

Community Connections

January 11, 2022



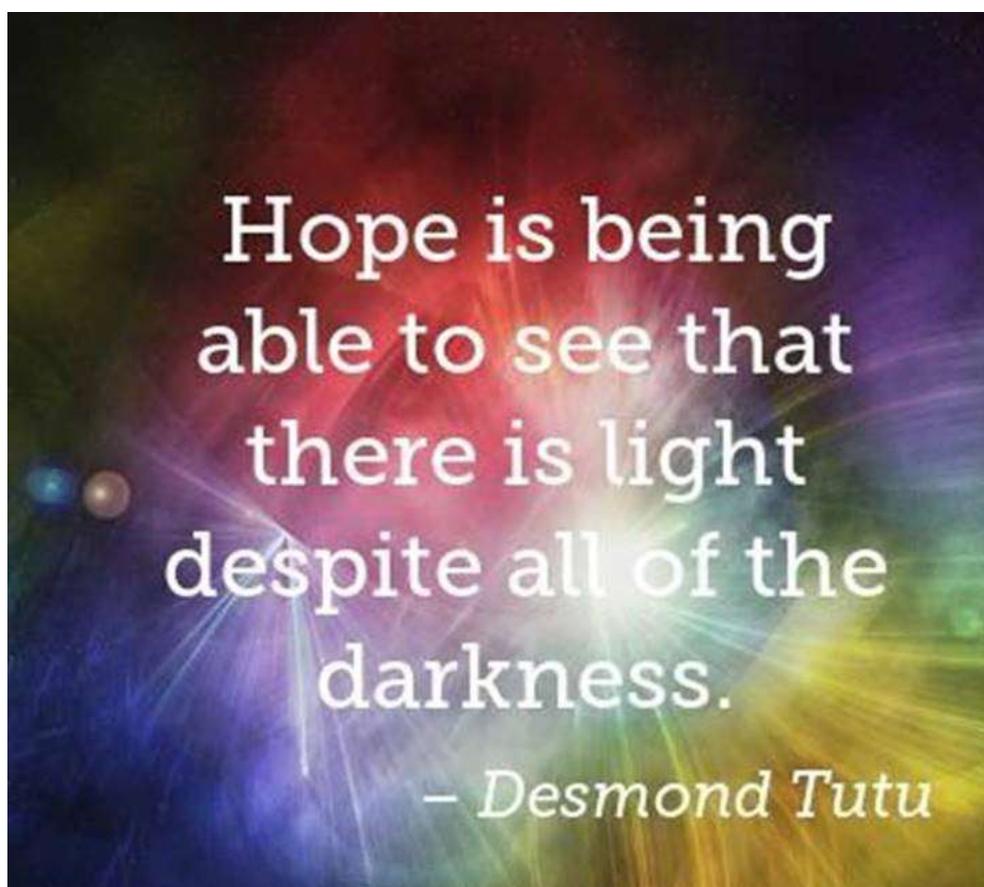
Good Morning and Happy New Year:

Please send us anything you would like your peers and agencies to know about your program.

We are happy to be able to provide this and ask that you pass this information on to anyone who might be interested. Also, please let us know if there is anything you have found that has inspired you and we will share in future newsletters

You can find all of the past editions from our community partner Niagara Knowledge Exchange (NKE) by [Clicking Here](#)

Our next issue will be out February 8th



Spotlight: You are one incredible person

Just think about it. You've been through a LOT over the last couple of years. But, look at you. You're still here. You're one resilient individual.

We know, sometimes it may not feel that way, but when we scratch beneath the surface of the negativity and conflict we see around us, it's clear that human beings are goooooood. And, you're one of them!

The work to create a kinder world never ends. There is no limit on the amount of goodness we can put into the world. So, what are you going to do in 2022 to make kindness the norm?

Random Acts of Kindness Day has a number of ideas on their website that are free to download including a 2022 calendar with an act of kindness suggested for each day of the year. [Click here](#) for a FREE 12 month workplace kindness calendar

Actes de gentillesse aléatoire: [Cliquez ici](#) pour 25 actes de gentillesse simples pour inspirer la bienveillance et changer la journée de quelqu'un.

Be Kind...to Yourself: How cultivating self-compassion makes you more resilient.: In times of extreme collective uncertainty and adversity, like that posed by our current COVID-19 reality, it's particularly important we all practice resilience daily so we can maintain our health, compassion, grace, and equanimity in the face of change and fear. [Click here](#) to learn more.

Bâtir la résilience chez les jeunes enfants: Cliquez ici pour comment aider un parent à maintenir la qualité de sa relation avec son enfant et à améliorer ses interactions parentales.

Building Resilience in Children: All children are capable of extraordinary things. There is no happiness gene, no success gene, and no 'doer of extraordinary things' gene. The potential for happiness and greatness lies in all of them, and will mean different things to different kids. We can't change that they will face challenges along the way. What we can do is give them the skills so these challenges are never able to break them. We can build their resilience. [Click here](#) to learn more.

Comment aider son enfant à développer sa résilience? Depuis plus d'un an, la pandémie amène les tout-petits à faire face à de nombreux changements. C'est notamment grâce à la résilience qu'ils réussissent à s'adapter à la situation. [Cliquez ici](#) voyez comment aider votre enfant à développer cette habileté.

New Year – More Movement! : This is the time of year when many resolutions are made and quickly broken. Be gentle on yourself, these are challenging times but there are things that you can do to move more and sit less. Start by [clicking here](#) to check out Just Stand – they offer tools to help you reduce the amount of sedentary time you have in your life. Check out the Sitting Time Calculator and their Resource Library.

Résolutions du nouvel an pour les enfants et les familles: Le jour du Nouvel An est le moment de commencer une nouvelle année et d'anticiper ce que vous aimeriez changer et accomplir pour la nouvelle année. Selon les experts, c'est aussi le moment idéal pour que les enfants apprennent à prendre leurs propres résolutions du Nouvel An. [Cliquez ici](#) pour voir quelques exemples de résolutions du nouvel an pour les enfants et les familles qui peuvent vous aider à partir du bon pour 2022.

New Year's Resolutions for Kids and Families: Setting goals together can strengthen bonds between school-age children and parents. [Click Here](#) for some tips for setting age-appropriate resolutions for a healthier, happier year.

Parenting in a Pandemic: Unfortunately we are still in the midst of coping with a new wave of the COVID pandemic. As isolating as this can feel, remember that you are not alone and that there are supports available. [Click here](#) to read Children's Mental Health Ontario's article on Pandemic Parenting, it offers some great tips and resources to help during these challenging times.

Check out these Local Activities and Resources:

Familial Relationships from Ontario Aboriginal Head Start Association: OAHSA's Indigenous Professional Learning Team is extending an invitation to early years professionals to attend their upcoming Knowledge Exchange Gathering on February 23, 2022 from 2:00 pm – 3:30 pm. Elders, Knowledge Keepers and early years professionals will share about the importance of Familial Relationships with relation to belonging, wellbeing, expression and engagement for children in the early years. Be sure to register by Monday February 21, 2022 at 3:00 pm. [Click here](#) to register.

Pathstone Mental Health: As an essential service, Pathstone Mental Health remains open and will continue to offer mental health support in the following ways: In-person, Virtually (video) and Over the phone. Current clients and families will be contacted by their Pathstone counsellor to arrange a session format they are most comfortable with. **SPECIAL NOTICE** In-Person Walk-In Clinics to resume the week of January 10th. Appointments are required and can be made by calling 1-800-263-4944. Check them out here [on Facebook](#) for the most up to date information

Indoor and Outdoor Skating: [Click here](#) to check out the list of skating rinks in the Niagara Region.

Sledding in Niagara this Winter: there are plenty of areas to embrace our Canadian winters with this fun, family-friendly activity. [Click here](#) to find out how and where to reconnect with the great outdoors and create new memories amongst an upside-down year.

Winter Hiking Trails in Niagara: In the Niagara Region there are an abundance of incredible and beautiful hiking trails, and so many of them have waterfalls that flow with such force during the colder winter season, or become completely frozen over! [Click here](#) to find out where to go.

Activités extérieures à faire l'hiver: Il est bon de sortir les poupons et les trottineurs à l'extérieur l'hiver pour prendre l'air. [Cliquez ici](#) pour des activités pour profiter de l'hiver et donner le gout d'aller dehors aux tout-petits.

OUT in Niagara Education Series: "Between January and March 2022, OUTniagara will be hosting the OUT IN Niagara Education Series – a range of capacity-building workshops, panels, campaigns, & more, all in partnership with community organizations, activists, & agencies!" [Click here](#) for more information or to register for an upcoming session.

Explore Your Local Museums from Home: January often feels like the longest month of the year and with new restrictive measures in place, we all need some new diversions. The local Niagara Museums offer interesting opportunities to learn more about local history from the comfort of your couch. Click on each link below to explore what each has to offer:

- Niagara-on-the-Lake Museum – [click here](#)
- St, Catharines Museum & Welland Canals Centre – [click here](#)
- Niagara Falls Museum – [click here](#)
- Welland Museum – [click here](#)
- Fort Erie's Railway Museum and the Battle of Ridgeway Heritage Park are both outdoor and accessible year round – for more information, [click here](#)
- Lincoln Museum & Cultural Centre – [click here](#)
- Port Colborne Historical & Marine Museum – [click here](#)
- Grimsby Museum – [click here](#)

Sorties éducatives virtuelles en français pour les familles: [Cliquez ici](#) pour une liste de musées virtuels

Activities and supports for you, your clients & families:

How to Identify a Snowflake: Join the outdoor winter fun with Ontario Parks and learn how to identify a snowflake by [clicking here](#). Be sure to also check out the step by step instructions to make your own snowflakes.

Résultats de recherche pour flocon de neige: Saviez-vous qu'il existe des flocons de neige de toutes les formes et de toutes les tailles? Identifier les flocons de neige est une façon facile et amusante d'inciter les enfants à sortir en hiver, et cela éveille leur intérêt pour les sciences. [Cliquez ici](#) pour transformer votre prochaine aventure hivernale en une leçon sur l'identification

Kool & Galt Webinars: Besides being the go to supplier of products for early learning, Louise Kool & Galt offers a number of informative webinars. [Click here](#) to learn more and to view previously recorded webinars.

I Got a Vaccine: With the assistance of United Way of Greater Toronto, Smile Canada created a social story to help kids understand what a vaccination is and provides tips to manage the anxiety around getting a needle. [Click here](#) to learn more and to request your free e-copy.

Stuck Inside? Read a Book! : The Festival of Literacy Diversity (FOLD) has released a reading challenge for 2022 and what better way to spend some time when you are stuck inside than lost in a book! FOLD's reading challenge invites you to diversify your reading by selecting titles that are more inclusive and highlight diversity. [Click here](#) to learn more and be sure to download their 2022 challenge poster.

La Journée de l’alphabétisation familiale - 27 janvier: La Journée de l’alphabétisation familiale se tient chaque 27 janvier pour sensibiliser le public à l’importance de la lecture et de la participation à d’autres activités liées à la lecture et à l’écriture en famille. Depuis 1999, des milliers d’écoles, de bibliothèques, d’organismes de promotion de la littérature et d’autres groupes communautaires ont pris part à l’initiative. [Cliquez ici](#) pour des ressources de promotion et d’apprentissage gratuites destinées à quiconque souhaite participer.

Family Literacy Day – January 27th: “Family Literacy Day takes place every January 27th to raise awareness about the importance of reading and engaging in other literacy-related activities as a family.” This year’s theme is Learning in the Great Outdoors, perfect for another pandemic celebration! ABC Life Literacy offers a number of resources and printable activities. [Click here](#) to learn more.

Maple Murple: Canadian storyteller, poet and author, Sheree Fitch, invites you into the world of words. [Click here](#) to join Sheree on this energetic journey of imagination and creativity—and fun

Crayola Fun Winter Art Projects & Activities for Kids: [Click here](#) for free craft ideas and colouring pages with a focus on winter fun.

Stay up-to-date:

Ontario Government Covid-19 Update Page: [Click Here](#) to get the latest case data and updates, learn how to protect yourself and others and get advice on what to do next if you think you might have COVID-19. (This site has the information available in many other languages.)

Mise à jour Covid-19 du gouvernement de l'Ontario: [Cliquez ici](#) pour obtenez les plus récentes données sur les cas et mises à jour, apprenez comment vous protéger et protéger les autres et obtenez des conseils sur la marche à suivre si vous craignez d’avoir contracté la COVID-19.

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](#)

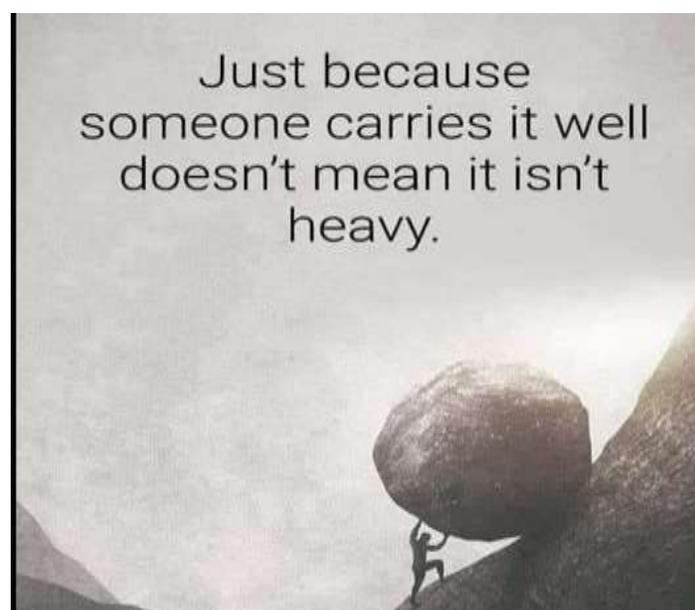
COVID-19 vaccines for Ontario: [Click here](#) to Learn about Ontario’s vaccination program to help protect us against COVID-19.

Vaccins contre la COVID-19 en Ontario: [Cliquez ici](#) et renseignez-vous sur le programme de vaccination de l’Ontario pour nous aider à nous protéger contre la COVID-19

Niagara Region FAQ’s: [Click here](#) if you have any additional questions about vaccines, booking appointments or general information about COVID-19.

Health Canada Covid-19 Update Page: [Click here](#) to get the facts about COVID-19 vaccines and find resources for your families

Gouvernement du Canada - Maladie à coronavirus (COVID-19):
[Cliquez ici](#) pour les faits sur les vaccins contre la COVID-19 et Ressources de sensibilisation



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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