

Community Connections

February 8, 2022



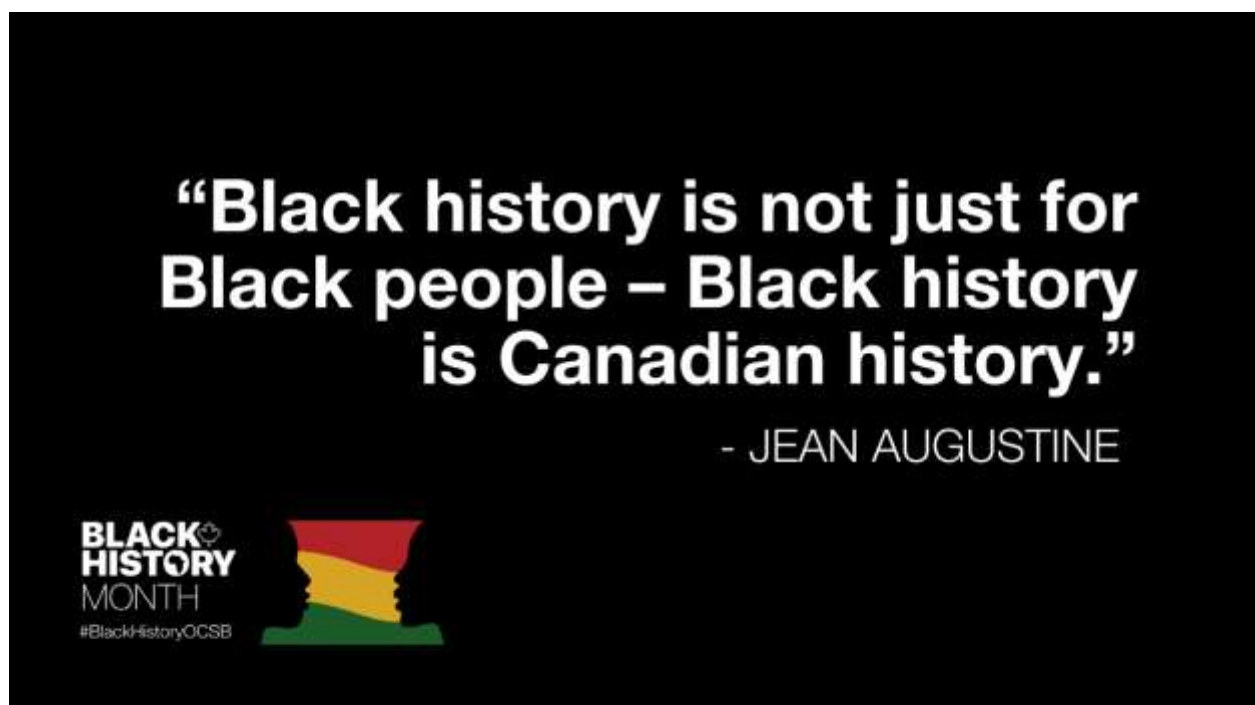
Good Morning:

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 March 8th



February is Black History Month:

Virtual Celebration: Tune in to Heritage Canada's Black History Month virtual celebration on Facebook Live at 7 pm (ET), February 17, 2022. This live virtual event highlighting this year's theme will feature performances, tributes, interviews and much more! [Click here](#) for more information

Black History Month digital toolkit: [click here](#) for a digital toolkit to help Canadians including partners and stakeholders promote Black History Month content and activities.

Février est le Mois de l'histoire des Noirs: [Cliquez ici](#) pour soyez des nôtres pour la célébration virtuelle du Mois de l'histoire des Noirs sur Facebook Live, le 17 février 2022, à 19 h (HE). Cet événement virtuel mettra le thème de cette année à l'honneur et comprendra des performances artistiques, des hommages, des interviews et bien plus encore!

Trousse d'outils numériques pour le Mois de l'histoire des Noirs: [Cliquez ici](#) pour une trousse d'outils numériques pour aider les Canadiens, y compris nos partenaires et intervenants, à promouvoir le contenu et les activités du Mois de l'histoire des Noirs.

Le Mois de l'histoire des Noirs en Ontario: Février est dédié à la célébration de la contribution des afrodescendants à l'histoire du pays. [Cliquez ici](#) pour retrouver le contenu produit par les équipes de Radio-Canada en Ontario

Ontario Black History Society: The Ontario Black History Society is dedicated to the study, preservation and promotion of Black History and heritage. The Society aims to encourage public interest in Black History through the:

- Recognition and documentation of the contributions of peoples of African descent and their collective histories, past and present, through education, research and collaboration.
- Development and support of educational initiatives and exhibits.
- Inclusion of Black History material in school curricula.
- [Click here](#) to visit their website

Black History Celebration' events with Welland Heritage Council and Multicultural Centre/Employment Solutions: Join their second free virtual 'session. This year they have partnered with Meridian Credit Union, and will be hosting four great sessions every Wednesday starting on February 2nd, 2022. [Click here](#) to register

Event Dates:

- **February 9th, 2022**, from noon to 1 p.m. – An hour with 'Dr. Christopher Taylor, Kimberly Madume and Emily Radcliffe' on CBC Radio Station
- **February 16th, 2022**, from 11 a.m. to noon. – Panel Discussion focusing on 'Black Health and our finances'.
- **February 23rd, 2022**, from 1 p.m. to 2:00 p.m. – Small Business Panel Discussion - exploring the opportunities for small businesses.

Black History along the Niagara River: The Niagara Parks Commission have a collection of displays and monuments that pay tribute to Black Canadian history as it connects to the Niagara River and Niagara Region. [Click here](#) to learn more. Use their map to plan your journey along the Niagara Parkway to learn more about Niagara's Black History.

Remembering Niagara's Proud Black History: Virtual Museum has a collection of stories from Black Canadians who lived or grew-up in the Niagara Region. [Click here](#) to read or listen to their stories.



Pink Shirt Day:

Bullying, cyberbullying and harassment jeopardize learning and can severely impact a child's mental, emotional and physical health. Learn how to create a healthy environment for children and foster nourishing relationships. [Click here](#) for resources for parents and educators. [Cliquez ici](#) pour créer des espaces plus sûrs

Indigenous Pink Shirt: Celebrate Pink Shirt Day while supporting an Indigenous artist based in British Columbia. The Indigenous Pink Shirt is committed to stopping bullying and doing so with a shirt that also represents Indigenous cultural heritage. [Click here](#) to learn more about this year's shirt design and how to order.

Bullying Canada: Bullying Canada has a mission to help children that have been bullied to resolve the bullying situation and give kids a brighter future. They provide a variety of services and include definitions of what bullying is on their website. Their volunteer network is available 24/7 by phone, text or email to answer questions and provide support. [Click here](#) to learn more

Bullying: [Click here](#) to find information on how to recognize and prevent bullying. Also learn about bullying prevention programs.

Intimidation: [Cliquez ici](#) pour trouver de l'information sur la façon de reconnaître et d'éviter l'intimidation. Informez-vous aussi sur les programmes de prévention de l'intimidation.

Cyberbullying: With so much of our lives spent on-line, cyberbullying is a real concern for children and parents. Kids Help Phone provides some great tips on how to recognize cyberbullying and what to do. [Click here](#) to learn more. [Click here](#) for Public Safety Canada information for both children and parents on cyberbullying. The Canadian Red Cross also offers some useful resources on this topic, you can get information by [clicking here](#).

Check out these Local Activities and Resources:

Pathstone Mental Health Service Update: For mental health support, call 1-800-263-4944 (24/7) to speak with a Pathstone counsellor directly or to make a video counselling appointment. [Click here](#) to visit Pathstone's website. [Click here](#) to view the resources available on Pathstone TV.

Currently, ***Pathstone is open for in-person walk-in clinic sessions at all nine locations.*** It was just announced that the Grimsby clinic, operating out of the Grimsby Public Library, will continue their in-person clinic every Wednesday. An appointment is required for all in-person appointments and can be made by calling, 1-800-263-4944.

Rainbow Kids Reading Club: Join Andrea from Niagara Falls Public Library, Kasia from Niagara on the Lake Public Library and Celeste from Niagara Falls Community Health Centre for Rainbow Kids' Reading Club!

This 6-week series will focus on books that spark discussion about gender diversity and being yourself! For children ages 6-10 and their families from anywhere in Niagara. Weekly virtual meetings for reading, Q&A and more! [Click here](#) for more details

Starts March 23rd, 2022 4:00pm-5:00pm Contact Celeste to register by phone call or text 289-321-0588 or by email: cturner@nfchc.ca

DSBN PIC Speakers Series: The DSBN Parent Involvement Committee has continued to offer support to parents and have launched a speaker series. The next presentation on February 23rd will be a Masterclass on Stress for Parents & Caregivers. [Click here](#) for more details including how to register.

Family Friendly Online Studio: The Niagara Pump House Arts Centre has created a virtual art activity for families to enjoy. Each month a new craft kit is available to pick up free of charge and a video is available to help families create their art project. [Click here](#) to view the Snowy Owl project available (while supplies last) for February, perfect fun for Family Day!

Family Day Fun: February 21st is Family Day and there are lots of fun things you can plan to do to celebrate. Niagara Parks Commission has a whole list of suggestions. [Click here](#) to view.

- Enjoy outdoor skating at two family friendly rinks in Niagara – one at the Pillar and Post in Niagara-on-the-Lake [click here](#) and one in Grimsby [click here](#) A list of other outdoor and indoor skating rinks in Niagara can be found by [clicking here](#)
- The City of Welland will be hosting two Family Day skates, one indoor and one outdoor. [Click here](#) to learn more.
- Family Scavenger Hunt: The Niagara Falls Museum has created a Family Day Scavenger Hunt using the Goose Chase app. It is not a race but a fun activity for families to enjoy together. [Click here](#) for more information.
- The Lincoln Museum is hosting a free open house on Family Day. [Click here](#) to learn more
- Winter Festival of Lights is on until February 21st – it is not too late for a family drive to view these beautiful displays and all of this snow will only enhance the experience! [Click here](#) for details
- The Town of Pelham is offering a Fun Family Adventure for Family Day that includes in-person and virtual activities. [Click here](#) to learn more

Activities and supports for you, your clients & families:

Winter Olympics: Follow the Canadian athletes as they compete for medals in the winter Olympics in Beijing. CBC Kids has a variety of games, fun facts and information about the sports and about Beijing. [Click here](#) to explore their site. For the adults looking for information on the athletes, the sports or upcoming events, check out the Canadian Olympic website, [click here](#). Be sure to also check out the Education section of this site that includes free resources and Beijing games information

Le Programme scolaire olympique canadien: Le programme des jeux olympiques d'hiver de 2022 comprend trois programmes d'activités d'apprentissage pour les élèves de tous âges sur une variété de sujets. [Cliquez ici](#)

Supporting Your Child with On-Line Learning: This information was previously shared but it is unfortunately timely once again as another period of on-line learning gets underway. Children's Mental Health Ontario provides Tips to Support Your Child's Mental Health Through Remote Learning. [Click here](#) to read more.

Conseils pour soutenir la santé mentale de votre enfant grâce à l'apprentissage à distance: [Cliquez ici](#) pour obtenir des conseils pour soutenir votre enfant grâce à l'apprentissage à distance en Santé mentale pour enfants Ontario.

Ripley's Aquarium of Canada: Although closed for now, Ripley's Aquarium of Canada offers virtual experiences. [Click here](#) to check out their web cams – the jellyfish are especially relaxing to watch. [Click here](#) for free teacher resources as well as links to their YouTube and Facebook sites.

Building Resilience: CBC Radio shared an article titled "Here's how to help kids build resilience during the pandemic" – it offers some great, practical tools and resources to help both kids and parents to be more resilient as the pandemic continues to impact our lives. [Click here](#) to read the full article and be sure to watch the CBC Kids video that is tucked in the article that highlights some positives that kids have found during the pandemic.

Comment aider son enfant à développer sa résilience?: Depuis le début de la pandémie, les enfants font face à de nombreux changements. C'est notamment grâce à la résilience qu'ils réussissent à s'adapter à la situation. [Cliquez ici](#) pour voyez comment aider votre enfant à développer cette habileté.

Building Resilience in Young Children: From Best Start Canada, a free downloadable booklet designed to help parents to build resilience in their children. Be sure to click on the free pdf download on the right, not the purchase button. [Click here](#) to view.

Build Resilience with Books: Sometimes it is easier to talk about sensitive topics when you start with a story. Big Life Journal has put together a listing of books that can help kids to build resilience. Sorted by age, there is a book for everyone to enjoy and learn from. [Click here](#) to view the resilient book list.

Mental Health Literacy: From the Mental Health Literacy website. "Mental health is part of overall health. Just like it's important to be informed about your health, it's equally important to be informed about your mental health. We aim to take the best available scientific evidence in mental health and make it easy to understand and accessible for everyone." [Click here](#) to explore all of the information and resources that this Canadian website has to offer.

My School Rocks: My School Rocks is a music education program serving the Greater Toronto and Mississauga areas but their website has lots of resources and lesson plans for incorporating music into classrooms. The site has free, downloadable resources especially useful if participating in on-line learning. [Click here](#) to learn more.

TEACHables: "is a video series that explores educational topics in entertaining ways. This collection, in collaboration with Canadian School Libraries and Bibliovideo, showcases Canadian book titles as valuable teaching tools to help engage students. The videos are also accompanied by original teaching resources for follow-up and follow through." [Click here](#) to learn more.

Wellness Together Canada: "Wellness Together Canada was created in response to an unprecedented rise in mental health and substance use concerns due to the COVID-19 pandemic,

with funding from the Government of Canada. We may be physically apart, but at the end of the day, we're all in this together. We believe that wellness is a journey, not a destination—and every day, we can each take a step toward our own well-being. Wellness Together Canada is here to support you on that journey.” [Click here](#) to learn more.

Espace mieux-être Canada: Nous offrons des ressources gratuites concernant la santé mentale et la consommation de substances. [Cliquez ici](#) pour en savoir plus.

- Wellness Together Canada has released a new, free app that can help you to track your mental health through self-assessments, mood meters and additional tools. Download it for free at [Apple App Store](#) or [Google Play](#)

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](#)

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 ARE ALL A LITTLE BROKEN. BUT
LAST TIME I CHECKED, BROKEN
CRAYONS STILL COLOR THE SAME.**

- TRENT SHELTON



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

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