

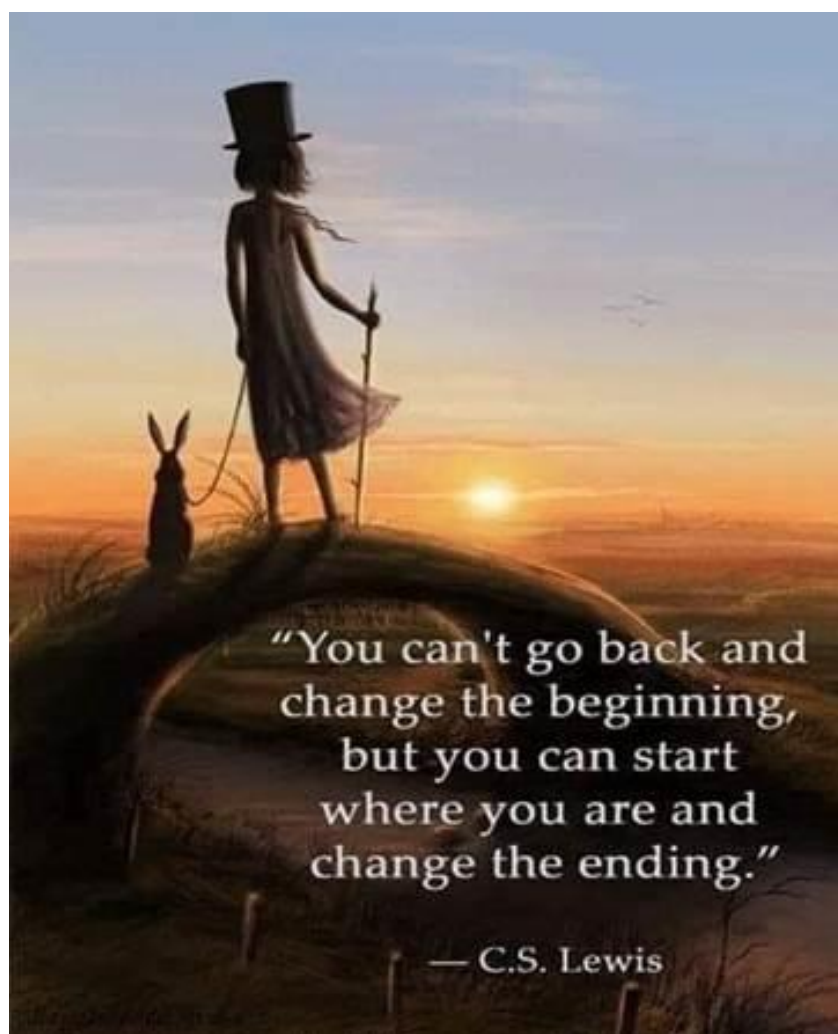
Community Connections

– July 14



Good morning!

*During these uncertain times, we want to stay connected to you and our community, supporting each other and sharing resources will help all of us and the families that we work with. Below you will find information and resources that are inspiring us – please feel free to 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't go back and change the beginning, but you can start where you are and change the ending."

— C.S. Lewis

Spotlight Event: Safari Niagara Youth Resources Niagara Day
Saturday August 1st, 2020.



Youth Resources Niagara is a non-profit, multi-faceted agency consisting of three residential homes as well as a variety of community based programs. Every year Youth Resources Niagara provides services for over 160 youths in the community who have come into contact with the legal system, or been placed in FACS care. They provide accommodations, rehabilitative and supportive programming, and mentoring to promote personal growth, change, and accountability to empower youth to reach their full potential. They assist some of our communities highest risk youth. Come out and enjoy a day at the Zoo for a DISCOUNTED price, only \$24.95+HST. (A savings of up to \$10.00 per person!)

[Click Here](#) for tickets (Tickets will not be available at the gate)

Safari Niagara will donate \$3.00 from every Youth Resources Niagara ticket to Youth Resources Niagara.

Stay up-to-date:

Want the latest Covid-19 information from Canada, Ontario and Niagara? Be sure to get your information from dependable sites: (**Facebook Friends are NOT reliable information sources**)

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](#) français: [Cliquez ici](#) (this site has the information available in many other languages)

Health Canada Covid-19 Update Page: [Click Here](#) français: [Cliquez ici](#)

Supports for you, your clients and families:

Roots of Empathy: Empathy is more important than ever [Click Here](#) to watch Mary Gordon and the Roots of Empathy team provide resources that can help you, your family, your students, cope in this pandemic.

DSBN Summer Wellness Program: The DSBN's Summer Wellness Line is a free phone service available to any DSBN parent or student age 16 and older. Phone the Summer Wellness Line if you would like:

- to speak with a mental health professional who has knowledge of the school system
- to continue to access school social work support over the summer
- info about how to access community mental health resources or services
- ideas for healthy ways to keep active and entertained over the summer
- to learn about wellness and well-being, including positive coping strategies and skills
- assistance with coping with COVID-19-related distress
- ideas and supports for preparing to go back to school

Call 905-933-0675 (Kindergarten to Grade 8); 905-993-1004 (Grades 9-12); or [Click Here](#) for more information

Niagara Catholic Summer Support Program: For Niagara Catholic students participating in summer learning programs, there will be social workers available to provide mental health support. For Niagara Catholic students not involved in summer learning programs, they are advised to contact Pathstone Mental Health for mental health support over the summer.

Pathstone Mental Health Office Phone - 905-688-6850, Toll Free Phone 1-800-563-0122

Pathstone Child/Youth Crisis Line 1-800-263-4944

If you are a student experiencing a crisis or emergency, immediately call 911, visit a local hospital emergency department, or contact one of the following 24/7 crisis services:

- For children: Kids Help Phone – phone 1-800-668-6868 or text CONNECT to 686868
- For children and parents: Pathstone Mental Health Crisis and Support Line – phone 1-800-263-4944
- For adults (age 16 and older): Crisis Outreach and Support Team (COAST Niagara) – phone 1-866-550-5205

What resilience is and isn't - 9 things children need: Dr. Michael Ungar a world-renowned expert in resilience in children redefines the term at the Roots of Empathy 2017 Research Symposium. He gives us 9 things that children need to be resilient - and the first thing? It isn't just about the individual. It's about the support around them. [Click Here](#)

Brene Brown Free Downloads: An American professor who has spent the past two decades studying courage, vulnerability, shame, and empathy, her website and social media contain words and tools of support and encouragement that are especially important at these times. [Click here](#) to see the downloadable activities shared on Brene Brown's website.

Outside Play: This website was created to help parents and caregivers learn more about Outside Play and to help increase their comfort with the risks and joys that kids can find playing outside. [Click here](#) to learn more and to complete the journey to enjoying sometimes risky outside play.

Free Course on Happiness: Yale University's popular "The Science of Well Being" course continues to be available free of charge. This course will "engage in a series of challenges designed to increase your own happiness and build more productive habits" [click here](#) to learn more and to sign up.

Check out these Locally Sourced resources and activities:

The Go Gardeners: Children's Summer Workshop Series: Links for Greener Learning are introducing a variety of gardening workshops for kids, geared towards getting everyone outside and learning how to use the most of your green spaces. With a new style of teaching this year, our crew will come to you. From the comfort of home, your family can learn the basics of cultivating a green thumb. We provide all the tools and supplies. [Click Here](#) to Register

The **YMCA of Niagara** has announced that they will be offering **YCamp** this summer! This free virtual camp experience will provide lots of activities and ideas to help children feel like they are part of a summer camp even though they are still at home. [Click here](#) to visit the YCamp website and be sure to check out the other YMCA at Home options by [clicking here](#)

Pathstone re-opening Community Service Delivery: Pathstone Mental Health has announced that they will be gradually re-opening their community based service delivery at their Walk In Clinics. [Click here](#) to read the media release that includes dates and locations.

Boys and Girls Club of Niagara Virtual Summer Camp: Keeping children safe this summer but still providing a camp experience, Boys and Girls Club of Niagara are offering a Virtual Summer Camp opportunity. [Click here](#) to learn more and to register.

Bethesda Services: 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.

Niagara Families: Trying to find something to keep the kids busy and cool? Check out Niagara Families for lists of splash pads, best family beaches and even the top ice cream shops in Niagara. [Click here](#) to see more

Things to do to keep you and your children busy while you are at home:

Ontario: Learn at Home: [Click Here](#) for made-in-Ontario activities, courses and more to keep the learning going, from home

Hatley @ Home Activities: Best known for their cute printed clothing and pajamas, Hatley has added a page of fun family activities to their website to help families stay active and busy during the pandemic. [Click here](#) to visit the website.

Owl Kids: The popular Canadian children's magazines also have a great blog on their website full of activities and fun things to keep kids busy. [Click here](#) to visit the site.

Why Should I Wear a Mask?: The Ontario Association of Children's Aid Societies have created an easy to understand explanation of why you need to wear a mask. [Click here](#) to visit their site. Would you like to make your own mask? [Click here](#) for easy to follow instructions for both sew and no-sew masks.

Go make stuff today.

Make coffee.

Make a ruckus.

Make a difference.

Make a memory.

Make time for

someone or something you love.

The world needs makers.



Nanea Hoffman

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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

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WHAT IS PHYSICAL DISTANCING?

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:

Keeping a distance of 2 metres from others



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

niagararegion.ca/health

Niagara  Region