



## Feel Good February – 4 Weeks of Wellness!

Sponsored by the **Kiwanis Clubs of Niagara and Early Childhood Community Development Centre.**  
Event Supporter: **Pathstone Mental Health**



Join us to gain unique strategies to support educator well-being and to gain strategies to foster health, well-being and happiness practices with children and families. We are excited to host free webinars, tips, recipes, and a special cooking demonstration by award winning chef Doug McNish! Events are slated each day including a boxing demonstration, tips for using essential oils, mindfulness strategies a yoga demonstration and much more. Check out the full calendar of events.

Visit [www.facebook.com/eccdc](https://www.facebook.com/eccdc) to like and follow our page to participate and use **#feelgoodfeb** to share your wellness thoughts.

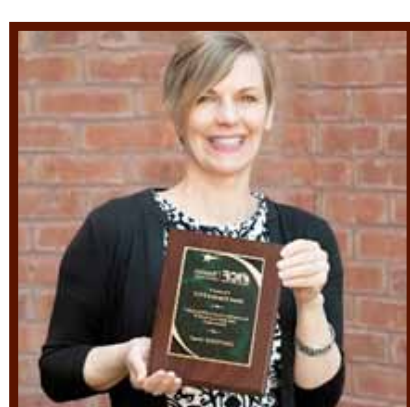
Some events do require advance registration, so be sure to sign up early for the following mini webinars and cooking demonstration.

### “Better than Before – Rebound With Resilience” Webinar • [Click here to register](#)



Wednesday February 17, 2021 • 6:30 to 7:45pm • No charge, sponsored by Pathstone Mental Health

This winter is definitely a different experience and what better time than “Feel Good February” to re-focus, re-energize and give self-compassion and grace for all that you have overcome? With a positive focus on your mental mindset you can be resilient to serve families and your community. This 75-minute webinar is designed to give you evidence-based skills and daily practices that will support your personal effectiveness by learning to calm anxiousness, deal with ambiguous loss caused by lockdowns, cancellations and social distancing, and reduce negative internal brain chatter that influences feelings of being stuck. The content shared will support you to focus on what you can control – your mental mindset and ability to build your resilience.



**Janet Emmett** is a certified Executive Coach and the Principal of emmett + associates, a consultancy that works with organizations to support leadership development, strategic planning, change leadership processes, effective governance practices, organizational performance, and HR strategy. She brings a solid understanding of the child care field and a personal passion for building the capacity of organizations in addition to developing and strengthening leaders to achieve their vision and goals for the communities they serve.

### Power Words – Mini Vision Board with Power Webinar • [Click here to register](#)

Thursday February 18, 2021 • 2:00 to 3:00pm • No charge

In this one-hour introductory Vision board workshop, participants will be invited to choose a “Power Word” and design a Mini Vision Board around it. Debbi will guide participants through the fun, visionary process. They will discover “aha” moments as they uncover the power of their subconscious mind.



**Debbi Sluys** specializes in helping people elevate and improve their physical, mental and spiritual well-being, expanding the brain’s potential, and with living intentionally in a state of gratitude and kindness. With nearly 30 years’ experience in early childhood development, Debbi has gathered a wealth of valuable knowledge about the power of mindset, visioning, and success.

### Outside in Any Weather • [Click here to register](#)

Monday February 22, 2021 • 6:30 to 7:30pm • No charge



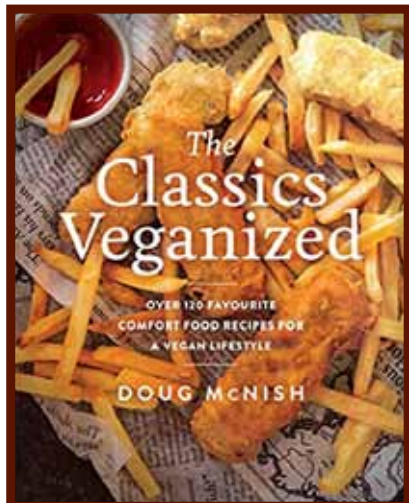
Please join the Rosalind Blauer Centre for Child Care team as we share Outside in Any Weather. During this session we will focus on the health and wellness benefits of going outdoors for Educators and children, why our preschool program changes during the summer months and having fun outside in every season and all weather.

At **Rosalind Blauer Centre for Child Care**, we offer a rich learning environment where children can explore, create, and discover at their own pace with the support of their educator. Much of our program takes place outdoors on our natural playgrounds and in the forested areas surrounding the centre.

### Special Cooking Demonstration by Award Winning Chef Doug McNish! • [Click here to register](#)

Tuesday February 23, 2021 • 5:00 to 6:00pm • No charge, sponsored by Kiwanis Clubs of Niagara

Join us for Dinner! We’re delighted to have award winning chef and author of “Eat Raw, Eat Well” and “Classics Veganized”, Doug McNish join us for a special cooking demonstration to prepare a healthy, delicious meal! Doug will also share some great information about the ingredients he’s using, as well as answer your questions about incorporating more plant based foods into your diet!



Doug’s first cookbook, the bestselling Eat Raw, Eat Well was published internationally in Spring of 2012, and was awarded a Gourmand Award in Paris, France for being the Best Vegetarian Cookbook in the world. His second title Raw, Quick & Delicious was published in the Fall of 2013, and his third book, Vegan Everyday was published in 2015, which won another Gourmand Award for Best Vegan Cookbook in the world. Doug’s fourth cookbook; The Classics Veganized: Over 120 Favourite Comfort Food Recipes for a Vegan Lifestyle was published in the Fall of 2020.

### Mindfulness Moments • [Click here to register](#)

Wednesday February 24, 2021 • 6:30 to 7:30pm • No charge

Mindfulness Moments can be a powerful pathway to teach children about their amazing brain and how to lovingly respond to their brain with a mindful tool or strategy. Join Rose Gentilcore and explore simple tools, strategies and resources designed to support children with self-awareness and self-regulation. Together we will learn practical and simple daily practices to promote children’s well-being.



In Rose Gentilcore’s role as the Early Years Coach for the Niagara Catholic District School Board, she is blessed to work alongside Kindergarten teams to support the implementation of The Kindergarten Program. She began her career as a Child Care Supervisor. Rose has presented workshops for the ECCDC, as well as offering a variety of professional development within Niagara Catholic and OECA’s Professional Learning Network. She is passionate about the early years and is always in awe of how children see the joy in everyday moments.

Registration in advance is required.

To see a full list of Feel Good February events, check out the calendar below!

## February 2021

sun	mon	tues	wed	thurs	fri	sat
1 We're kicking off <b>Wellness month!</b> Join us on Facebook Live at 5:00pm as we explain all of the amazing strategies coming up this month.	2 Visit our Facebook page today for our <b>Five Favourite Guided Meditation podcasts!</b>	3 It's <b>Winter Walk Wednesday!</b> Visit our Facebook page to see a special video from our staff team.	4 Visit our Facebook page today for a special <b>boxing class!</b> Be sure to join us LIVE at FIVE for a <b>special boxing giveaway.</b>	5 Learn about how essential oils and aromatherapy can enhance your wellbeing! Visit our Facebook page for a special video from local shop, <b>Aromas Naturally.</b>	6	
7	8 Be sure to visit our Facebook page today for a <b>complimentary class from the team at Lost N Found Yoga!</b>	9 Join <b>Angel G. Graham from Pathstone Mental Health LIVE</b> on Facebook at Five for a special message about <b>positivity during a pandemic.</b>	10 Visit our Facebook page today at noon for a special <b>ECCDC Smoothie Recipe &amp; Giveaway.</b>	11 Join Elizabeth Skronski for this special webinar on <b>Finding Your Happy!</b> Registration in advance is required.	12 Swing by our Facebook page for some tips on how to keep your <b>heart healthy</b>	13
14	15 <b>Happy Family Day!</b> Visit our Facebook page for <b>10 Tips for getting outside with your family.</b>	16 Visit our Facebook page for a <b>fun workout</b> provided by the team at <b>YMCA of Niagara!</b>	17 <b>Mini Webinar!</b> Join Janet Emmett for a special session on rebounding for resilience! Registration in advance is required.	18 <b>Mini Webinar!</b> Join Debbi Sluys for a mini webinar on vision boards and set some inspiring goals for 2021! Registration in advance is required.	19 Our staff team designed a <b>cookbook of our favourite healthy recipes!</b> Join us LIVE on Facebook at Five PM to find out how you can win a copy!	20
21	22 <b>Mini Webinar!</b> Join the Team at Rosalind Blauer for a special mini webinar on <b>Outdoor Play!</b> Registration in advance is required.	23 Join us LIVE on Facebook at Noon as we share details on the <b>benefits of becoming a Kiwanis Club Member.</b> <b>Mini Webinar with award winning chef and author Doug McNish</b> includes a cooking demonstration and a draw to win one of his cookbooks! Registration in advance is required.	24 <b>Mini Webinar!</b> Join Rose Gentilcore for a special mini webinar on <b>Mindfulness.</b> Registration in advance is required.	25 A good night’s sleep is an essential part of overall health and wellbeing! Learn more about <b>healthy sleep habits</b> by visiting our Facebook page today.	26 That’s a wrap on Feel Good February! Check out our <b>favourite wrap recipes</b> by visiting our Facebook page, and while you’re there, make sure you enter our <b>final Feel Good February giveaway.</b>	27
28	<p><i>We are grateful to our event sponsor the Kiwanis Clubs of Niagara and Event Supporter Pathstone Mental Health for their generous sponsorship of this event! We are also truly appreciative of the local businesses, presenters and organizations who contributed to this event: Debbi Sluys – Dare to Declare, Aromas Naturally, Lost N Found Yoga, YMCA of Niagara, Janet Emmett - Emmett &amp; Associates, Rosalind Blauer Centre for Child Care, and Rose Gentilcore</i></p>					