populations in non-profit organizations across the country. He has offered professional learning opportunities throughout the province on Implementing a Gender Flexible Pedagogy in the Early Years.

The core of his personal practice is creating a healthy community through positive relationships. They believe creating connections between people, allowing people to feel seen, heard, and valued is the foundation to success. Adam grew up on the beautiful east coast of Newfoundland. Outside the office he believes there is nothing better than connecting with nature, exploring beaches, or hiking in the woods. They enjoy cooking, Lego, sports and reading. He is a lifelong learner and researcher, particularly focusing on LGBTQIA2s+ studies. He actively advocates for the Transgender community, quality childcare and access to Mental Health for all people.



Shannon McQuaid

Shannon McQuaid is a Registered Dietitian and was born and raised on PEI. She completed her dietetics degree at UPEI and has practiced on PEI for over 10 years. She describes herself as a home cook and baker and loves trying out new recipes to style and photograph. For the past 4 years, Shannon has worked as a freelance recipe and content creator and food stylist, and now spends her days at home with her toddler. It's a passion of hers to create a healthy relationship with food for her two young girls and translates that into the work she does.



Your

FACILITATORS



Lisa Perley-Dutcher - Cipelahq Ehpit (Thunderbird Woman)

Lisa is a Wolastoqi/Maliseet woman from Neqotkuk/Tobique First Nation. She is a mother of four sons and grandmother to five. Lisa's professional work includes working as a registered nurse for 30 years. Once retired, her focus shifted to language revitalization. She completed the two-year Wolastoqey Language Intensive Program at Saint Thomas University. Following graduation Lisa and a small group of committed Wolatoqewiyik established Kehkimin Inc. (2020) the first Wolastoqey Immersion and Land-Based School in Wolastoqey territory.

Meet

OUR TEAM



Jennifer Nangreaves (she/her)

Executive Director

Jenn has been serving as the Executive Director at ECDA since March 2021. She brings with her a rich background in the Early Learning and Childcare Sector in both PEI and Alberta, uniquely positioning her to lead the organization. Her professional experience is complemented by her warm personality, making her an invaluable asset to our team. Although originally from the Valley, Jenn is now residing in Hazelbrook with her furry companion, Molly.



Megan McPhee (she/her)

Professional Learning and Operations Manager

Megan has been with the ECDA team since November 2019. Before that, she was busy creating magical moments and beautiful chaos with young children. While Megan is no longer working directly with children, she is still committed to making a positive impact on their lives. As a member of the ECDA team, she works hard to support early childhood educators in their important work. She believes that investing in the early years of a child's life is crucial for their future success and well-being. As a true Island girl at heart, she now lives in the countryside with her partner and their crew of six furry friends.



Raquel Anderson (she/her)

Office Administrator

Raquel joined the ECDA in September 2023, bringing with her over 12 years of experience in office management and customer service. She holds a Diploma in Management Studies and is a Certified Professional Secretary. Raquel is passionate about refining organizational systems and connecting with people. When not at work, Raquel is a devoted mother of six boys and a girl. She enjoys giving back to her community, baking delicious treats, and entertaining guests, particularly during festive occasions.

OUR TEAM

Meet

Julian Taylor (he/him)

Marketing and Communications Manager

Meet Julian Taylor: a marketing guru, event extraordinaire, and pro photographer hailing from Charlottetown, PEI. Julian's been crushing it as the Marketing and Communications Manager at ECDA since October 2022. When he's not busy being a superstar at work, you can find him hanging out with his lovely wife, Jennifer, and their two awesome kids, Peyton Eve (5) and Lachlan Apollo (3), who attend an amazing Early Years Centre in Charlottetown.



Megan Drummond (she/her)

Special Projects Coordinator

Megan Drummond joined the ECDA team in November 2020 as the Special Projects Coordinator. Her primary responsibility is leading the Steps to Success initiative, an innovative educational pathway to become an Early Childhood Educator. Prior to joining ECDA, Megan spent several years actively engaging and learning with children. Fun fact, Megan currently resides on a Christmas tree farm with her husband and two beautiful children.



Sara MacDougall (she/her)

Handle with Care Coordinator

Sara joined the ECDA family as the Handle with Care Coordinator in January 2023. With a wealth of experience empowering children and families, Sara has been an active member of the Handle with Care team since 2014. Interestingly, her journey began as a parent, and she was immediately drawn to the cause.



Meet

OUR TEAM



Jay Baglole (they/them)

Pyramid Model Coordinator

Jay joined the ECDA team in September 2022. Jay is leading the way on our Pyramid to Retention project, bringing with them 14 years of teaching experience in Early Learning classrooms. Jay recently completed their Bachelor of Education in Early Childhood at UNB!



Erin Smith (she/her)

Pyramid Model Mentor

The ECDA welcomed Erin to the team in September of 2022. Before joining the team Erin spent more than 16 years positively influencing the lives of children and families in a variety of roles. Erin is currently finishing up her degree in Child and Youth Studies at MSVU.



Annie Lougheed (she/her)

Pyramid Model Mentor

Annie joined us in March 2023. With her background in educating both kiddos and grown-ups alike, she brings a wealth of knowledge to the table. Originally from Alberta, she ran her own centre before settling down in Charlottetown with her partner and two little ones.



Krutika Desai

Associate Professional Learning Coordinator

Krutika is the ECDA's newest team member, having joined in March 2024! Krutika was a kindergarten teacher for 8 years in her home country India. Being in the company of friends and family, a pretty snowy day and a cup of good ol' warm Indian Masala Chai are her instant harbingers of smile! She now lives in Charlottetown, PEI and has fallen in love with the island life.

See you
May 3rd!

let's get in touch



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