

Community Connections

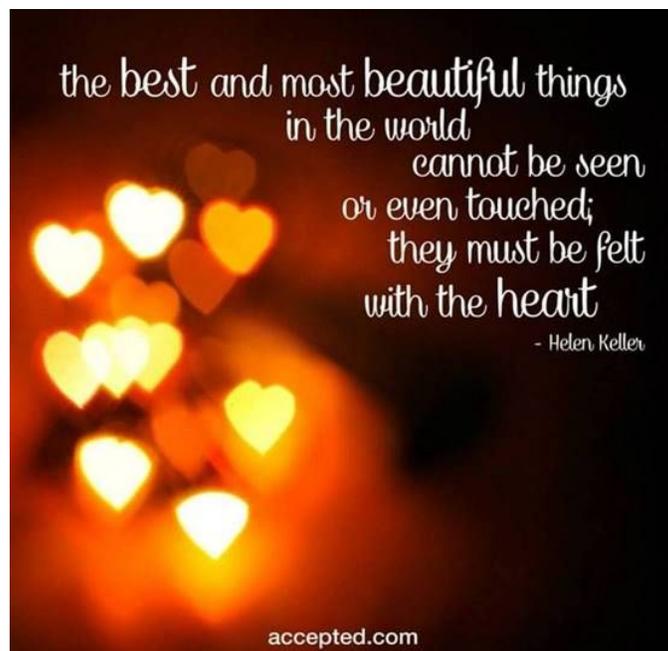
December 14, 2021



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 January 11, 2022



Spotlight: Keeping children busy over holidays at home

Balls Falls Holiday Trail: The Niagara Peninsula Conservation Authority has once again created a holiday experience for you to enjoy transforming the Balls Falls Conservation Area into a holiday wonderland for you to hike and enjoy. Operating from 5pm to 9pm each evening to December 20th, for the price of admission you can see the heritage buildings with holiday lights. Stop by for a photo with Santa (5:00 pm-8:00 pm Fri-Sun), and enjoy our headlining acts on the main stage in the Big Barn. To view the details or purchase tickets, [click here](#)

Winter Festival of Lights: this year the festival will illuminate Niagara Falls for 101 Nights, almost doubling the amount of time you can discover the winter magic of twinkling lights and larger than life displays. There will be live entertainment on Weekends. [Click here](#) to get more information and view the schedule of events to plan your visit to Niagara Falls and experience family-friendly entertainment along the Festival route.

Festival des lumières d'hiver de Niagara: Le festival des lumières d'hiver des chutes du Niagara présente des millions de lumières scintillantes le long d'un itinéraire d'éclairage de 8 km qui longe la promenade du Niagara en passant par les chutes du Niagara, dans les îles Dufferin et les quartiers touristiques environnants de Clifton Hill, le centre Victoria, le boulevard Fallsview et Lundy's Lane. [Cliquez ici](#) pour plus d'informations

Seasky International Light Show is a spectacular exhibit, in Niagara Falls crafted by artisans featuring scenes of magic, animals, nature, festive delights and Chinese culture making it the perfect entertainment for everyone. [Click here](#) to learn more and purchase tickets.

Celebrating the Holidays in Niagara Region: There are still lots of holiday activities for you and your family to do. [Click here](#) for a list of parades, concerts, holiday theatre and lighting events.

Safari Niagara Light Tour: Drive through our one-of-a-kind Safari lights tour, one of the largest displays in the country, it cannot be missed! Your holiday season will be the biggest and brightest yet with a trip through Safari Niagara's winding 3km light trail, set to Christmas music. It's truly a winter wonderland for you and your family to enjoy! From moving, colour-changing lights to a massive illuminated tunnel and truly enchanting safari-themed displays, every member of the family will be awed. We also have a few of

Santa's reindeer spending the season with us ahead of their big day, so keep those eyes peeled! [Click here](#) to purchase tickets.



CP HOLIDAY TRAIN AT HOME: Canadian Music Hall-of-Famer Steven Page and The Strumbellas will lead an all-star cast of performers aboard the CP Holiday Train for the 2021 "Holiday Train at Home" concert. The concert will be streamed on Facebook, YouTube and this webpage on **Saturday**, Dec. 18, at 6 p.m. MT/8 p.m. ET. [Click here](#)



TRAIN DES FÊTES À LA MAISON: Des artistes de premier plan, dont le membre du Panthéon de la musique canadienne Steven Page et The Strumbellas, monteront à bord du Train des Fêtes du CP pour le concert « Le Train des Fêtes à la maison » 2021. Le concert sera diffusé sur Facebook, YouTube et ce site **le samedi 18 décembre** à 18 h (HNR) ou 20 h (HNE). [Cliquez ici](#)

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.

Check out these Local Activities and Resources:

Holiday Help: Recognizing that the holiday season is not a festive, happy time for everyone, following are local supports that can help if you or someone you know is struggling:

- **Distress Centre Niagara:** 24 hour phone and text support – “Skilled responders supporting the safety and emotional wellness of those in need” [Click here](#)
- **Mental Health & Addictions Access Line Niagara:** “Is a free service for all Niagara residents over the age of 16. Call yourself or for someone you care about and we’ll connect you to the appropriate mental health and addictions service.” [Click here](#)
- **AccèsSMT:** [Cliquez ici](#) suffit de nous contacter pour être mis en relation avec un professionnel qualifié en santé mentale et en toxicomanie qui vous dirigera vers les services dont vous avez besoin à partir d’un réseau d’organisations partenaires.
- **Crisis Outreach & Support Team (COAST) Niagara:** “COAST is a mobile crisis outreach and intervention service that offers immediate telephone counselling and on-site crisis outreach intervention as needed. It operates seven days a week, 24-hours a day for individuals 16 years and older experiencing a mental health crisis.” [Click here](#)
- **Canadian Mental Health Association Niagara:** La santé mentale n’est pas seulement l’évitement de la maladie mentale grave. Votre santé mentale est affectée par de nombreux facteurs de votre vie quotidienne, y compris le stress de l’équilibre entre travail avec votre état de santé et les relations. [Cliquez ici](#) vous trouverez des ressources pour vous aider à rester mentalement en bonne santé.
- **211:** Access up to date community services information by dialing 211. You will always be connected to a live operator who is trained to help you find the community services that you need. The service can also be accessed in multiple languages. Dial 211 or [click here](#) for more information

Keeping Fit: Winter tends to keep people inside, safe from both the weather and ongoing pandemic but the challenge is to keep active during this season. One option is the YMCA @ Home free videos – on this site you can access videos for fitness, family and wellness. [Click here](#) to learn more.

Centre de santé communautaire: [Cliquez ici](#) des services de qualité qui contribuent à l'amélioration globale et à la qualité de vie de la clientèle que nous desservons.



Fun Family Challenge: Skills Ontario promotes trade and technology to students, encouraging them to explore these career opportunities. They recently promoted the “Create a Snowball Chute” challenge – asking families to create a twisty, turny chute to get a marshmallow into a cup of hot chocolate. Share your creative chute to qualify for prizes! [Click here](#) or on the picture.

Festival hivernal 2021: Célébrez la saison hivernale avec Compétences Ontario! Grâce à des ateliers virtuels en direct et une activité que chacun peut faire à son rythme, vous pouvez explorer les

métiers spécialisés et les technologies sous un thème hivernal amusant! *Veillez noter que les ateliers se dérouleront en Anglais.* [Cliquez ici](#) ou sur l'image.

Activities and supports for you, your clients & families:

Indigenous Canada: The University of Alberta offers a free on-line course titled Indigenous Canada. “From an Indigenous perspective, this course explores key issues facing Indigenous peoples today from a historical and critical perspective highlighting national and local Indigenous-settler relations. Indigenous Canada is for students from faculties outside the Faculty of Native Studies with an interest in acquiring a basic familiarity with Indigenous/non-Indigenous relationships.” [Click here](#) for more details including how to register.

Celebrating Diversity: The holidays are the perfect time to celebrate diversity with young children. This blog post offers tips on how to celebrate the holidays but with consideration of other cultures and traditions that the children experience with their families. “Helping young children learn about diversity is an important role for child care

providers. Teaching inclusiveness needs to be a conscious and deliberate effort by adults.” [Click here](#) to learn more.

CBC Kids Celebrates the Holidays: Looking for a fun but festive break? CBC Kids has a great selection of festive games, activities and videos for all family members – the quizzes are a fun test of every family member’s holiday knowledge. Get started by [clicking here](#).

CBC Zone de petits: Zone de petits propose une grande sélection de jeux, d'activités et de vidéos festifs pour tous les membres de la famille. [Cliquez ici](#)

PBS Kids & Winter Holidays: The American counterpart offers a variety of festive videos featuring characters that kids know and love. Daniel Tiger especially steps up to provide some great seasonal messages. [Click here](#) to view.

OPEY Books: Our Place, a Family Resource and Early Years Centre in Kitchener Waterloo has created a book series designed to help parents and educators teach self-regulation and co-regulation in the early years. The books are available to purchase but the site also offers free videos and downloadable resources. One of the videos features Dr. Jean Clinton who is a collaborator on one of the books. [Click here](#) to learn more.

It’s Not Too Late to Enjoy This Virtual Advent Calendar: The Ag For Life website has so many great resources to help children (and parents) learn more about where their food comes from and how they can support Ontario agriculture plus they include a variety of activities and resources that support this mission. This month they have an amazing virtual Advent Calendar – each day has recipes, activities or games - start the fun by [clicking here](#) but take time to also explore the other resources available on the site.

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](#)

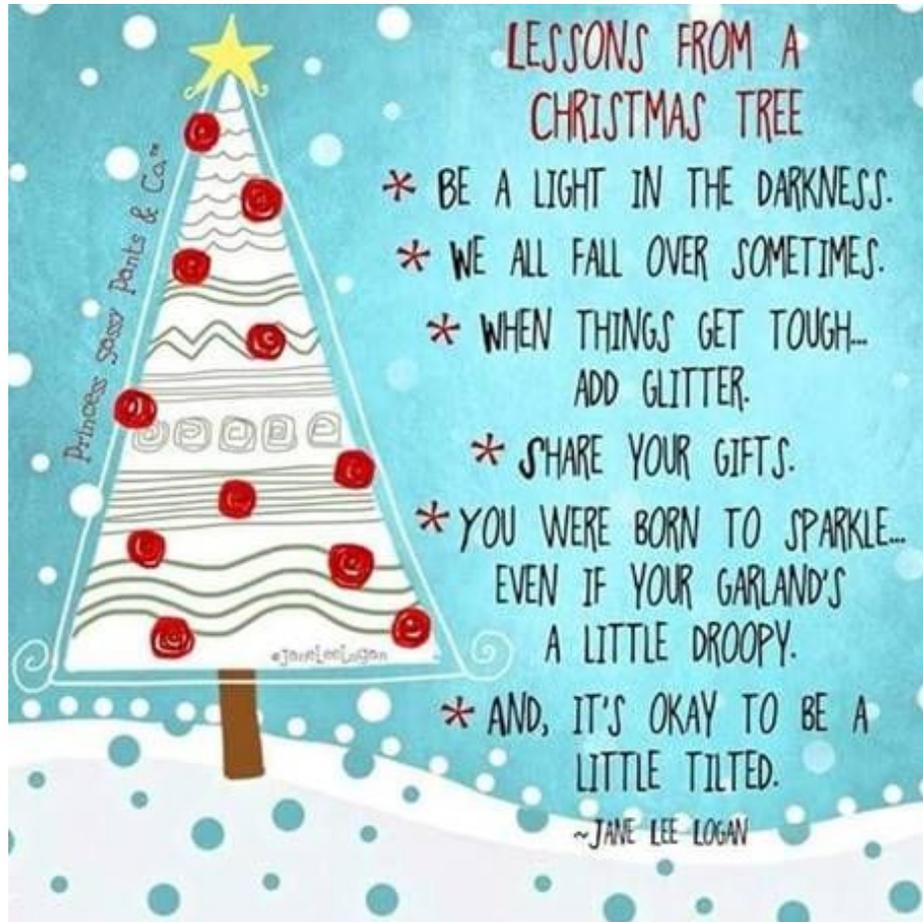
COVID-19 vaccines for Ontario: [Click here](#) to Learn about Ontario's vaccination program to help protect us against COVID-19.

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, Stay Healthy and enjoy the Holidays with those you love.

Karen & Sharon

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