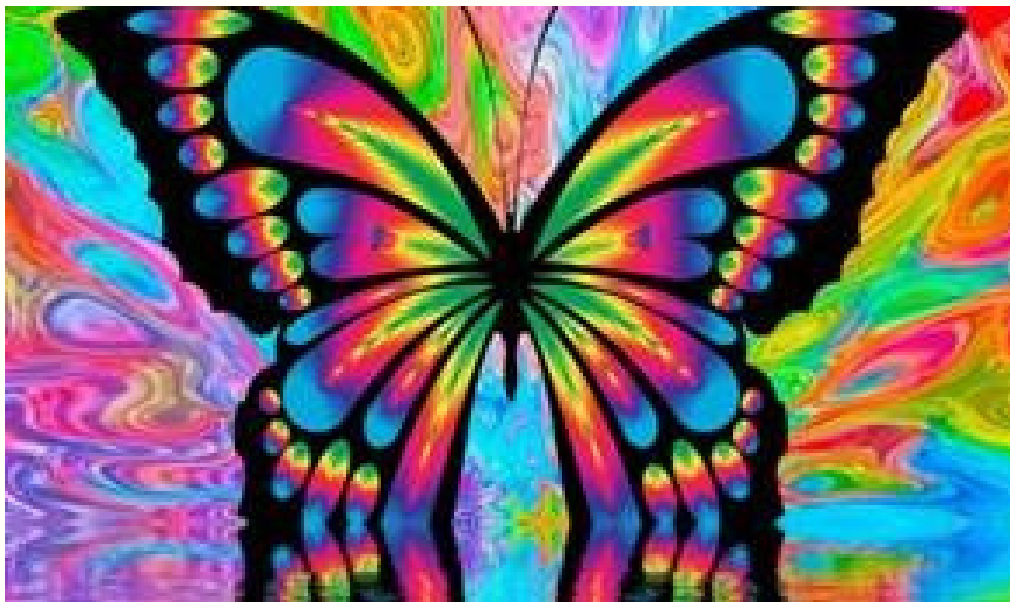




**Waterloo Catholic
District School Board**
Quality, Inclusive, Faith Based Education

**RESTORE &
RECONNECT**

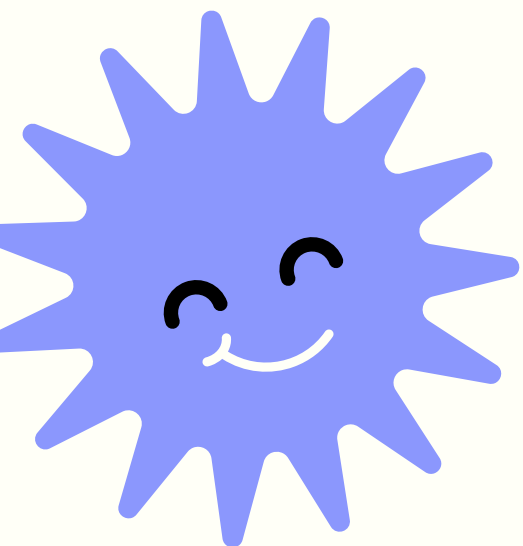


FAMILY WINTER PARTICIPACTION

FREE MARCH ACTIVITIES

Brought to you by the Catholic Parent Involvement Committee (CPIC) & Ministry of Ontario PRO grants

Sign up details for all activities from mindfulness (p. 2 & 5) to virtual library visits (p. 3 & 4) to cooking (p. 6) and yoga (p. 7) in one form - Sign up on final page or [here](#).



MINDFULNESS MAMA - JOY JAR (MAR. 3 @ 6:30)



Participants will enjoy this reflective and interactive module by creating their own personalized joy jars filled with reminders of faith, friends, and fun memories that bring them joy!

PARTICIPANTS NEED TO PROVIDE

- **MASON JAR, VASE, PAPER OR PLASTIC CUP**
- **MARKERS, PENS, PENCIL CRAYONS, TO DECORATE**
- **2 INCH BY 2 INCH SQUARES OF PAPER TO WRITE DOWN FAVOURITE QUOTES, MEMORIES**

IDEA EXCHANGE, PARENT INFO NIGHT

March 9, 5 - 6 p.m.

IDEAEXCHANGE



Learn about virtual resources at the Cambridge library (for Cambridge families only)




Q & A with the Cambridge Library School Liaison

Virtual Visit

Waterloo Public Library

March 10, 6:30 - 7:30 p.m.

- Resources available at WPL (including e-resources)
- Programs, current and upcoming
- Special events
- What's new that you may not know about
- Question and Answer at end with Early Learning and School Liaison at WPL



GOOD

JOB

MINDFULNESS MAMA - POSITIVE AFFIRMATIONS

HUG!

LET YOUR MIND REST AND RECHARGE.

Participants Need To Provide:

- markers
- pens, pencil crayons,
- stickers, scotch tape
- glitter pens
- anything else to decorate their sheets

March 11; 6:30 - 7:30 p.m.

Participants will create their own at-home positive affirmation reminders that they can decorate and proudly display all throughout their homes.

Virtual Cooking Class

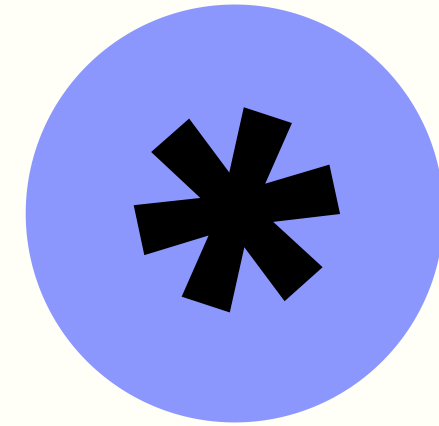
White Bean Falafel Meal

15 people needed to run the session
Information on ingredients and pick-up
information upon registering.

Join Chef Mark Meinzingger who will lead you
through all of the steps to make dinner tonight

— March 17th, 5 - 6 p.m.





STARLIGHT YOGA

March 24th 6:30 - 7:30 p.m.

SIGN UP

Register for one or more of these events through one registration form found [here](#).

