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#### Niagara Nature Alliance Network

#### Agenda

- Welcome and Introductions
- Mindfulness & Well-Being

Indigenous peoples.

- Reflection on Resources
- Sharing Resources, Photos & Documentation
- Round Table Conversations-Brainstorming, Questions and Connections
- ECCDC Resources Available & Services
- Next Steps

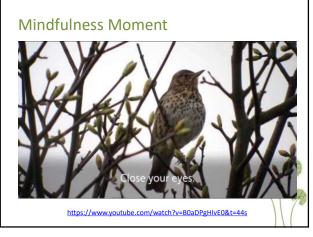


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#### Welcome and Introductions

- Welcome to the participants to the Community of Practice Network!
- Round table introductions sharing the program you work for, your programs nature connections, and what are you looking forward to this Winter.







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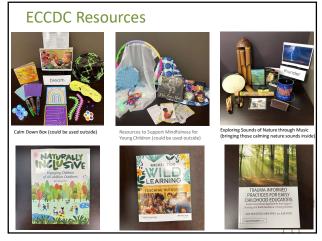




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#### **Further Resources**

- https://www.childhoodbynature.com/being-mindful-in-nature/
  https://childsplayabc.wordpress.com/2019/06/06/nature-playdough-day-6-of-30-days-wild/
- https://www.yourbodythetemple.com/mindfulness-in-nature-
- with-kids/
- <u>https://www.naeyc.org/resources/blog/nature-based-</u> mindfulness
- <u>https://www.ontarioparks.ca/parksblog/guide-forest-bathing/</u>
- https://www.pbs.org/parents/thrive/nature-as-stress-relief-for-kids ×
- Upcoming Training
- Fostering Resilience in Niagara: Trauma-Informed Workshop February 1, 2024 6:30 8:30 p.m.
- in person ECCDC Conference Room free





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#### Brainstorming

 Round Table Discussion for Brainstorming Challenges and Solutions



### Sharing Learnings

• Please feel free to share any photos or learning stories from your centre of Winter happenings.



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## Further Questions and Connections

Questions

Connections



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### 2024 Workplan

• What would you like to see for the Niagara Nature Alliance Network for 2024?



#### **ECCDC Services Update**

- Check us out online at <u>www.eccdc.org</u> or in person at **3550** Schmon Parkway, Thorold.
- We are open! Monday, Friday and Saturday 8.30 a.m.- 4.30 p.m. and Tuesday to Thursday 8.30 a.m.-9.00 p.m.
- Please contact the ECCDC at 905.646.7311 ext. 304 if you are looking for materials.
- The ECCDC offers a resource lending library.
- We offer an online **EStore** of items including Personal Protective Equipment.
- The ECCDC designs and delivers professional learning opportunities in person and via webinar on a range of topics. Please visit <u>www.eccdc.org</u> to see what we have scheduled or to register for one of our sessions.

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#### Next Steps

- Next Meeting 29th April, 2024
- Look out for the network E-blast for all network dates
- Minutes from the meeting will be sent out and posted on <u>www.eccdc.org</u>
- Ginette Wilson gwilson@eccdc.org



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