



# Education CALENDAR

January - March  
2021



MISSISSAUGA HALTON LHIN  
REGIONAL LEARNING CENTRE

REGIONAL LEARNING CENTRE



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# Course Registration LINKS

Course Title  
&  
Dates Available

Course  
Information  
&  
Registration

## Compassion Fatigue Series

Hr. 1- Compassion Fatigue and Vicarious Trauma - January 19 & 26, and February 3, 2021 - 11:00am-12:00pm  
 Hr. 2- Warning Signs and Intervention - February 2 & 16, 2021 - 2:00pm-3:00pm and February 12, 2021 - 11:00am-12:00pm  
 Hr. 3- Strategies for Your Workplace - February 18 & 25, 2021 - 2:00pm-3:00pm and February 24, 2021 - 11:00am-12:00pm  
 Hr. 4- Self-Awareness and Coping with Our Stressful/Challenging Lives - March 3, 2021 - 10:00am-11:00am, March 11, 2021 - 2:00pm-3:00pm, and March 12, 2021 - 11:00am-12:00pm  
 Hr. 5- Balancing Life and Work - March 19 & 30, 2021 - 11:00am-12:00pm, and March 25, 2021 - 2:00pm-3:00pm

1. [Click Here](#)
2. [Click Here](#)
3. [Click Here](#)
4. [Click Here](#)
5. [Click Here](#)

## Cope and Connect

**For Community Staff:**  
 February 11, 23 & March 8, 24 - See Calendar on pages 10-11 for times

**For Supervisors/Managers:**  
 February 4, 19 & March 3, 16 - See Calendar on pages 10-11 for times

- [Click Here](#)
- [Click Here](#)

## CPI Verbal Intervention Training

January 15, 2021 - 8:30am-12:30pm  
 February 17, 2021 - 12:30pm-4:30pm  
 March 18, 2021 - 8:30am-12:30pm

- [Click Here](#)

## Falls Prevention - 1 Hour Webinar

January 28, 2021 - 5:00pm-6:00pm  
 February 25, 2021 - 4:00pm-5:00pm  
 March 22, 2021 - 12:00pm-1:00pm

- [Click Here](#)

## Gentle Persuasive Approaches (GPA) - 2 Consecutive Days

January 6/7, & 20/21, 2021 - 9:00am-12:30pm  
 February 3/4, 2021 - 9:00am-12:30pm  
 March 23/24, 2021 - 9:00am-12:30pm

- [Click Here](#)

## Gentle Persuasive Approaches - Recharged - 2 Parts \*(MUST sign up for both parts)

**PART 1:**  
 January 28, 2021 - 11:00am-12:00pm & 2:00pm-3:00pm  
 February 22, 2021 - 11:00am-12:00pm & 3:30pm-4:30pm  
 March 9, 2021 - 9:30am-10:30pm & 12:00pm-1:00pm

- Part 1  
[Click Here](#)

**PART 2:**  
 January 29, 2021 - 11:00am-12:00pm & 2:00pm-3:00pm  
 February 23, 2021 - 11:00am-12:00pm & 3:30pm-4:30pm  
 March 10, 2021 - 9:30am-10:30am & 12:00pm-1:00pm

- Part 2  
[Click Here](#)

# Course Registration LINKS

Course Title  
&  
Dates Available

Course  
Information  
&  
Registration

[interRAI CHA Core, Functional, Outcome Scales, CAP's and Care Planning - 5 Days](#)

[Click Here](#)

February 24/25/26 & March 1/2, 2021 - See Calendar on pages 10-11 for times

[Medication Management](#)

January 27, 2021 - 8:30am-12:00pm  
February 18, 2021 - 8:30am-12:00pm  
March 25, 2021 - 8:30am-12:00pm

[Click Here](#)

[PPE - Donning/Doffing - 1-Hour Webinar](#)

January 14, 2021 - 10:00am-11:00am  
February 5, 2021 - 1:00pm-2:00pm  
March 22, 2021 - 10:00am-11:00am

[Click Here](#)

[Psychological Health and Safety Standard - 1-Hour Webinar](#)

March 16, 2021 - 10:00am-11:00am

[Click Here](#)

[Safer Lifts and Transfers](#)

January 26, 2021 - 8:30am-12:00pm  
February 10, 2021 - 8:30am-12:00pm  
March 11, 2021 - 8:30am-12:00pm

[Click Here](#)

[The 3 D's: Delirium, Dementia, and Depression](#)

February 19, 2021 - 1:00pm-4:00pm  
March 23, 2021 - 1:00pm-4:00pm

[Click Here](#)

[The Working Mind for Employees - 2 Consecutive Days \(\\$10 per person, click the link for more details\)](#)

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

[Click Here](#)

[The Working Mind for Managers - 3 Days \(\\$10 per person, click the link for more details\)](#)

February 5/10/11, 2021 - 9:00am-12:00pm

[Click Here](#)

[Wound Prevention](#)

February 8, 2021 - 9:00am-10:30pm  
March 4, 2021 - 1:00pm-3:30pm (2.5 hours)

[Click Here](#)

## Custom Scheduling Requests

In the event that the times in the calendar don't work for you, the RLC is pleased to offer Custom Scheduling Requests. In addition to the above courses, please see pages 7-10 for additional courses available by request only. If you are interested in this service or want to learn more, please email us at [info@regionalllearningcentre.ca](mailto:info@regionalllearningcentre.ca). We look forward to hearing from you.

## Cancellation Policy

Classes are subject to cancellation at **least (5) business days** prior to the scheduled course offering. If you are registered in a course that is cancelled, you will receive a notification from the Regional Learning Centre (RLC). Should you need to cancel your registration, or if you have any questions please contact the RLC at [info@regionalllearningcentre.ca](mailto:info@regionalllearningcentre.ca) or call 905-829-7006.

## Late Policy

Participants are expected to sign into the session 5 minutes before the start of the session. To reduce interruptions during the session, no one will be admitted after 15 minutes of the start of the session. It is recommended that participants test their systems before the start of the session to ensure their technology will work.

## eLearning at the RLC

The RLC eLearning platform has been enhanced to offer over 100 microlearning courses for staff, supervisors and managers working at community support service agencies. To view and access the eLearning modules simply, click the icon below, or go to [www.regionalllearningcentre.ca](http://www.regionalllearningcentre.ca) and click on "E-learning." Once there, you can sign up or login if you have an existing account. To enroll in a course, search in the course catalogue and click "get this course". You will now be able to access modules via your home page. You will be able to save your progress during each module, and complete it at your own pace.

### Location

All sessions will be held via Zoom and Microsoft Teams. A link will be sent 1-2 business days before the start of the session. Please check your junk or spam folders for the email.

Joining the session with your microphone and camera on (if possible) is recommended to get the most out of each session. You can join from your smartphone, laptop or tablet. Calling in on the telephone line is not recommended.

Questions can  
be directed to

[info@regionalllearningcentre.ca](mailto:info@regionalllearningcentre.ca)  
or 905-829-7006

### Facilitators

Taryn Bolt, OT Reg. (Ont.), MScOT  
Kiran Ghatora RN, MN  
Marcia Annamunthodo RN, MS(N), IBCLC, CCHN (C)  
Yalini Gunarajan, RN, BScN

# Additional Courses Offered

RLC Classes for Staff  
RLC Classes for Supervisors

You won't find these courses in our Winter calendar, but we are happy to set up a session just for your organization.

Email us at [info@regionallearningcentre.ca](mailto:info@regionallearningcentre.ca) to arrange a session.

## Chronic Disease: Introduction to Chronic Obstructive Pulmonary Disease [COPD] and Parkinson's Disease [PD] - 3 hours

This course explores chronic obstructive pulmonary disease and Parkinson's disease at an introductory level. Topics will include:

- The mental, physical and social impact of living with a chronic disease
- The physiological changes that occur with each chronic disease
- Strategies to assist clients with activities of daily living
- How the community support worker can support a client's self-management efforts

## Chronic Disease: Introduction to Diabetes - 3 hours

At an introductory level, this course explores diabetes. Topics will include:

- The impact of diabetes on the individual, family, and their workplace
- The physiological changes that occur with diabetes and health complications
- The mental, physical, and social impact of living with diabetes
- How the community support worker can support client's self-management efforts (e.g. nutrition, blood sugar monitoring, and use of medications)

## Chronic Disease: Introduction to Heart and Stroke - 3 hours

This course explores stroke and heart failure at an introductory level. Topics will include:

- The difference between acute and chronic disease
- The physiological changes that occur with each chronic disease
- How to identify and respond to changes in client's condition
- How the community worker can support a client's self-management efforts

## From Conflict to Partnership for Staff - 3 hours

This course aims to provide community staff with tools and strategies to manage conflict in the community, the workplace or even at home. Topics will include:

- Negative and positive outcomes of conflict
- Factors that contribute to conflict in the workplace
- Strategies and tips to prevent and manage conflict

**Note:** *This course is not intended for participants wanting to learn how to deal with difficult behavior in clients with a mental illness or cognitive impairment.*

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Email us at [info@regionallearningcentre.ca](mailto:info@regionallearningcentre.ca) to arrange a session.

## interRAI™ CHA Core and Functional Supplement Refresher - 7 hours

A full day workshop where assessors will:

- Validate their knowledge of coding the interRAI CHA
- Improve their coding accuracy of the interRAI CHA
- Increase their confidence in using the information to facilitate client centred care and evaluate the care plan

### **Pre-requisites**

- *Previous training in interRAI CHA coding is required*
- *The completion of at least 10 interRAI CHA assessments is recommended*
- *Participants must have completed the Two Day interRAI CHA Core and Functional Supplement training to attend this session*

*It is recommended that assessors who attended the 16-hour interRAI CHA, complete a refresher module annually.*

## interRAI™ CHA - Updates - 3 hours

A 3-hour workshop for learners who have attended the 2-day InterRAI CHA core and functional supplement training, as well as the CAPs and Care Planning session. The workshop will review the updated content of the interRAI CHA v 9.1.4.

## Person Centred Care - 3 hours

This course explores the principles of person-centered care. Topics will include:

- The community support worker's role in a person-centred environment
- How to develop care practices that support person-centred work
- Communication strategies to support person-centered care

## Preventing Elder Abuse - 3 hours

Elder abuse happens across our society, and all older individuals are at risk for elder abuse. This course will assist community staff to identify, respond, report, and prevent elder abuse to protect clients safety. Topics will include:

- Identifying, responding, reporting, and preventing elder abuse
- How to document identified elder abuse
- The importance of professionalism as it relates to community practice and the prevention of elder abuse

## Powerful Tools for Caregivers

6-Week Course every Monday, starting March 9, 2021

Dates: Tuesday afternoons from March 9 to April 13, 2021

Time: 1:00-2:30pm

In partnership with Maximize Your Health

Powerful Tools for Caregivers is a highly effective, evidence-based, self-care program that builds skills caregivers need to take better care of themselves as they provide care for others. This six week workshop series helps caregivers to reduce stress, improve self-confidence and communication, find balance and identify valuable community resources

To register, please click  
[HERE](#)  
or call:  
Maximize Your Health  
at 844-661-9194.

Powerful Tools for  
Caregivers manuals  
will be sent to you  
before the session.

Powerful Tools for  
Caregivers will  
be offered using a  
virtual platform.

**Please note:**

These workshops are **not** intended for professionals.



# January 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4

5

6 Gentle Persuasive Approaches Day 1 9:00am-12:30pm

7 Gentle Persuasive Approaches Day 2 9:00am-12:30pm

8

9

10

11

12

13

14 Cope & Connect 1:00pm-2:00pm  
PPE Webinar 10:00am-11:00am

15 CPI Verbal Intervention Training 8:30pm-12:30pm

16

17

18 Falls Prevention Webinar 12:00pm-1:00pm

19 Compassion Fatigue Hour 1 11:00am-12:00pm

20

21 Cope & Connect 1:00pm-2:00pm

22

23

24

25

26 Compassion Fatigue Hour 1 11:00am-12:00pm

27 Medication Management 8:30am-12:00pm

28 Falls Prevention Webinar 3:00pm-4:00pm  
GPA-R Part 1 11:00am-12:00pm & 2:00pm-3:00pm  
Cope & Connect 1:00pm-2:00pm

29 GPA Recharged Part 2 11:00am-12:00pm & 2:00pm-3:00pm

30

31

RLC Classes for Staff  
RLC Classes for Supervisors  
Family Caregiver Events

# February 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2  
Compassion  
Fatigue  
Hour 2  
2:00pm-3:00pm

3 Gentle  
Persuasive  
Approaches Day 1  
9:00am-12:30pm  
Compassion Fatigue  
Hour 1  
11:00am-12:00pm

4 Gentle  
Persuasive  
Approaches Day 2  
9:00am-12:30pm  
Cope & Connect  
10:00am-11:00am

5 PPE Webinar  
1:00pm-2:00pm  
The  
Working Mind -  
Managers  
Day 1  
9:00am-12:00pm

6

8  
Wound  
Prevention  
9:00am-  
10:30am

9

10 The  
Working Mind-  
Managers-Day 2  
9:00am-12:00pm  
Safer Lifts and  
Transfers  
8:30am-12:00pm

11  
Cope &  
Connect  
4:00pm-  
5:00pm

12  
Compassion  
Fatigue  
Hour 2  
11:00am-  
12:00pm

13

15

16  
Compassion  
Fatigue  
Hour 2  
2:00pm-3:00pm

17  
CPI Verbal  
Intervention  
Training  
12:30pm-  
4:30pm

18  
Compassion  
Fatigue  
Hour 3  
2:00pm-3:00pm  
Medication  
Management  
8:30am-12:00pm

19  
The 3 D's  
1:00pm-  
4:00pm  
Cope & Connect  
11:00am-12:00pm

20

22  
GPA  
Recharged  
Part 1  
11:00am-12:00pm  
&  
3:30pm-4:30pm

23  
GPA  
Recharged  
Part 2  
11:00am-12:00pm  
&  
3:30pm-4:30pm  
Cope & Connect  
11:00am-12:00pm

24  
Compassion  
Fatigue  
Hour 3  
11:00am-  
12:00pm  
interRAI CHA  
Day 1  
8:30am-12:30pm

25  
Falls  
Prevention  
Webinar  
4:00pm-5:00pm  
Compassion Fatigue  
Hour 3  
2:00pm-3:00pm  
interRAI CHA  
Day 2  
8:30am-12:30pm

26  
interRAI CHA  
Day 3  
9:00am-  
12:00pm

27

28

RLC Classes for Staff  
RLC Classes for Supervisors  
Family Caregiver Events

# March 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1  
interRAI CHA  
Day 4  
9:00am-  
12:00pm

2  
interRAI CHA  
Day 5  
9:00am-  
12:00pm

3  
Compassion  
Fatigue  
Hour 4  
10:00am-11:00am  
Cope & Connect  
2:00pm-3:00pm

4  
Wound  
Prevention  
1:00pm-  
3:30pm

5

6

7  
8  
Cope &  
Connect  
11:00am-  
12:00pm

9  
GPA  
Recharged Part 1  
9:30am-10:30am  
&  
12:00pm-1:00pm  
Powerful  
Tools for  
Caregivers  
1:00pm-2:30pm

10  
GPA  
Recharged Part 2  
9:30am-10:30am  
&  
12:00pm-1:00pm

11  
Compassion  
Fatigue  
Hour 4  
2:00pm-3:00pm  
Safer Lifts and  
Transfers  
8:30am-12:00pm

12  
Compassion  
Fatigue  
Hour 4  
11:00am-  
12:00pm

13

14  
15

16  
Powerful  
Tools for  
Caregivers  
1:00pm-2:30pm  
Psychological Health  
& Safety Webinar  
10:00am-11:00am  
Cope & Connect  
2:00pm-3:00pm

17

18  
CPI Verbal  
Intervention  
Training  
8:30am-  
12:30pm

19  
Compassion  
Fatigue  
Hour 5  
11:00am-  
12:00pm

20

21  
22  
Falls  
Prevention  
Webinar  
12:00pm-1:00pm  
PPE Webinar  
10:00am-  
11:00am

23  
Powerful  
Tools for  
Caregivers  
1:00pm-2:30pm  
Gentle Persuasive  
Approaches Day 1  
9:00am-12:30pm  
The 3 D's - 1:00pm-  
4:00pm

24  
Gentle  
Persuasive  
Approaches Day 2  
9:00am-12:30pm  
Cope & Connect  
2:00pm-3:00pm

25  
Compassion  
Fatigue  
Hour 5  
2:00pm-3:00pm  
Medication  
Management  
8:30am-12:00pm

26

27

28  
29

30  
Powerful  
Tools for  
Caregivers  
1:00pm-2:30pm  
Compassion  
Fatigue  
Hour 5  
11:00am-12:00pm

31

RLC Classes for Staff  
RLC Classes for Supervisors  
Family Caregiver Events

