

We wish to acknowledge the land that ECCDC is located on, is Thorold in Niagara, and is situated on the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. One of the earliest names for the Region of Niagara is Onguiaahra and is on the territory which is covered by the Upper Canada Treaties and is within the land protected by the Dish With One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Métis, and Inuit peoples and by acknowledging them we are sharing our respect and appreciation of the resources we have received from the land and our friendship with Indigenous peoples.

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Niagara School Age Summer 2023 Network

Agenda

- Welcome and Introductions
- Mindfulness & wellbeing
- Reflection on Resources
- Sharing Resources, Photos & Documentation
- Round Table conversations-Brainstorming, Questions and Connections
- QCCN update
- Resources Available
- Next Steps



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Welcome and Introductions

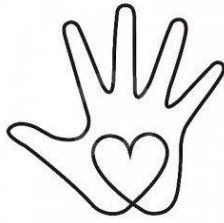
- We invite participants to say good afternoon and share a how you are supporting your mindfulness and incorporating mindfulness in your program.



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Mindfulness Activity

- The Healing Hand
- In the middle of your hand, write your stressors and challenges.
- On each finger, brainstorm ways to cope with your identifies challenges



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Reflection on Resources

- Dr. Jean Clinton Explains the Pivotal Role of RECEs in Supporting Children’s Mental Health
- [Dr_Clinton_Spring_Summer_Connexions.pdf](#)
- Your Brain at Work
- <https://www.youtube.com/watch?v=J6R9EI3ftvY>



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Sharing Resources Photos & Documentation

- Please feel free to share your centres of Spring happenings.



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Round Table Discussion

- Brainstorming Challenges and Ideas
- Questions & Connections



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QCCN Update

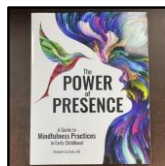
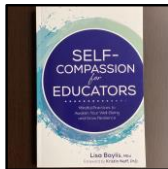
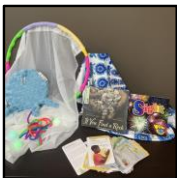
- QCCN Bulletin
- QCCN Website
- For further information, suggestions on future Conversation Café topics and support implementing QCCN Tools and Resources, please contact Priyanka Tan, Quality Child Care Niagara Coordinator, at ptan@eccdc.org or 905-646-7311 ext. 306



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ECCDC resources

Taking Care of Myself:
Resources to Support
Mindfulness for Young
Children



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Want to Know More about ECCDC Services?

- Check us out online at www.eccdc.org or in person at **3550 Schmon Parkway, Thorold.**
- The ECCDC offers a resource lending library of pedagogical materials, specialized workroom, an on-site conference room and a boardroom available for booking.
- Want to purchase items from a distance?
- The ECCDC E-store is currently being updated to serve you better. Please feel free to visit <https://eccdc.org/estore> for updates or contact eccdc@eccdc.org or 905-646-7311 x304 to place orders directly with our Resource Staff Team.
- Our organization supports early learning programs with organizational supports including indoor and outdoor environmental design services, team building, board development, curriculum planning and everything in between!
- The ECCDC designs and delivers professional learning opportunities in person and via webinar on a range of topics. We can customize and deliver to small or large groups, and we always have sessions advertised for anyone to join. **Click here** to see what we have scheduled or register for one of our sessions.



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Next Steps

- What would the network like for next steps?

• Next meetings

- Please refer to ESTEEM for next meeting date, time and venue



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