

2026 Umbrella

.....

Annual Conference

Saturday, April 11, 2026

720 Midland Avenue, Scarborough, ON
(Midland Ave & Danforth Rd)



**Umbrella Central
Day Care Services**

CONFERENCE SPONSOR



CATERING SPONSOR



SESSION ONE WORKSHOPS

9:30 a.m. - 11:30 a.m.

M-1 YOU'VE GOT THIS - ADDRESSING CHALLENGING BEHAVIOURS

This workshop is designed to encourage staff in early childhood settings to think about challenging behaviours in a way that focuses on prevention and considering the whole child. Attendees will learn the importance of communication (not only with the child but also with the team and the family) as it directly impacts a child's behaviour in an early years setting. Through discussion and group work we will review strategies and tips to address challenging behaviours while having a discussion around our mindset and reactions when challenges arise. Participants will walk away with confidence in creating a supportive environment where children are understood and teachers feel prepared to address various difficult behaviours.

Andrea Seater

M-2 UNDERSTANDING ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Learn about the ADHD Iceberg – what some people see and what they say about people with ADHD (above the water line) vs. what they do not see and may not understand (below the water line). To help children with ADHD live their best lives, educators need to understand the 3 types – ADHD Inattentive, ADHD Hyperactive and ADHD Combined – in order to target the challenges of cognitive/mental paralysis, sluggish cognitive tempo, rejection sensitive dysphoria, time blindness, dyspraxia and challenges in executive functioning.

Steve Lister

M-3 PROCESS ART - BEYOND THE PAINT-BRUSH!!

Join us as we explore and experiment with ideas for open-ended, process-based art for children in early years environments! In this workshop we will go beyond offering paper and paintbrushes and gain inspiration from a variety of creative materials, provocations and experiences. We will examine the true meaning of 'process over product' and see the value in letting go and letting the children lead. By engaging workshop participants in hands-on play with a variety of materials, sharing real experiences and participating in thoughtful discussions, we hope to ignite joy and see these types of valuable experiences through the eyes of children!

Carrie Harrison-Lameira

M-4 CHILDREN AND ANXIETY: HOW TO NURTURE ANXIOUS KIDS IN THE CLASSROOM

Anxiety has become the central subject in many children's lives these days and mental health has become a big nut for many teachers and ECE's to attempt to crack. Only 1 in 5 children in Canada who need mental health services ever receives professional help. As educators, we have a unique position to influence and nurture emotionally healthy practices in our classroom and greatly curb this statistic. In this workshop you will:

- Learn about what anxiety is and how to manage it effectively in the classroom
- Understand the critical role that emotions play in early childhood development
- Build the confidence to manage the emotional world with children

Joanne Del Core

M-5 STEM AND OUTDOOR PLAY

Ever wonder how you can use STEM and outdoor play to provide engaging learning opportunities for the children? This workshop provides a comprehensive exploration of STEM/STEAM education, starting with an overview of its principles and associated benefits. Educators will engage in an interactive session, learning the art of asking questions to foster critical thinking. Educators will have an opportunity to learn hands-on activities, including chlorophyll rubbings, shadow science, balloon blow-up experiments, and ramp play, emphasizing the practical application of STEM concepts. The workshop will also delve into enhancing programming skills through the scientific method and creation station exercises. Educators will be introduced to STEM read-alouds and activities, as well as the top 5 outdoor play activities that seamlessly integrate STEM learning into the natural environment. The workshop aims to equip educators with innovative and engaging strategies to inspire students in the realm of science, technology, engineering, and mathematics.

Saira Remtulla

M-6 EMBRACING YOUR PURPOSE AND RENEWING YOUR PASSION!

Childcare is a demanding profession in which you have to all times bring an elevated level of personal energy and enthusiasm to ensure a high level of engagement. Sometimes it can take a lot more out of you, so it is critical that you know the value of re-investing in yourself, staying motivated, remain committed to your purpose and reason for being and to embrace ways to keep your passion for educating thriving. In this workshop, we'll explore the meaning of passion in childcare work, recognize the costs of burnout and creative fatigue, develop the beliefs that foster resilience, discuss how best to maintain energy throughout the day, become energized by being a positive influence on colleagues, children and families and know the role goals play as you grow within your career!

Michael Lewis

Door Prizes

Draws will be held during lunch for prizes generously donated by suppliers to the child care community. Your lunch ticket may have a winning number!

SESSION ONE WORKSHOPS (cont'd)

9:30 a.m. - 11:30 a.m.

M-7 TEAM DYNAMICS - *building a compassionate workplace*

Educators need a set of tools to resolve conflicts – sometimes between each other, sometimes with parents. In this workshop we'll take an informative look at the steps involved to ensure that you can address a conflict and then move past and move on successfully. We will demonstrate that resolving conflicts need not be complex and intimidating; instead, it can be a straightforward process. This is a teach people to “fish” workshop, meaning it's about discovering and owning your own skills to resolve your own problems rather than relying on others (supervisors, managers, directors...etc.) to do that for you. Learn practical steps for resolving conflicts and restoring peace and harmony while working to maintain positivity while addressing disputes, become more empowered through self-reliance in conflict resolution, and know what role accountability and responsibility play in your personal and professional growth as an educator.

Tammy Whelen

M-8 SUPPORTING MENTAL HEALTH IN SCHOOL-AGE CHILDREN

Early childhood is a critical window for shaping life-long mental health and resilience. In this engaging and practical workshop, educators will explore how mental health influences emotional regulation, learning, behaviour, and social connection. Participants will learn to identify early warning signs across developmental stages and understand how stress, trauma, and unmet needs may show up in the classroom. Through real-world examples and hands-on strategies, this session provides protective factors and practical tools that can be applied at the individual, program, and centre-wide levels - empowering educators to create environments where every child feels safe, supported, and ready to thrive.

Amanda Boyd

More workshops next page

Registration Information

Conference location is 720 Midland Avenue, Scarborough. (See page 4 for details.)

Registrations are processed on a first-come, first-serve basis.

No more than two registrations for the same workshop per centre please.

Early Bird Special ends March 27, 2026.

Lunch is NOT included in half-day registrations.

REGISTER EARLY to get the workshops of your choice and avoid disappointment.

Priority is given to fully-paid registrations. If a receipt is required, enclose a stamped, self-addressed envelope.

Payment by VISA and Mastercard is accepted.

Please use one form for each person.

All day attendance cannot be shared between two people.

No confirmation of your registration will be sent. When you arrive at the Conference, check in at the registration desk to receive your registration package.

Registrations ARE transferable. If you must cancel your registration, submit a written request to Umbrella by March 27, 2026 and include the name of the replacement person.

Non-attendance does not constitute cancellation.

Children are not permitted at the Conference.

No refunds will be issued after the March 27, 2026 deadline.

More workshops next page

SESSION ONE WORKSHOPS (cont'd)

9:30 a.m. - 11:30 a.m.

M-9 FROM CHAOS TO CALM: PRACTICAL STRATEGIES FOR MANAGING WORK ENVIRONMENTS

Get ready to transform your workplace dynamic in this highly interactive workshop! Say goodbye to daily chaos and hello to a calm, productive environment with practical strategies designed to empower professionals in any setting. Through engaging activities, collaborative discussions, and real-life scenarios, participants will learn effective techniques for managing difficult moments, creating structure, and fostering a positive atmosphere. Get ready to move, collaborate, and leave feeling equipped to bring clarity, confidence, and calm to your workday!

Miguel Martinez

M-10 TEAMWORK THAT TRANSFORMS CHILD CARE PROGRAMS

Supervisors play a key role in shaping the culture and effectiveness of early learning teams. This workshop, designed for child-care supervisors, explores how teams form, how to navigate conflict, and how to build cohesive, collaborative environments that support high-quality care. Participants will learn to identify where their teams are, what they need, and how leadership actions can support growth. Through discussion and real child-care examples, supervisors will strengthen their skills in communication, coaching, and managing staff dynamics. By the end of this session, supervisors will have practical strategies to build trust and psychological safety, support educators through change and conflict, establish consistent routines and shared expectations, improve communication and feedback, and create a positive, engaged team culture. This workshop helps supervisors develop confidence and clarity as leaders who positively influence program quality and staff wellbeing.

Jinder Virdee



About Umbrella

Umbrella Central Day Care Services is a non-profit, charitable corporation that assists the child care community in offering quality programs for children.

Umbrella provides support to all child care professionals through resources, research, education, networking, and training opportunities through workshops and conferences.

The face of child care is constantly changing and Umbrella has worked hard to meet the needs of the child care profession in these challenging times. We continue to provide essential services, current information, affordable professional development, and a resource centre which serves the entire child care community.

Great classrooms and programs begin with well-trained staff who are enthusiastic about implementing the curriculum effectively. To build a quality program and successfully implement curriculum, it is crucial to offer learning opportunities.

Umbrella has a history of providing innovative events and resources for our community. We also operate 11 child care centres in Durham Region.

View our website at www.umbrelladaycare.com

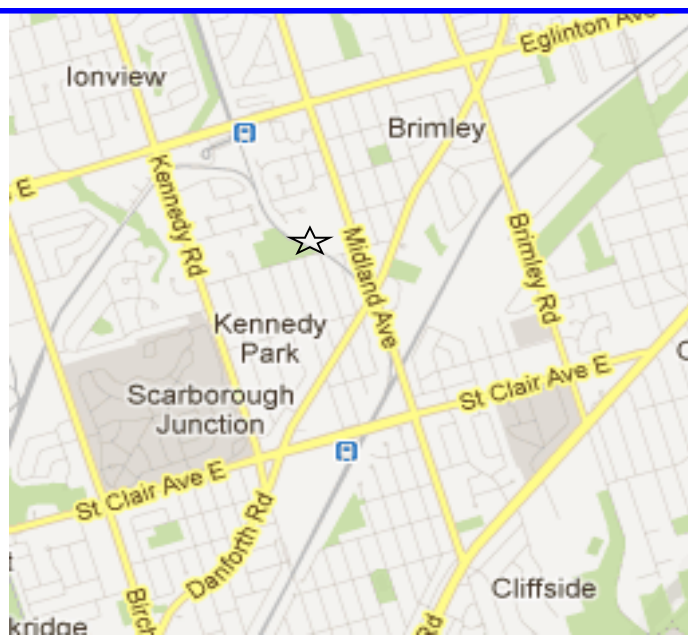
CONFERENCE LOCATION

**720 Midland Avenue
Scarborough, Ontario**

Main intersections: Midland Avenue and Danforth Road.

Parking at the school is limited - arrive early to ensure a spot or take transit!!!

TTC (416-393-4636). From the Kennedy Subway Station, take the Cliffside 20 bus to Midland Avenue and Verdun.



SESSION TWO WORKSHOPS

1:15 p.m. - 3:15 p.m.

A-1 FROM PUZZLE TO PERSON: UNDERSTANDING ASD IN CLASSROOM SETTINGS

This workshop aims to provide information about what an Autism Spectrum Disorder is, and how staff can create an inclusive and supportive environment for children with ASD in their child care/classroom settings.

Topics will include:

- What is ASD?
- What are the diagnostic criteria?
- What are the core deficits of ASD?
- Considering the spectrum of abilities and challenges
- Supportive strategies for the early years environment
- Including the family perspective
- Community resources

Through group activities, informal discussion, and reflection on staff's personal work environment, participants will be encouraged to look at ASD in a new and inclusive way.

Andrea Seater

A-2 SEEING THE BEAUTY IN SIMPLE MATERIALS AND EXPERIENCES

Designed for educators of infants, toddlers and preschoolers, this workshop will remind us of the value and importance of offering simple materials and experiences for children. Often, educators think they need to offer elaborate set ups with detailed planned outcomes and end up overcomplicating things for the children and themselves. Through hands on experiences, exploration of materials and looking at real classroom experiences, participants will practice slowing down and really noticing the amazing things children experience, think and learn when offered simplicity and are given space to lead. Educators will also learn ways to incorporate this way of being into their daily programming in their classrooms.

Carrie Harrison-Lameira

A-3 INTENTIONAL LISTENING AND COMMUNICATION - Bridging Emotional Connections With Children and Colleagues

Learn about the 3 levels of listening and practically apply them in this session. These listening levels will teach you how to exclusively focus on the other person, help you to paraphrase and reframe what you heard back, and ask open-ended questions to dig deeper into the discussion, all for the sake of more meaningful and engaged conversations and ultimately for effective interpersonal and communication skills.

In this workshop, you will learn:

- How to format and ask open-ended questions, paraphrase and summarize what the other person is saying
- Practice non-judgmental listening to tame your own biases.

Joanne Del Core

A-4 MENTAL HEALTH MATTERS: A GUIDE TO WELLNESS, SUPPORT AND RESILIENCE

Dive into a supportive, interactive workshop dedicated to mental health and wellness in the workplace! Mental Health Matters equips participants with essential tools for self-care, emotional regulation, and peer support. Through discussions, scenario-based activities, and personal reflection, attendees will explore strategies for maintaining well-being while supporting those around them. Expect movement, group collaboration, and practical insights that will empower you to prioritize mental health in both your personal and professional life.

Miguel Martinez

A-5 MINDFULNESS AND CO-REGULATION

When adults and children are under stress their fight, flight and freeze stress response kicks in. Mindfulness is a process educators can learn to understand and respond to stress in terms of managing their behaviours, overwhelming emotions, sensory inputs, motivation, learning, and relationships. When educators understand themselves, they can then help children to regulate in a process of co-regulation. Bilateral Bio-Meridian and Awareness Based Calming Tools (BB-ABC) are exercises designed to help educators calm themselves and they can be taught to the children they work with.

Stephen Lister

A-6 COMMUNICATING WITH PARENTS

Through this workshop teachers learn how to communicate effectively with a variety of people. They learn how to communicate with the children in their care, providing instruction and interaction at a level that is developmentally appropriate. They also learn to communicate with parents and family of the children, informing them about events and concerns related to their child. In addition, they learn to communicate effectively with team players within their classroom and in the larger daycare setting so as to provide a unified and organized environment for all the children in their care.

Jinder Virdee



**Please arrive on
time for your
workshop.
Thank you!**

CONTACT US: Umbrella Central Day Care Services Inc.
2205 Kingston Road
Scarborough, Ontario M1N 1T7

Phone: 416-686-9869
Fax: 416-686-9870
Website: www.umbrelladaycare.com
Email: director@umbrelladaycare.com

SESSION TWO WORKSHOPS (cont'd)

1:15 p.m. - 3:15 p.m.

A-7 CONNECT, ENGAGE AND RECYCLE

Ever wonder how to keep children engaged in circle time while turning it into a meaningful learning experience? This interactive workshop supports educators in strengthening children's oral language skills through music, rhymes, and creative exploration, with a focus on infant, toddler, preschool, and kindergarten age groups. The session begins with fun, engaging rhymes and explores the importance of oral language development, with connections to *How Does Learning Happen? (HDLD)* and the Ontario Kindergarten curriculum. Participants will discover how music and rhymes support early literacy while encouraging active participation.

Educators will also explore creative ways to use everyday and recycled materials to extend learning. Through hands-on creation of simple musical instruments, along with songs and rhymes, participants will see how these materials support literacy, numeracy, fine motor skills, imagination, and conversations about sustainability. The workshop concludes with practical strategies educators can immediately use to create engaging and purposeful learning experiences.

Saira Remtulla

A-8 NAVIGATING BEHAVIOUR WITH CONFIDENCE IN SCHOOL-AGE PROGRAMS

Behaviour is communication—and when children struggle, they are often expressing unmet needs. This interactive workshop explores the underlying causes of challenging behaviour through a trauma-informed lens. Participants will gain insight into how stress, regulation difficulties, and developmental factors influence behaviour in school-age settings. Through practical strategies, ready-to-use tools, and real-life scenarios, educators will learn how to de-escalate situations, build connection, strengthen emotional regulation, and create safer, more responsive classroom environments. Walk away with renewed confidence and concrete techniques you can implement immediately.

Amanda Boyd

A-9 ALL ABOUT DECISION MAKING AND DECISIVENESS

Decision making and decisiveness are important skills throughout life and it starts in a child's early years. Young children are constantly faced with choices, from selecting activities to resolving conflicts with peers. Encouraging children to make decisions helps them develop critical thinking and problem-solving skills. It also fosters independence and confidence, as they learn to trust their judgement and understand the consequences of their choices.

Michael Lewis

A-10 BUBBLES, SLIME, LEGO, AND MORE!

Creative Interventions to Build Emotional Regulation and Social Skills

Young children are still learning how to manage big feelings, solve problems, and get along with others. In early learning settings, challenging behaviours such as tantrums, impulsivity, difficulty sharing, and peer conflict are common, and can be stressful for staff. Engaging, hands-on activities using everyday materials like bubbles, slime, Lego, and simple games can help children build emotional regulation, cooperation, flexible thinking, and problem-solving skills in fun and developmentally appropriate ways.

In this interactive workshop you will learn creative, easy-to-implement strategies that can be seamlessly integrated into your classroom routines to support positive behaviour and strengthen social-emotional development.

Participants will leave with practical tools that:

- Help children identify and express feelings appropriately
- Teach calming and self-regulation strategies
- Strengthen sharing, turn-taking, and cooperation
- Promote flexible thinking and problem-solving

Expand your toolbox with innovative strategies that make learning social-emotional skills fun, hands-on, and effective!

Liana Lowenstein

CONFERENCE SCHEDULE

Saturday, April 11, 2026

8:30 Registration, refreshments

9:15 Announcements in the Cafeteria

9:30 *Session 1 Workshops*

11:30 Lunch

1:15 *Session 2 Workshops*

FEELING UNDER THE WEATHER?

If you have flu symptoms such as a fever, aches, tiredness or a cough, we ask that you do not attend the Umbrella conference to reduce the chance of infecting others.

If an individual cannot attend the conference (for whatever reason, illness or other), there are no refunds after March 27, 2026, but you can send a substitute in your place.

CONFERENCE LOCATION—See map on page 4

**720 Midland Avenue
Scarborough, Ontario**

Speaker Information

Amanda Boyd, B.A., C.Y.C. CTP, is a Certified Trauma Counsellor, Child and Youth Counsellor and a specialist in the field of children's mental health. She currently serves as a Resource Consultant with Every Child Belongs,

Joanne Del Core works in many capacities with educators and children to build emotionally healthy environments for children. Her passion comes from years of experience working in childcare where she saw a great need for early educators to be supported with information and tools specific to emotional development practices. She runs a private practice in Toronto working with child and family facing organizations to drive training initiatives to equip educators in training with tools and information about how to navigate and support the emotional landscape for children.

Carrie Harrison-Lameira, B.A. R.E.C.E is a Registered Early Childhood Educator who has been working with children from birth to teenagers for over 25 years. She has been an educator in childcare centres, camps, after-school programs, full day kindergarten classrooms and a college lab school. Her experience also includes being a childcare supervisor, working with children with special needs and opening a non-profit childcare.

Michael Lewis is managing director of Michael Lewis Training, Motivation & Development, a London, Ontario based training firm specializing in personal and professional development workshops.

Steve Lister provides training for early childhood professionals who work closely with students who display challenging behaviours. He is also a certified Autism Awareness Trainer and has developed and delivers workshops in Mindfulness and Self-Regulation for students, staff, and parents.

Liana Lowenstein, MSW, RSW, CPT-S, is a Registered Social Worker, Certified Play Therapist-Supervisor, and Certified Trauma Therapist who has been working with children and their families in Toronto for over 35 years. She is an internationally recognized speaker and the author of 15 books on child and family therapy, known for their practical and creative interventions.

Miguel Martinez is President of MTClife Inc., a life/business coaching company. He is passionate about instilling soft skills at an early age. He has worked with the First Nations to bring active programs to their schools, and has provided workshops for multiple school boards in Ontario. Miguel has found Passion & Purpose through Dance, Music, and Laughter - which now serve as cornerstones to MTClife Inc.

Saira Remtulla is an Ontario Certified Teacher with the Toronto District School Board for over 15 years. Saira has developed and founded a fun-filled program tailored to children aged zero to 4 years, which provides them with the foundational tools necessary to achieve success in their educational journey. She trains educators in the Connected Start method at workshops, child cares and early learning centres and conferences. Growing, learning and making mistakes can only happen when children feel safe and connected with their caregivers, educators, environment and with each other.

Andrea Seater RECE has been working with individuals with Autism and Developmental Disabilities for over 25 years. She has run recreational and respite programs, supervised staff and volunteers, facilitated professional development and parent education, and currently supports families in the home as an early interventionist.

Jinder Virdee, Bachelor of Teaching, E.C.E., has been involved in the Early Childhood Education field for over 30 years. Jinder teaches at Seneca College, and operates her own consulting business offering keynote speaking, workshops, webinars and seminars. Through these hands on workshops, Jinder shares personal experiences and shares many personal stories.

Tammy Whelen has a certification in Adult Education, and Facilitation and Teaching Effectiveness. She believes it is through understanding and acceptance that we can build a network of support.

**see you on
April 11th**

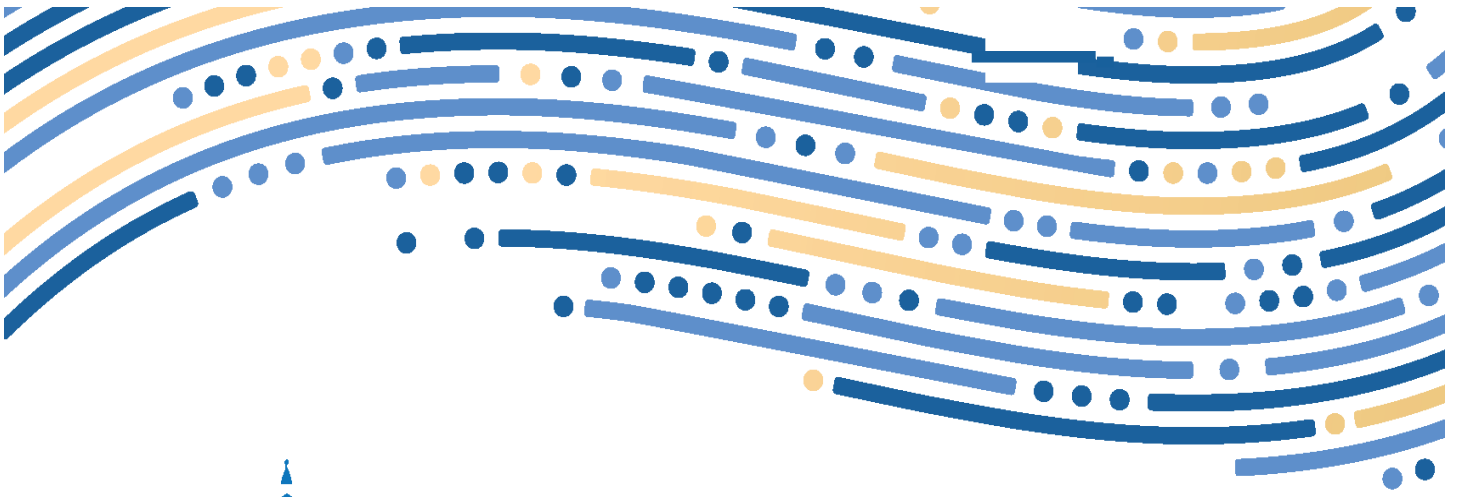
WORKSHOP CERTIFICATES

When you attend the conference you will receive a certificate of participation. Each certificate will have the amount of workshop hours on it to help you track your professional development hours.

**10 Morning Workshops and
10 Afternoon Workshops
to choose from!!**

**REGISTER EARLY TO AVOID
DISAPPOINTMENT!!!**





FEATURES
20 workshops to choose from!
Networking Opportunities
Exhibits
Door Prizes
Childcare Resources
.... and much more!



20 **ECE** WORKSHOPS

HOSTED BY:
Umbrella Central Day Care Services
2205 Kingston Road
Scarborough, Ontario M1N 1T7
Phone: 416-686-9869 FAX: 416-686-9870
www.umbrelladaycare.com
director@umbrelladaycare.com

REGISTRATION

2026 Umbrella Annual Conference

Saturday, April 11, 2026

Scarborough Centre for Alt. Studies,
720 Midland Ave., Scarborough



Registration Information

Registrations are processed on a first-come, first-serve basis. Register early to get the workshops of your choice and avoid disappointment.

Priority is given to fully-paid registrations. If a receipt is required, enclose a stamped, self-addressed envelope. **STUDENTS** - please provide Student Card or proof.

**All day attendance cannot be shared between two people.*

CHILDREN ARE NOT PERMITTED AT THE CONFERENCE.

WORKSHOP SPACE IS LIMITED. PLEASE - No more than two registrations for the same workshop

Name _____

I am a member of Umbrella I am not a member of Umbrella

Member Centre Name _____

Address _____

Address _____

Postal Code _____ Phone # _____

email _____

Become a member of Umbrella

Yes!

I would like to join Umbrella, and receive a rebate on my conference fee.

(Please enclose a full non-member conference registration fee. You will be credited against your Umbrella membership fees, pending approval.)

Conference Fee Schedule (Early Registration Prices)

Yes! I want to attend (lunch included all day only)

	Students	Members	Non-members
<input type="checkbox"/> Session 1 only*	\$85.00	\$125.00	\$150.00
<input type="checkbox"/> Session 2 only*	\$85.00	\$125.00	\$150.00
<input type="checkbox"/> All Day	\$120.00	\$170.00	\$210.00

Add \$10.00 if registering after March 27th

Make cheques payable to:

Umbrella Central Day Care Services **Total**
SEE BELOW FOR CREDIT CARDS Enclosed \$ _____

**All day attendance cannot be shared between two people.*

CHILDREN ARE NOT PERMITTED AT THE CONFERENCE.

Register before March 27th!
If you register after March 27, 2026 or at the door, pay \$10.00 extra.

Cancellations

Conference registrations **ARE** transferable. If it becomes necessary to cancel your registration, please submit a written request to the Umbrella office by March 27, 2026 and include the name of the replacement person.

No refunds will be issued after the March 27, 2026 deadline.

Workshop Selection

Please enter the workshop you want to attend by number, along with your second and third choice, should the workshop be filled. Workshop preferences cannot be guaranteed, but everything possible will be done to honour your choices. Workshops are filled on a first-come, first-serve basis.

PLEASE - No more than two registrations for the same workshop per centre.

Session 1 (9:30 - 11:30) 1st _____ 2nd _____ 3rd _____

Session 2 (1:15 - 3:15) 1st _____ 2nd _____ 3rd _____

Please make a note of this information for your own records.

For Office Use Only

Date in _____ Fee _____ Init. _____

Mail, fax or email your Registration Form today!

Please make cheques payable to
Umbrella Central Day Care Services.

MAIL TO: Umbrella Central Day Care Services
2205 Kingston Road
Scarborough, Ontario M1N 1T7

EMAIL: director@umbrelladaycare.com
PHONE: 416-686-9869 **Fax:** 416-686-9870

IF PAYING BY VISA OR M/C

Card #: _____

Expiry: _____ Security Code #: _____

Should you make copies for your colleagues before filling this form out?

Thank you for your registration!

Mark your calendar for March 27, 2026. We look forward to seeing you at Umbrella's 40th Annual Conference!

Please Note

No confirmation of your registration will be sent. When you arrive at the Conference, check in at the registration desk where you will receive your registration package.