


### School Age Network

Agenda

- Welcome and Introductions
- Mindfulness
- Reflection on Article
- Journey
- Well-Being
- Brainstorming
- Questions and Connections
- Resources Available
- Next Steps



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### Welcome and Introductions

- We invite participants to say good evening and share what they have been focusing on in their role.



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### Mindfulness

- Winter Walk

• <https://www.facebook.com/531766796862018/videos/337124817486947>



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### Reflection on Article

- Think, Feel, Act; Empowering Children in the Middle Years - The Power of Positive Relationships

• [http://www.edu.gov.on.ca/childcare/brief\\_4\\_power\\_en.pdf](http://www.edu.gov.on.ca/childcare/brief_4_power_en.pdf)



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### Journey

- What has been your biggest accomplishment on your journey?

- What are you looking forward to next?



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### Well-Being

- How have you been supporting your own well-being?



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### Brainstorming

- Round Table Discussion for Brainstorming Challenges and Ideas



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### Questions and Connections

- Participants are encouraged to ask questions and make connections.



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### Resources Available

- [www.eccdc.org](http://www.eccdc.org)
- ECCDC Services extending to February 9, 2021
- Curbside pick up and drop off available Tuesday, Wednesday and Thursday 3:00 -7:00 p.m., Friday and Saturday 1:00 – 4:30 p.m.
- Please contact 905-646-7311 ext. 304 upon arrival
- Personal Protective Equipment can be purchased through [www.eccdc.org/shop](http://www.eccdc.org/shop) or by email [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or by phone 905-646-7311 ext. 304
- Feel Good February! [www.eccdc.org](http://www.eccdc.org)



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### Next Steps

- What would the network like for next steps?
- Follow up to today's network meeting



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