

# Community Connections

## – August 4



### ***Good morning!***

*This marks our **20th edition** of the **Community Connections** newsletter.*

*When we started this back in March as a way to stay connected during unsettled times, we never figured we would have gone through so many changes to our system, our Region, our Country and the world! As things begin to reopen, we want to remain connected to you and our community. Supporting each other and sharing resources will help all of us and the families that we work with.*

*We will continue to share information and resources that are inspiring us. As always, 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.*

Here's to fresh coffee  
and good books and kind  
hearts and found beauty  
and the weird, kindred  
souls who help us know that  
we're all in this together.

Nanea Hoffman

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## Spotlight Activity: Time to Get Outside!

“A simple stay in the outdoors can do wonders for relieving anxiety, stress, and depression. Countless studies have proven that nature has a positive effect on your mental health. What you see, hear, and experience in nature can improve your mood in a moment.” from the Parks Blog of Ontario Parks:

We have all spent so much time indoors that it is time to get outside, enjoy summer and soak up some sun, safely of course. Niagara has a lot of outdoor space to explore on foot or on bike and most trails offer lots of room for social distancing. To help you find an outdoor space to explore, [click here](#) to visit **Niagara Region’s Guide to Biking and Walking Trails in Niagara.**

**Take the 30x30 Challenge!** Ontario Parks wants you to reconnect with nature by spending 30 minutes a day outside for 30 days. By doing this you will be creating a nature habit that supports a healthy lifestyle. [Click Here](#)

**Relevez le Défi 30x30!** Parcs Ontario veut que vous reconnectez avec la nature en passant 30 minutes par jour à l'extérieur pendant 30 jours. Ce faisant, vous créez une habitude de la nature qui favorisera un mode de vie sain. [Cliquex ici](#)

**Niagara Peninsula Conservation Area** also offers a variety of parks to hike, visit and explore. Learn more by [clicking here](#).

If you are looking to go a little further afield, [click here](#) to visit the Ontario Parks website and don't forget that there are provincial parks close by in Haldimand.

*“Just being surrounded by bountiful nature, rejuvenates and inspires us.”  
– EO Wilson*

## Stay up-to-date:

*"With fewer government mandated restrictions on business to slow the spread of infection, the balance has shifted to each of us as citizens to take responsibility for slowing the spread of COVID-19. More than ever, we all need to keep two metres distance from each other, to wash or sanitize our hands frequently, to wear face coverings when we can't keep a 2 metre distance, whether indoors or outdoors, and monitor our health for any symptoms of illness so we can be tested if we do get sick."*

*~ Dr. Hirji, Niagara Region Acting Medical Officer of Health*

**Going out safely during COVID-19:** Your actions matter. Make informed choices to keep yourself and others safe. [Click Here](#) or [Download in PDF format](#)



**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](#)

## Supports for you, your clients and families:

**Explaining Covid to Kids:** [Click Here](#) for resources to help families start a conversation with their children about Coronavirus and/or COVID-19

**Niagara Parents:** Continue to provide timely resources and Covid specific information to support families and children in Niagara during these unprecedented times. [Click here](#) for their website and [here](#) for their Facebook page

## Check out these Locally Sourced resources and activities:

**Centre de santé communautaire:** [Cliquez ici](#) pour le calendrier des événements pour août

**Bethesda Services:**

- **Bethesda Day at Safari Niagara!** Support Bethesda on August 15, 2020 for a day of adventure at Safari Niagara! Tickets are available now at a discounted rate, \$24.95 plus HST



by [clicking here](#) . \$3 from every ticket sold at this link will be donated to Bethesda's Foundation to help fulfill the unmet needs of children, youth and adults with special needs.

- **Bethesda Services** are offering a wide variety of activities and workshops on their Facebook page, even have Mr. Mike greeting you each morning with a song! [Click here](#) to check out all that they are offering for families in Niagara.

**Outdoor Adventures in Niagara Region:** [Click Here](#) for outdoor activities. Get moving with skydiving in Niagara or keep your wheels on the ground with cycling in Niagara-on-the-Lake. Explore St. Catharines, Welland, Fort Erie and Niagara Falls for exciting attractions & outdoor adventures.

### Pathstone:

- **Pathstone TV** every Friday is a new episode focused on mental health and wellness delivered by mental health experts and professionals. [Click Here](#)
- **Catch the Ace** and support Pathstone. Starting June 10<sup>th</sup>, visit [pathstoneace.ca](http://pathstoneace.ca) to purchase your tickets for a chance to win the weekly cash prize + progressive jackpot if you catch the Ace of Spades.
- **Pathstone Mental Health** is now open **by appointment only**. For more information [Click Here](#). Our Crisis & support Line remains open 24.7 at 1-800-263-4944 where you can speak with a counsellor about any problems, big or small.

## Things to do to keep you and your children busy:

**Nature Conservancy of Canada:** Practicing safe physical distancing doesn't mean staying away from nature. Connecting with nature will help reduce your stress level and improve both physical and mental health during these unusual times. [Click Here](#)

**Conservation de la Nature Canada:** Pratiquer la distanciation physique ne veut pas dire s'éloigner de la nature! Bien au contraire, car s'y connecter aide à diminuer le stress, en plus d'améliorer la santé physique et mentale. Voilà une bonne chose pendant cette période si particulière. [Cliquez ici](#)

**Atlas Obscura:** [Click Here](#) for 107 cool and unusual things to see and do in Ontario

**Ontario Live:** [Click Here](#) to find a virtual marketplace that brings Ontario together to help support local artists, operators, attractions and businesses throughout the province.

- [Click Here](#) to visit your favourite Ontario attractions virtually
- [Click Here](#) for virtual local experiences and sports
- [Click Here](#) for arts and cultures activities and podcasts from Ontario artists

**Vivez l'Ontario:** [Cliquez ici](#) pour un marché virtuel qui fait appel à toute la province de l'Ontario pour soutenir les artistes, les entrepreneurs, les attractions touristiques et les entreprises.

- [Cliquez ici](#) Visitez virtuellement vos attractions préférées.
- [Cliquez ici](#) expériences locales et sport
- [Cliquez ici](#) Soyez inspiré en restant connecté à la communauté artistique et culturelle de l'Ontario

**Storytime with Celebrities:** Storyline Online has a wide selection of children's books being read by celebrities, a nice break when parents or caregivers are tired of reading the same book for

the thousandth time! Once you select a book, the YouTube video will open with a celebrity reader and there are options to also open the resource materials that go with each book, activities, crafts even recipes! [Click here](#) to explore all that Storyline Online has to offer.

**PBS Kids for Parents:** Combine your children's favourite PBS Kids shows and characters with at home activities. At PBS Kids for Parents you can select your children's age ranges and even topics that you would like to explore together. The site includes information on the shows, crafts, activities, articles and Learn & Grow information. [Click here](#) to explore PBS Kids for Parents.

**Agriculture for Kids:** Whether it is a backyard garden or a field in the country, everything is growing right now which presents a great opportunity to teach children about where their food comes from. Agriculture in the Classroom Canada has harvested resources from across the country to help children learn more about food that grows in Canada. [Click here](#) to visit the site

**L'agriculture en classe Canada:** [Cliquez ici](#) L'agriculture dans chaque classe, inspirant tous étudiants! L'agriculture en classe Canada a récolté des ressources de partout au pays pour aider les enfants à en apprendre davantage sur les aliments qui poussent au Canada

**Bonus Puzzle Books:** Owl Kids has just released a new activity and puzzle book that is free to download. [Click here](#) to see the new release as well as the previously shared editions.

**Camp Candlewick:** Candlewick Press has created an on-line Camp that focuses on helping kids to discover new authors, books and a love of reading. No registration is required, you can select your "camp" by age and each session has a video from the author plus lots of great resources. [Click here](#) to go to Camp Candlewick

**CBC for Parents** is filled with information on play, parenting, food and shows that can be selected by age of the children plus there are lots of great printable options. [Click here](#) to see all that CBC for Parents has to offer your family



**THIS IS FOR  
EVERYONE WHO TRIES.**

Who tries to learn, tries to grow, tries to respond kindly and wisely, tries to recognize their own issues instead of blaming everyone else. This is for everyone who tries to be their best even when they're not feeling their best. I see you. I appreciate you. And I hope you know you make the world a better place, just by being you.

Lori Deschene

tinybuddha.com

*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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