

# SAVE THE DATE!

## East and West Kootenays Adult Community Training

### Caring for the Caregiver

January 13, 2021  
9:00 am - 12:00 pm PST

Only when you take care of yourself can you effectively care for others.

This workshop will help caregivers identify their thoughts, beliefs and attitudes and how they can contribute to their level of stress. We will then work collaboratively to develop tools and strategies to proactively develop a plan to support self-care and increase job satisfaction.

### Antecedents, Triggers, and Cuing Behaviours

February 17, 2021  
9:00 am - 12:00 pm PST

Part of our online workshop series for CLBC.

Antecedents are the things that happen before challenging behaviours occur. Learn how to create an ideal environment for the people you support by making changes to living spaces, using visuals that work, and minimizing behaviour escalations.

### Sexual Behaviour Across the Lifespan

Understanding & Support  
March 10, 2021  
9:00 am - 12:00 pm PST

This workshop will be presented by Landa Fox (she/her) is a BCBA and Certified Sexual Health Educator living & working in Lekwungen Territory.

The workshop will outline sexual behaviours & knowledge that all people experience across the lifespan. We will examine historical and current perspectives on disability and sexuality and how these impact care and service provisions.

To learn more and register please visit: [www.pivotpoint.ca/calendar](http://www.pivotpoint.ca/calendar)

### Kootenay Behaviour Consultation Program

This series of professional development courses is being offered as part of CLBC's Kootenay Behavior Consultation Program. Community Service Providers employed through many CLBC funded agencies are eligible to attend classes FREE of charge. Please contact your agency for more information.

Scan this QR Code to learn more about the Kootenay Behaviour Consultation Program



### Common Classes Offered

- ✓ Person Centred Service Provision
- ✓ ABC's of Behaviours: Understanding the causes and effects of behaviours
- ✓ Reinforcement and Motivation
- ✓ Intro to Developing New Behaviours: Alternative Strategies
- ✓ Antecedent Strategies for Managing Behaviour
- ✓ Non-Violent Crisis Prevention: Managing challenging behaviours through Mandt

\* Agencies may also contract us directly to provide training outside of the KBCP