



Home Child Care Conference

9 a.m. to 2:30 p.m.
8:30 a.m. registration and continental breakfast

Saturday, April 20, 2024
Abilities Centre
1 Jim Flaherty St.
Whitby, L1N 0J2

Lunch will be provided

Keynote presentation:
Fostering and supporting wellness as a caregiver

Presented by:
Stephanie Geraci, Registered Psychotherapist and
Tiffany Dookhan, Registered Social Worker,
Durham Region Family Services

Topics covered will include managing burnout, mindfulness, mental fitness, self-care practices, and will include how to access community support and resources for mental health support for participants, children in their care and their families.

Workshop selections include:

- A day in the life of a home child care provider
- Small business and taxes Q&A
- Let's talk child development and behaviour
- Menu planning tips and tools
- EarlyON make and take

To register for this event,
select the [link](#) or scan the
QR code below

