

# Community Connections – March 23, 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*



## Spotlight idea: Community Connections Newsletter is celebrating 1 year

Last year in March we never expected to still be dealing with a pandemic a year later. **We started this e-newsletter in an attempt to stay connected with each other, with all of you and as a vehicle to share information, resources and supports. Our goal was to** keep you informed and to support your work and yourself.

## Help us celebrate: **enter to win one of 3 children's book prizes**



- reply to this email with the answer to the question:
  - ***What do you need to bring with you to receive your vaccine.*** (answer found in the information listed in this newsletter)
- Include
  - ***your name;***
  - ***ages of children;***
  - ***the program or Child Care Centre you are connected to***
- Winners will be notified by email and physically distancing arrangements will be made to receive their prize.

**As we move into the second year of the pandemic,** let's continue to stay optimistic and spread kindness and caring across Niagara. Let us **continue to promote optimism** with some help from **Life is Good Hub of Optimism:** What we all focus on grows, so [Click here](#) to get some inspiration. We would love to hear **how you stay optimistic** or how you find light in dark times. We will **share them** in upcoming newsletters.

**Positively Present:** Need a little more inspiration to stay Positively Present? [Click here](#) to download the ABC's of Self Care, quarantine colouring pages, bookmarks and more!

## Check out these Local Activities and Resources:

**Impacts of Domestic Violence on Children and their Families:** [Click here](#) to register at ECCDC to join this free webinar from Team of Design for a New Tomorrow on April 7<sup>th</sup>.

**Good Food Box:** [Click here](#) to register with Links for Greener Learning to get your food box delivered to a nearby pick up location.

**Sensory Workshop:** [Click here](#) to register at ECCDC to join Pam O'Connor, Occupational Therapist from Niagara Children's Centre for this free webinar on May 6<sup>th</sup>.

**Behavior Awareness & Self-Regulation:** [Click here](#) to register with ECCDC to join Jennifer Saltarelli and Spencer Terpstra, of Pathstone Mental Health for this popular free webinar on March 29<sup>th</sup>.

**Niagara Community Garden Network:** It is spring when everyone's thoughts turn to gardening!! It is time to start planning, researching and even indoor seed starting! If you don't have space to garden, find out where the community gardens are in your area and sign up for a plot or even just go visit. [Click here](#) to visit the Community Garden website and be sure to check out all of the resources that they have to offer.

**Lifespan Institute Speaker Series:** Brock University's Lifespan Institute Speaker Series is a regular series of presentations designed to connect and engage with the community around research that is going on at Brock University. [Click here](#) to visit their website that includes a list of the upcoming free webinars plus recordings of previously presented sessions.

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



### Local Easter Resources and Activities:

- [Click here](#) for a list of **local Egg Hunts, farms** and other activities in Niagara
- Check out these **local Chocolate Shops** to sweeten up your Easter:
  - [Click Here](#) for Marshville Chocolates in Wainfleet
  - [Click Here](#) for Nighs Chocolate in Stevensville
  - [Click Here](#) for Criveller Cakes in Niagara Falls
  - [Click Here](#) for Sweet Thoughts in Ridgeway
  - [Click Here](#) for The Chocolate Shop CFX Niagara in St Davids
  - [Click Here](#) Chocolates Etc - Always The Best in St Catharines
  - [Click Here](#) for the Artful Cookie in St Catharines
  - Or google chocolate shops to find the one closest to you.





**Easter Egg Hunt Alternatives for Covid-19 Quarantine:** [Click here](#) to find alternative egg hunt ideas to help you and your families celebrate Easter.

**10 activités à faire en famille à Pâques:** [Cliquez ici](#) pour donc des activités à faire en famille pour souligner Pâques, pour que le plaisir soit au rendez-vous!

**How to Celebrate Easter while Social Distancing:** [Click here](#) for activities, recipes and other ways to celebrate the holiday.

**DIY Pâques : 33 idées déco à faire soi-même:** Pâques est l'occasion idéale d'initier les enfants au DIY, et surtout à l'importance du recyclage et de la récup. [Cliquez ici](#) pour voici quelques idées.

**How to Hold A Neighborhood Easter Egg Hunt, From a Distance:** [Click here](#) to find ways to help you create a fun neighborhood Easter egg hunt while still practicing social distancing. Kids will have as much fun decorating their eggs as hunting for them!

**Celebrating Easter and Passover During the Coronavirus Pandemic:** [Click here](#) to find ways to look at some ideas to celebrate safely and keep your spirits lifted.



**Sun Life Youth & Family Mental Health Event:** Join mental health advocates and experts who are passionate about addressing youth mental health issues for a panel discussion. [Click here](#) to register for this April 7<sup>th</sup> webinar.

**Événement sur la santé mentale pour les jeunes et les familles:** Vous êtes invités à une soirée virtuelle spéciale pour parler de santé mentale. Cet événement est ouvert à tous. N'hésitez pas à inviter les jeunes de votre entourage : vos enfants, vos neveux et nièces, vos voisins. Assistez-y en groupe ou envoyez le lien d'inscription aux personnes qui ne vivent pas avec vous. [Cliquez ici](#) pour vous inscrire à l'événement du 17 avril.

**Virtual Field Trips:** From zoos to museums, landmarks to famous wonders of the world, with these virtual field trips for kids, your kid can explore the world right from the living room couch. [Click here](#) to check out all of the options and places to go.

**Emmenez vos élèves à travers le monde avec des excursions virtuelles:** [Cliquez ici](#) pour xiste plus de façons que jamais de voir le monde dans le confort de votre classe.

**Sept bricolages à faire soi-même que vos enfants adoreront:** Si vos enfants sont toujours collés à leurs écrans, comment pouvez-vous faire pour les en éloigner et les amuser un peu? [Cliquez ici](#) pour Comptez sur la magie du bicarbonate de soude et un peu d'imagination.

**7 DIY Projects Your Kids Will Love:** If your kids seem like they're always glued to their screens, how can you pry them away for a little hands-on fun you can feel good about? [Click here](#) to count on the magic of baking soda, and a little imagination.

**Start Planning for Earth Day in April:** [Click Here](#) for the Earth Day 2021 Tool Kit

**Canada Food Guide:** [Click here](#) to learn how to adjust recipes for health, dietary restrictions, taste, culture, and cost

**Guide Alimentaire Canadien:** [Cliquez ici](#) pour apprendre à adapter les recettes à vos besoins est une compétence importante.

## Stay up-to-date:

*“Until vaccines are widely available, it's critical that we all continue to follow public health measures, stay home as much as possible and limit in-person social interactions to protect ourselves, loved ones, and community.”~ Niagara Region Public Health*

**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](#)

**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](#)

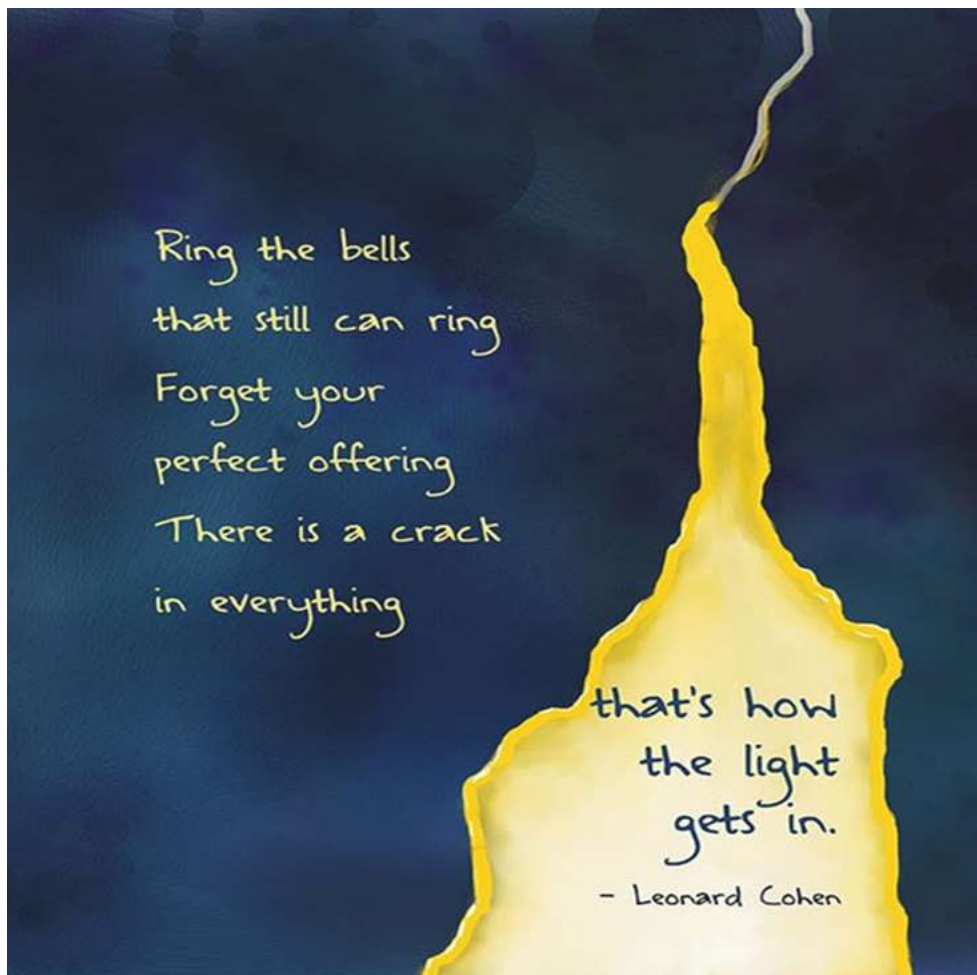
Niagara Region Community Resources: is working with the community to ensure residents are connected to resources, services, programs and support during the COVID-19 pandemic. [Click Here](#)

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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Only go out  
for essential  
purposes



Avoid gathering  
with people you  
don't live with



Stay home and get  
tested if you have  
any symptoms



Keep 2 metres  
apart from others



Clean your  
hands often



Wear a face  
covering correctly