

# Community Connections

## June 1, 2021

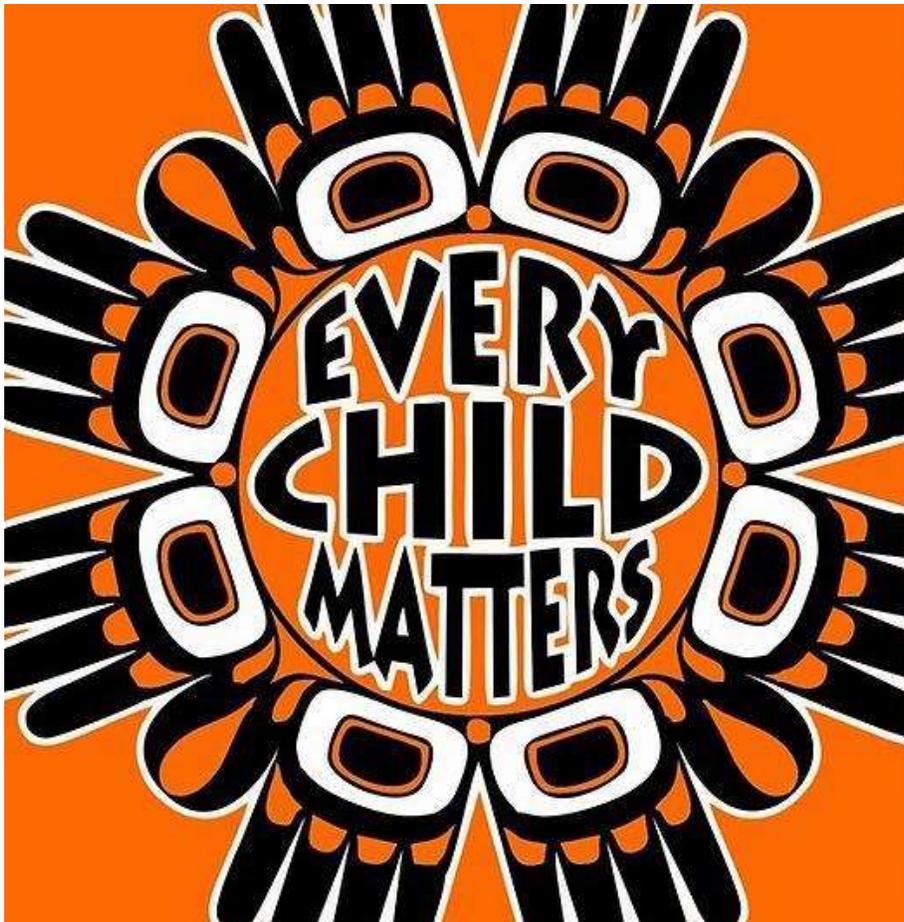


### Good Morning:

*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*



### In honour of the 215 children lost . . .

With the news of the discovery of the 215 unmarked children's graves at a former residential school in Kamloops, BC it is honestly hard to know what to say or do. No act of remembrance will be enough but it is important to understand more about why residential schools existed, what happened to generations of Indigenous children and what we can do today to help the healing.

Thanks to Tshikeksa': **EarlyOn Centre at Fort Erie Native Friendship Centre** for their assistance gathering the following links and information.

**An Overview of the Indian Residential School System** – a booklet prepared in 2013 by the Union of Ontario Indians – [click here](#) to download a copy.

A google slide presentation shared by **Niagara Regional Native Centre** titled "**What have you heard about the Kamloops Indian Residential School?**" It provides information about the schools as well as some concrete things that you can do that might help. [Click here](#) to view the presentation.

**Tshikeksa': EarlyOn Centre** has been posting some very helpful information and resources including book suggestions to help children (and adults) to gain a better understanding of residential schools – visit their Facebook page by [clicking here](#)

From the **Tshikeksa': EarlyOn Centre**, two of their recommended books being read aloud on YouTube:

- When We Were Alone – [click here](#)
- I Am Not A Number – [click here](#)

For **additional information and local supports**, visit the following sites:

- Fort Erie Native Friendship Centre Facebook page – [click here](#)
- Niagara Region Native Centre Facebook page – [click here](#)
- Niagara Region Metis Council Facebook page – [click here](#)
- Niagara Chapter – Native Women Facebook page – [click here](#)
- The National Indian Residential School Crisis Line is available for former residential school students and others looking for support: 1-866-925-4419.

## **Spotlight Event: Summer Solstice Indigenous Festival & Pride Month**



**Summer Solstice Indigenous Festival (SSIF)** is a multi-disciplinary arts festival that brings together Indigenous artists, performers, educators, students, and community members to share knowledge and celebrate Canada's diverse Indigenous cultures. [Click here](#) to learn more and discover all that is occurring to celebrate.

- [Click here](#) for activities for the family to participate in all through the month
- [Click here for Facebook](#) updates and activities.
- [Click here for Instagram](#) posts and things to do.
- [Click here for YouTube Channel](#) virtual festival events.

### **Check out Niagara's Indigenous Community:**

- Fort Erie Native Friendship Centre <https://www.fenfc.org/>
- Niagara Regional Native Centre <https://nrnc.ca/>
- Niagara Chapter Native Women Inc. <http://ncnw.net/>
- Niagara Peninsula Aboriginal Area Management Board (NPAAMB) – Indigenous Youth Employment & Training <https://npaamb.com/>
- Niagara Region Metis Council <http://www.niagararegionmetiscouncil.org/>



**Pride Toronto:** has moved all of its celebrations to a virtual platform. [Click here](#) to check out all of the events, special projects and the Pride Guide. *Le site est disponible en français*

**Pride Niagara:** also has a great selection of events and activities to celebrate Pride Month. [Click here](#) to follow Pride Niagara on Facebook and stay up to date on everything that is happening locally. Be sure to also watch Pride Niagara & the First Ontario Performing Art Centres presentation of Drag Queen Storytime - [click here](#) to enjoy this event.

**OUTNiagara:** is a community organization that began in November 2004 with the purpose of uniting Niagara's sexual and gender-diverse community. Their website includes a community calendar, resources and a listing of Niagara's 2SLGBTQ+ friendly businesses, venues and services. [Click here](#) to learn more.

**Tips for talking about Pride with kids:** As Pride flags are proudly flying, kids naturally have questions about the beautiful rainbow flags, [click here](#) for some tips for talking about Pride and LGBTQ+ rights. Additional information is available by [clicking here](#) on the Children's Library Lady site that includes a list of diverse books.

## Check out these Local Activities and Resources:

**Bachelor of Early Childhood Education 2021 Symposium:** Students in the BECE program will share insights from their capstone research projects through an online symposium launching Wednesday, May 26. Topics covered by participating students are diverse, so any ECE professional should find an area of interest to explore when visiting the online symposium. [Click here](#) to check out the topics related to online teaching, burnout, literacy, toys and inclusion, with some research also exploring the impact of COVID-19 on the ECE field.

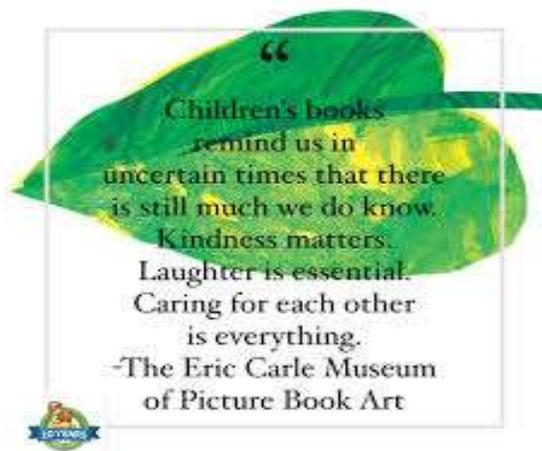
**Eating Well with cookbook author Lynn Ogryzlo:** [click here](#) to register for a free, healthy eating support group where you can learn, listen and participate in food, food prep, cooking and eating discussions to help you achieve your personal health goals by improving your diet.

**Links for Greener Learning:** [Click here](#) to access their calendar of upcoming activities. Then contact them to register for one of their exciting workshops.

**Free Family Fishing:** In Ontario there are specific times when everyone can enjoy fishing without a license. If you and your family would like to experience this fun, family activity, check out the Family and Youth Fishing website by [clicking here](#). Upcoming free fishing times include Father's Day weekend and Family Fishing week from July 3<sup>rd</sup> to 11<sup>th</sup>.

**"I Believe in ME, Not OCB!" A Manualized Approach to Treat Obsessive Compulsive Behavior in Children and Youth with Autism Spectrum Disorder:** This free webinar will discuss evidence-based manualized treatment that blends Applied Behavior Analysis (ABA) with Cognitive-Behavior Therapy (CBT) to empower children and youth and 'fight back against OCB.' [Click here](#) to find out more about the Brock University Lifespan Speaker Series and to register.

## Activities and supports for you, your clients & families:



**Remembering Eric Carle:** It would be difficult to find someone who has not enjoyed an Eric Carle book with a small child snuggled in to listen. His artwork and whimsical stories were enjoyed by many and this week with his passing, many people are remembering the role that his books played in their lives. The Eric Carle website has a lot of great free downloads that you can use with your family or at work to continue the magic of Eric Carle. [Click here](#) to visit the site.

**Mental Health & the COVID-19 Pandemic:** How are you doing now that we are into our second year of the pandemic? The positive trends in cases and vaccines are so encouraging but some days it can be hard to keep smiling and moving forward. Everyone can use a little help and this site from CAMH has some great tips, tools and resources to support your or the people that you work with – explore all that it offers by [clicking here](#)

**Niagara Parents:** Niagara Parents provides a variety of services to help you raise a happy and healthy family. Connect with a public health nurse about parenting questions by phone, message, live chat or email. Learn more about what they offer and how they can help by [clicking here](#).

## Stay Active Outdoors: explore Niagara's Walking Trails

*Please remember as areas work to slow the spread of COVID-19 there are restrictions on the use of outdoor spaces. Social distancing and masks are required on the trails. All public buildings are currently closed.*

Click on each link to learn more about the park in your area:

- Fort Erie: [Friendship Trail](#)
- Grimsby: [Grimsby Waterfront Trail](#)
- Lincoln: [Parks and Trails in Lincoln](#)
- Niagara Falls:
  - [Heartlandforest](#)
  - [Niagara Parks Trails](#)
  - [Niagara Falls Recreation Trails](#)
- Niagara-on-the-Lake: [Niagara-on-the-Lake Waterfront Trails](#)
- Pelham: [Steve Bauer Trail](#)
- Port Colborne: [Port Colborne Recreation Trails](#)
- St Catharines: [Bruce Trail](#)
  - [Trails in St Catharines](#)
- Thorold: [Thorold Trails](#)
- Wainfleet: [Talbot Trail and other areas in Wainfleet](#)
- Welland: [Canal Trails](#)
  - [Stop 19 Trail](#)
- West Lincoln: [West Lincoln Trails and Parks](#)

## Stay up-to-date:

*"Brighter days are ahead and we believe this Roadmap represents a path out of the pandemic and will encourage Ontarians to get vaccinated and to continue following public health advice." Christine Elliott, Deputy Premier and Minister of Health*

**Ontario's Roadmap to Reopen – May 2021:** [Click here](#) to learn about the province's three-step plan to safely and gradually lift public health measures based on ongoing progress of province wide vaccination rates and improvements of key public health and health care indicators.

**Déconfinement de l'Ontario – mai 2021:** [Cliquez ici](#) pour renseignez-vous sur le plan de la réouverture en trois étapes de la province pour lever graduellement et en toute sécurité les mesures de santé publique en fonction de la progression continue des taux de vaccination dans toute la province et de l'amélioration des principaux indicateurs de

**Ontario's vaccine distribution implementation plan:** [Click here](#) to learn about Ontario's vaccination program to help protect us against COVID-19.

**Plan de mise en œuvre de la distribution des vaccins de l'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 Health:** Niagara Health's COVID-19 Vaccination Clinic is open to priority groups by appointment only at the Seymour-Hannah Sports and Entertainment Centre in St. Catharines. [Click here](#) to learn more.

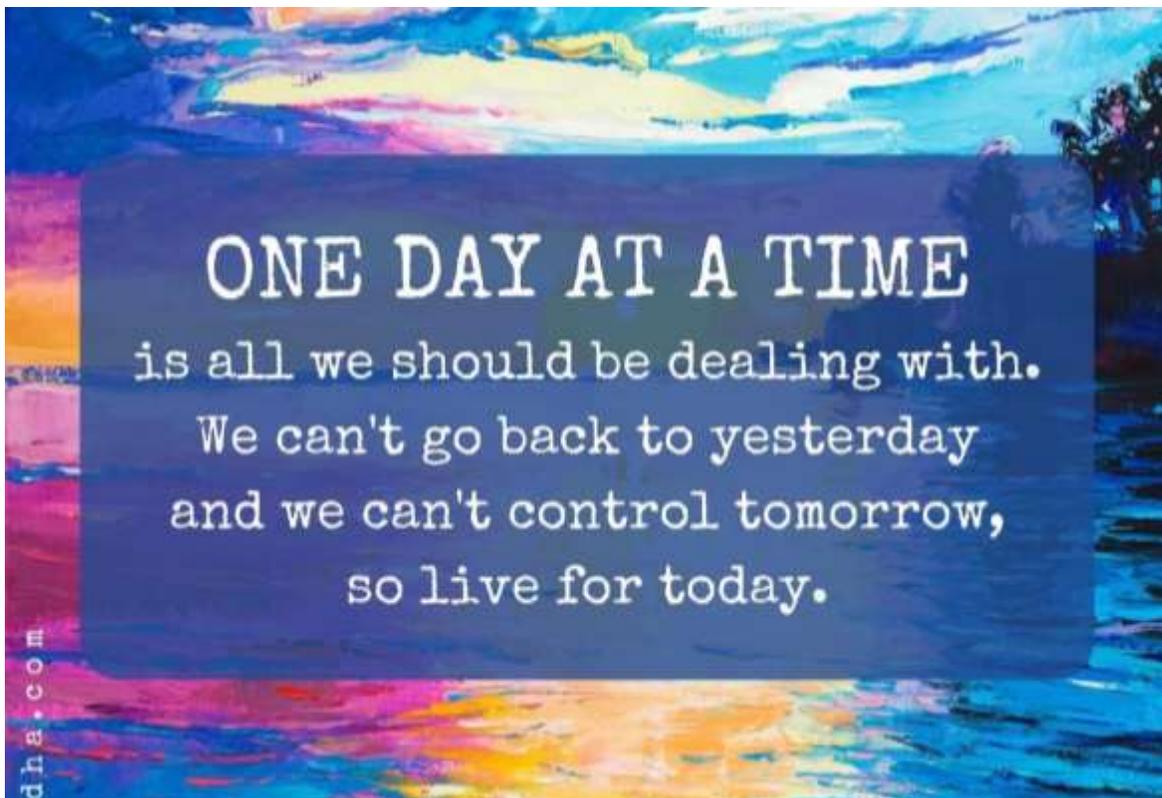
**Santé Niagara:** La clinique de vaccination COVID-19 au Seymour-Hannah Sports and Entertainment Centre à St. Catharines est ouverte aux membres des groupes prioritaires sur rendez-vous seulement. [Cliquez ici](#) pour en savoir plus.

**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.

**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***

Children's Services  
Niagara Region  
PO Box 344  
1815 Sir Isaac Brock Way  
Thorold, ON  
L2V 3Z3

[Karen.schmidt@niagararegion.ca](mailto:Karen.schmidt@niagararegion.ca)

[Sharon.milne@niagararegion.ca](mailto:Sharon.milne@niagararegion.ca)



**Protect yourself.  
Protect others.  
Get vaccinated.**