

**For Immediate Release: February 2021**

## **Virtual Wellness Fair: Feel Good February – Four Weeks of Wellness**

The Early Childhood Community Development Centre (ECCDC) is pleased to host the first **Virtual Wellness Fair: Feel Good February** sponsored by the Kiwanis Clubs of Niagara and supported by Pathstone Mental Health and offered via *Zoom* and ECCDC's Facebook [www.facebook.com/eccdc](http://www.facebook.com/eccdc).

The ECCDC is excited to support early learning professionals and children and families with wellness strategies for improving overall wellbeing during these challenging times. This virtual event is also a means of showing gratitude to early learning professionals for their ongoing service to support children and families during the Pandemic, and for the care they have offered to essential workers. The ECCDC's primary funder, Niagara Region Children's Services, is pleased to have the opportunity to recognize the work of Niagara's early learning sector through fun, interactive events like these which help to support the wellbeing of educators across the Region.

**Feel Good February** highlights unique wellness strategies for early years professionals to support their own wellbeing and to foster positive strategies with children enrolled in their programs and their families. The ECCDC's Executive Director, Lorrey Arial Bonilla shares "the organization is excited to offer this event to help foster positive wellbeing in early learning programs during this uncertain time and to thank early childhood educators and support staff for their ongoing commitment to support children and families. We are grateful to our sponsors and business supporters who are participating in the virtual fair and we appreciate having an opportunity to highlight the diverse wellness services and supports available across Niagara".

Throughout this month-long event, free webinars will be offered along with wellness tips for sleep, heart health, aromatherapy, meditation, recipes, yoga, boxing, and other fitness demonstrations. A feature event is a cooking demonstration by award winning chef and cookbook author Doug McNish, sponsored by The Kiwanis Clubs of Niagara. Rick Westlake, Lieutenant Governor of the Clubs in the Golden Horseshoe, Division Six, which includes Kiwanis Clubs in Stamford, Welland, St. Catharines, and West Lincoln shares excitement "the Kiwanis Clubs of Niagara are delighted to be able to support this project which highlights the importance of wellbeing practices for educators, children and families in Niagara. This virtual event is an excellent way to provide experiences and information in a safe way"

In addition to the Kiwanis Clubs of Niagara, the ECCDC also expresses gratitude to Pathstone Mental Health for their sponsorship of the webinar *Better Than Before – Rebound with Resilience* with Janet Emmett of Emmett + Associates and for providing a wealth of resources and strategies related to resiliency. "For us, supporting this effort was an easy decision. Our strong partnership and the focus of Feel Good February aligned perfectly with what Pathstone's mission is, in supporting kids with mental health struggles." Shaun Baylis, CEO – Pathstone Mental Health

The Virtual Wellness Fair will also feature *Power Words - Mini Vision Boards* with Debbi Sluys of Dare to Declare; *Outside in Any Weather* by Rosalind Blauer Centre for Child Care, and *Mindfulness Moments* with Rose Gentilcore of Niagara Catholic District School Board. The ECCDC extends gratitude to the many contributing businesses, including the YMCA of Niagara, Premier Sports and Fitness, Aromas Naturally, Lost N Found Yoga, and Sleepwise Niagara.

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*The ECCDC is an independent charitable organization dedicated to providing early learning programs and educators with affordable access to the specialized learning resources, training and supports they need to deliver high quality child care.*

*Kiwanis International is a global organization of volunteers dedicated to improving the world one child and one community at a time.*



*Pathstone Mental Health strengthens the quality of life for children, youth and families who are dealing with mental health challenges.*



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