

# Community Connections – February 9, 2021



NIAGARA  
CHILDREN'S  
PLANNING COUNCIL



## Good Morning:

*Please feel free to pass this information on to anyone who might be interested.*

*You can find all of the past editions on Niagara Knowledge Exchange by [Clicking Here](#)*

*Also, please let us know if there is anything you have found that has inspired you and we will share in future newsletters*



## Random Acts of Kindness Week: Feb 14 to 20

**Kindness Ideas:** [Click here](#) for a variety of Kindness Ideas from the Random Acts of Kindness organization.

**25 Actes de gentillesse simples pour inspirer la bienveillance:** [Cliquez ici](#) Une action simple peut changer la journée de quelqu'un.

**17 Activities for kids to practice kindness and compassion:** [Click here](#) for activities for kids that further encourage a 'kindness mindset'.

**17 activités permettant d'inculquer la gentillesse et la compassion aux enfants:** [Cliquez ici](#) pour liste de nombreuses activités qui permettent aux enfants de développer davantage une « mentalité bienveillante ».

**8 Unique Ways To Inspire Children To Be Kind:** We need to teach our children all these while they are still young. [Click here](#) to find out how to inspire and instill your children with all these values.

**Lasemaine de la Gentillesse:** [Click here](#) pour et actes de gentillesse spontanés livret.



## Celebrate Family Day in 2021 on Monday, February 15<sup>th</sup>

It has felt like every day is Family Day throughout this pandemic, we have all been spending lots of time with the people in our homes. February 15<sup>th</sup> is the official Family Day and we have found a few new activities to share with the ones that you love:

**Family Day Not at the Museum** – Niagara Falls Museum will be offering virtual Mad Science shows plus a Seek and Find Niagara Falls activity – [click here](#) to learn more

**Family Day Adventure in Pelham:** [Click here](#) to join in celebrating Family Day by participating with your family in a virtual scavenger hunt to win 1 of 3 Prizes for the family! It's a great way to learn about your community and make this stay at home time a little more fun!

**Welland Virtual Family Fun Day 2021:** [Click here](#) for exciting presentations, inspiring messages, fun projects and even a scavenger hunt!

**West Lincoln Family Day event:** Brent and Sarah's Virtual Magic Show is an interactive online experience that takes place from the comfort of your own home. [Click here](#) to join the ZOOM link on Sunday February 14th, 2021 @ 7:00pm

**Family Day Activities (Lockdown Edition):** [Click here](#) for a list of both indoor and outdoor activities to give you lots of ideas on how to spend the day!

**Fun Things to Do to Celebrate Family Day 2021:** With pandemic lockdowns likely still in effect, there will be a limited number of events happening in and around Toronto for Family Day long weekend this year. However, [Click here](#) for few events that will be taking place virtually. As well, as other suggestions of activities that your family can do at home, or outdoors close to home.

### **Get outside on Family Day:**

- **Where to go skating outdoors in Niagara this winter:** [Click here](#) for activities to do outside that are socially-distanced and still running this winter (2021!), allowing us to get our exercise in while staying safe!
- **Things to do outdoors in the Niagara region this winter:** [Click here](#) for fun things to do outdoors to keep us busy this winter season, like sledding, hiking, skating and more!
- **Where to go sledding in Niagara this winter:** [Click here](#) for a list of areas to embrace our Canadian winters with this fun, family-friendly activity – sledding!
- **Sugar Bush Farms in the Niagara region:** The Niagara Region is home to charming maple syrup farms, commonly known as a “sugar bush” that are well worth visiting! [Click here](#) to find great spots to stop in at to purchase your maple products and support local business.

## **Check out these Local Activities and Resources:**

**Niagara Connects & InCommunities:** As of January 2021, Niagara Connects is operating under the umbrella of INCommunities. Together they are working as ‘one hub’, to strengthen how they connect people to services, and support evidence-informed collaboration, innovation, and community action toward a stronger Niagara. Visit InCommunities by [clicking here](#) Visit the Niagara Knowledge Exchange by [clicking here](#)

You can also sign up to receive the weekly Niagara Connects e-newsletter that contains information on upcoming events, resources and projects. [Click here](#) to visit the sign up page.

**TECH CONNECT:** Calling all Older Adult Volunteers in Niagara - Take advantage of the time-limited TECH CONNECT opportunity to boost your technology skills and prepare for virtual volunteering. Stay connected, support your community, and reduce social isolation by taking advantage of this training, brought to you by INCommunities and Cyber-Seniors, in partnership with the Age-Friendly Niagara Network. TECH CONNECT is a great learning opportunity, a positive example of generations sharing ideas – and it's **free!** [Click Here](#) for more information about TECH CONNECT and how to get involved.

**Newcomer Mental Health Support:** The Niagara Folk Arts Multicultural Centre now have a Newcomer Mental Health Support program that provides mental health support to newcomers in Niagara who are experiencing language and other social barriers to accessing mainstream mental

health services. The services include counselling and a Mental Health On-Line Chat. To learn more or to begin a chat, [click here](#).

**Distress Centre Niagara:** Distress Centre Niagara provides skilled responders supporting the safety and emotional wellness of those in need. Their Distress Line service continues to be available 24/7, 365 days of the year. In addition to the phone line service, they also provide a chat and text service between the hours of 2pm and 2am. For all of the contact information, visit their website by [clicking here](#).

**Mental Health & Addictions Access Line:** If you looking for help with mental health or addiction but don't know where to start, one call to Access Line Niagara will match you with the support you need from services across Niagara. This is not a crisis line but is a connection to local mental health and addictions services. For more information and to find the contact phone number, visit their website by [clicking here](#).

**Please note** - the **Niagara Regional Police Service Crisis Outreach and Support Team (COAST)** response team can also be reached by contact [Access Line Niagara](#). COAST provides outreach and support to Niagara residents who are in crisis with mental health issues. The team is comprised of health care professionals and Niagara Regional Police Officers who are trained in mental health and crisis intervention. For more information on COAST, [click here](#)

## Activities and Supports for you, your clients and families:

**Exploring Canada's Winterlude — A national virtual show:** [Click here](#) to join the 43rd Winterlude on February 5 at 7 pm (ET) on the Canadian Heritage YouTube channel. The webcast will be available until February 21 at midnight (ET).

**Bal de Neige - un spectacle virtuel national:** [Cliquez ici](#) pour Soyez des nôtres à l'occasion du coup d'envoi virtuel du 43e Bal de Neige le vendredi 5 février à 19 h (HE) sur la chaîne YouTube de Patrimoine canadien. L'émission sera disponible jusqu'au 21 février à minuit.

**Winter Activities during COVID-19:** Outdoor activities are good for both physical and mental health. The risk of transmission is lower outside as long as precautions like physical distancing and proper hand hygiene are followed. The safest option is to choose activities that can be done with those who you live with. If you meet up with others, choose individual sports that allows you to keep a 2 metre (6 feet) of distance from others. [Click here](#) for some ideas.

**Snow Winter Activities for Families:** [Click here](#) for some frugal winter with these free family winter activities.

**Must-Try Winter Science Experiments for Kids:** [Click here](#) inexpensive, easy projects that are great for winter, you have come to the right place!

**Travel is canceled? Explore Virtual Travel from your Home:** [Click here](#) for some of the most amazing spots you can travel virtually with your family while you are all spending time together at home.

**Voyages virtuels: 12 excursions à faire depuis la maison:** Confiné à la maison ne veut pas dire que vous ne pouvez pas voir du pays... [Cliquez ici](#) pour essayer l'un de ces voyages virtuels pour découvrir le monde, bien confortablement installé dans votre fauteuil.

**Canadian Museum of Nature:** [Click here](#) for nature activities to do at home

**Musée canadien de la nature:** [Cliquez ici](#) pour Activités nature à faire à la maison

**I Read Canadian Day:** The goal of I Read Canadian Day is to raise awareness of Canadian books and celebrate the richness, diversity and breadth of Canadian literature. Held on February 17<sup>th</sup>, everyone is challenged to read anything by a Canadian author for at least 15 minutes. The event website has lots of resources and toolkits to help support your readers, [click here](#) to learn more.

**Des livres Canadien pour moi:** Tous les jeunes Canadiens devraient avoir accès aux livres canadiens. Aidez-nous à en faire une priorité! [Cliquez ici](#) pur Le Fonds Des livres Canadien pour soutenir l'accès des jeunes de tout le pays à la littérature canadienne.

**Mirvish Productions:** The theatres might be darkened but there is still lots of theatre to watch! Mirvish Productions have a variety of free options to view on their website – from podcasts about the Ghosts of the Royal Alex theatre to their YouTube channel filled with musical moments to lighten your days. Explore the theatre moments virtually by [clicking here](#).

## Stay up-to-date:

*“With vaccines rolling out in Canada and across the world, I am hopeful that the finish line will soon be in sight. In the meantime, we must dig deep, continue to follow public health advice every day, and keep focused on our goals – so we can all finish this marathon and get back to enjoying the things that we did before the pandemic. Thank you again for your commitment and efforts to stay healthy and keep your families and communities safe. Together we can win this race.” – Dr. Theresa Tam*

**Ontario’s vaccine distribution implementation plan:** [Click here](#) to learn about Ontario’s Vaccine Distribution Implementation Plan.

**Plan de mise en œuvre de la distribution des vaccins de l’Ontario:** [Cliquez ici](#) et en savoir plus sur le Plan de mise en œuvre de la distribution des vaccins de l’Ontario.

**Niagara Health:** The arrival of the first doses of the COVID-19 vaccine in the Niagara region is imminent. We are proud to work with our community partners to deliver the first doses of the vaccine in the Niagara region. [Click here](#) to learn more.

**Niagara Health:** L’arrivée des premières doses du vaccin contre la COVID-19 dans la région de Niagara est imminente. Nous sommes fiers de collaborer avec nos partenaires communautaires pour administrer les premières doses du vaccin dans la région de Niagara. [Cliquez ici](#) pour en savoir plus.

**COVID-19 response framework:** keeping Ontario safe and open: Read how we’re keeping Ontario safe and open, including regional health measures and sector-specific public health and workplace safety measures. [Click Here](#)

**Cadre d'intervention pour la COVID-19** : Garder l'Ontario en sécurité et ouvert: Apprenez comment nous gardons l'Ontario en sécurité et ouvert, notamment au moyen de mesures de santé régionales et de mesures de santé publique et de sécurité au travail propres à chaque secteur.

[Cliquez ici](#)

**Jeunesse, J'écoute:** Nous sommes là pour toi pendant l'épidémie du COVID-19. [Cliquez ici](#) pour plus d'informations.

**Kids Help Phone:** [Click Here](#) to find child and youth related resources to help children cope with Covid-19.

**Sortez en toute sécurité durant COVID-19:** Vos actions comptent – faites des choix éclairés pour assurer votre sécurité et celle des autres. [Cliquez ici](#) ou [Télécharger en format PDF](#)

**Niagara Region Public Health Daily Covid-19 Updates:** [Click Here](#)

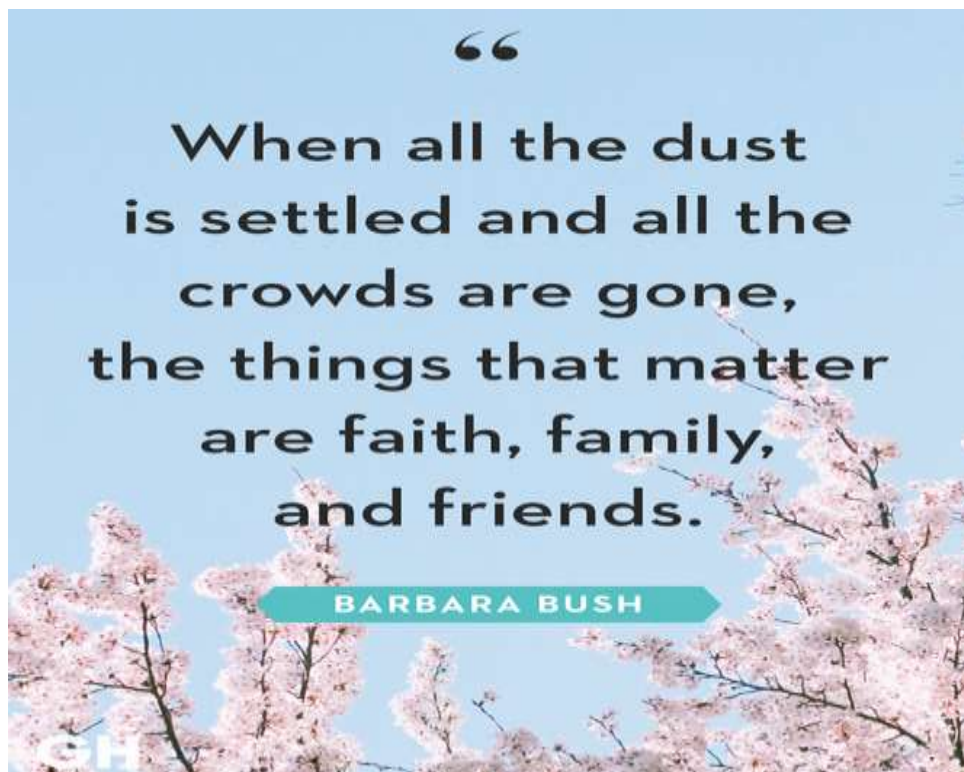
**Niagara Region Community Resources:** is working with the community to ensure residents are connected to resources, services, programs and support during the COVID-19 pandemic. [Click Here](#)

**Ontario Government Covid-19 Update Page:** [Click Here](#) (this site has the information available in many other languages)

**Mise à jour Covid-19 du gouvernement de l'Ontario:** [Cliquez ici](#)

**Health Canada Covid-19 Update Page:** [Click here](#)

**Gouvernement du Canada - Maladie à coronavirus (COVID-19):** [Cliquez ici](#)



*We would like to apologize if you received multiple copies of this email. We are trying to reach out to as many early years educators and staff as possible. Please share with all of your staff, clients, families or anyone who is not on this email list*

**Take Care and Stay Healthy**

***Karen & Sharon***

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