

# Community Connections

## June 15, 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



**Father's Day** is a celebration honouring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society.

Even during a pandemic there are lots of things to do:

- [Click here](#). Activities to do with dad during quarantine
- [Click here](#)

Fête des Pères 2021 : le 20 juin:

- [Cliquez ici](#)
- [Cliquez ici](#)

### Spotlight Activity: How Does Your Garden Grow?

**Links for Greener Learning:** [Click here](#) for Facebook pages with tours of gardens, virtual speaker series and other useful information to get out and get growing. And [click here](#) to visit their website where you can download **Growing Diversity Garden Manual** for information on how to make a garden in your own backyard.

**Niagara Community Gardens:** Whether you are new to gardening or have a green thumb, these resources will help you be successful from planting to harvest. [Click here](#) for Community Garden plots available across Niagara, tips and resources for growing your own garden, pest management and even harvesting tips.

**Friendly Farms & Pick-Your-Own:** [Click here](#) to find a list of pick your own and child friendly farms in Niagara. *Please check individual websites or contact the farm before visiting to ensure you follow all COVID-19 related protocols.*

**Niagara Area Farmers' Markets:** Farmers' markets in the Niagara area are a welcome sign of spring and summer every year. Below is a listing of numerous neighbourhood farmers' markets in and around the area. Operating hours may change frequently. Please click on the market title to see more details. *Please ensure you follow all COVID-19 protocols when attending the markets. Even though they are outdoors face masks are mandatory and some market spaces have limited participants allowed.*

<a href="#">Grimsby Farmer Market</a>	Main Street, Grimsby	Thurs 3:00 to 7:00 May to October
<a href="#">Niagara Falls Market</a>	5943 Sylvia Place, Niagara Falls	Sat 6:00 am to 1:00 pm

		All year
<a href="#">Farmers Market at the Village</a>	111 Garrison Village Drive, Niagara-on-the-Lake	Sat 8am-1pm May-Oct
<a href="#">Pelham Farmers Market</a>	Pelham Town Square, Fonthill	Thurs 4:30-dusk May-Oct
<a href="#">Port Colborne Farmers Market</a>	66 Charlotte Street, Port Colborne	May-Oct 6am-1pm Oct-May 7am-1pm
<a href="#">St. Catharines Farmers Market</a>	91 King St Market Square, St Catharines	Thurs & Sat 6am-3pm Tues 6am-3pm Jan-June Tues noon-8pm June-Aug All Year
<a href="#">Welland Farmers Market</a>	50 Market Square, Welland	Sat 6am-noon 6am-3pm All Year
<a href="#">Ridgeway Farmers Market</a>	264 Glenarm Rd, RR 6 Fort Erie	Sat 7:30am-12:30pm May-Oct
<a href="#">Wainfleet Market</a>	31917 Park Street, Wainfleet	Wed 2:30pm-6:00 pm June 2nd to Sept 15/21
<a href="#">Thirty Road Farmers &amp; Artisan Market</a>	324 Thirty Road, Grimsby	Sun 11:00am-4:00pm April to October
Jordan Farmer Market	2980 King Street, Jordon	Wed 4:00pm-8:00pm

## Check out these Local Activities and Resources:

**National Indigenous Peoples Day:** This June 21, 2021 is the national 25th anniversary of celebrating the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples! [Click here](#) to find out more. And [Click here](#) for **Summer Solstice Indigenous Festival** events.

**Journée nationale des peuples autochtones:** Le 21 juin 2021 est le 25e anniversaire national de la célébration du patrimoine, des diverses cultures et des réalisations remarquables des Premières Nations, des Inuit et des Métis! [Cliquez ici](#) pour en savoir plus.

**Niagara Summer Camp Guide:** Summer camps in Niagara will look a little different this year. Many camps are not opening, others will have limited capacity and new rules in place to keep your kids safe, and still others will be offering virtual camp experiences. [Click here](#) to find some of the camps operating this summer.

**Niagara-on-the-Lake Museum Virtual Stories:** Now available on the Google Arts & Culture platform, the Niagara-on-the-Lake Museum has 22 virtual exhibits that bring local history to life. Check out the stories and pictures of items in their collection by [clicking here](#).

**Youth Wellness Hub Niagara:** One of ten projects in the Province, Niagara has three Youth Wellness Hubs that offer a “fully integrated “one-stop-shop” for youth aged 12-25, to address their needs related to mental health, substance use, primary care, education, employment, training, housing and other community and social services. These hubs will also include peer services, outreach, and system navigation services.” [Click here](#) to learn more about the Youth Wellness Hubs Niagara.

**Carrefours bien-être pour les jeunes de l’Ontario:** [Cliquez ici](#) pour en savoir plus sur les services à Niagara.

**Domestic Violence Resources:** For many, the restrictions of the pandemic have forced them into unsafe situations living with partners that are jeopardizing their safety. Locally there are a number of resources that can help with information, options and shelter. [Click here](#) to visit the Resources section of the Gillian’s Place website – it offers options for all parts of Niagara. [Click here](#) to visit the Raising Awareness – Additional Resources section of the Women’s Place of South Niagara website.

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

**The Royal Agricultural Virtual Fair:** The Royal Agricultural Virtual Experience is FREE to participate. Register once and login to begin. [Click here](#) to start your journey. Also, check out what their education partners have to offer. [Click here](#) to access activities made available by organizations present at the Royal Fair. Share these fun activities and educational documents with your class!

**Digital Doors Open:** Annually Doors Open Ontario offered a glimpse into pockets of Ontario's built heritage that were usually closed to the public. The annual tours can not happen in person but this year you can really avoid the crowds and still enjoy the tours all from the comfort of your home with Digital Doors Open. [Click here](#) to visit their website and begin your exploration!

**Portes ouvertes Ontario:** [Cliquez ici](#) pour en ligne à travers les expériences virtuelles offertes sur cette page.

**Play and Learn Activities:** Challenge your child with engaging activities that help them learn, grow, and thrive. [Click Here](#) for activities brought to you by experts in child development at McMaster University and The University of Toronto

**Jouez et apprenez:** [Cliquez ici](#) pour des activités approuvées par des experts en développement de l'enfant de l'Université McMaster et l'Université de Toronto

**10 Awesome Water Tricks and Experiments:** [Click Here](#) for simple and easy activities you can do at home like water freeze, cooking oil and water trick with food color, liquid etc.

**Easy Science Experiments for Kids:** [Click Here](#) for Awesome and Amazing experiments to do at HOME. You can show super cool magic with these experiments that will amaze your kids.

**Les expériences à faire à la maison:** [Cliquez ici](#) pour les différentes expériences à faire à la maison

**Backyard Activities:** [Click Here](#) for some new backyard activities for kids or [Click Here](#) for Indoor Games for When You're Running Out of Ideas!

## Stay Active Outdoors:

**Slash Pads:** Want to keep cool this summer? [Click here](#) to find the splash pads in your area.

**Active for Life:** [Click here](#) for outdoor ideas and activities. [Click here](#) for ways to keep the kids moving on vacation. [Click here](#) for water safety tips.

**Actif pour la vie:** [Cliquez ici](#) pour des idées et des activités de plein air. [Cliquez ici](#) pour savoir comment faire bouger les enfants pendant les vacances. [Cliquez ici](#) pour obtenir des conseils sur la sécurité de l'eau.

**Sun safety:** [Click here](#) to learn from Canada's pediatricians on how to keep your child safe from the sun

**L'exposition au soleil:** [Cliquez ici](#) pour consulter le rapport des pédiatres canadiens sur la protection de l'enfant au soleil

## Stay up-to-date:

*"Vaccines don't stay in your body, and they don't change your DNA. They give your immune system the tools it needs to defend itself against Covid, then disappear."* Dr. Tom Frieden

**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

**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'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](#) 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

**Supporting Residential School Survivors and Indigenous People:**

**WHAT CAN YOU DO?**

Give room for Indigenous community members to mourn. While the news isn't surprising, communities are grieving for all the children they have lost, and are sharing the grief of the Tk'emlupse te Secwépemc First Nation.

Call on your local Senators to pass Bill C-5 "A National Day for Truth and Reconciliation" and call on your provincial government to designate the National Day for Truth and Reconciliation as a general holiday under the Labour Act.

Visit Indigenous cultural heritage sites to learn about the traditions, culture, and resilience of your local communities.

Re-read the final report of the Truth and Reconciliation Commission and think about how you can implement the Calls to Action in your own life.

Learn about the communities whose land you live on.

Register for UBC's open online course in Indigenous Studies and Reconciliation for free.

Hear the stories of survivors and their families. Watch *We Were Children*. Read *Out of the Depths* by Isabelle Knockwood, and other memoirs by survivors.

Lift up the voices of Indigenous people, especially survivors.

Host an Orange Shirt Day at your school or workplace to commemorate survivors and those lost at residential schools.

Support Indigenous artists, drummers, singers, dancers, language learners, and small business owners. They are helping communities heal.

Donate to organizations that support counselling and other supports for survivors and their families, and provide education about the legacy of residential schools. Such as:  
- National Indian Residential School Crisis Line  
- Legacy of Hope Foundation  
- Orange Shirt Society

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**Your actions are so important to healing and understanding.**

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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