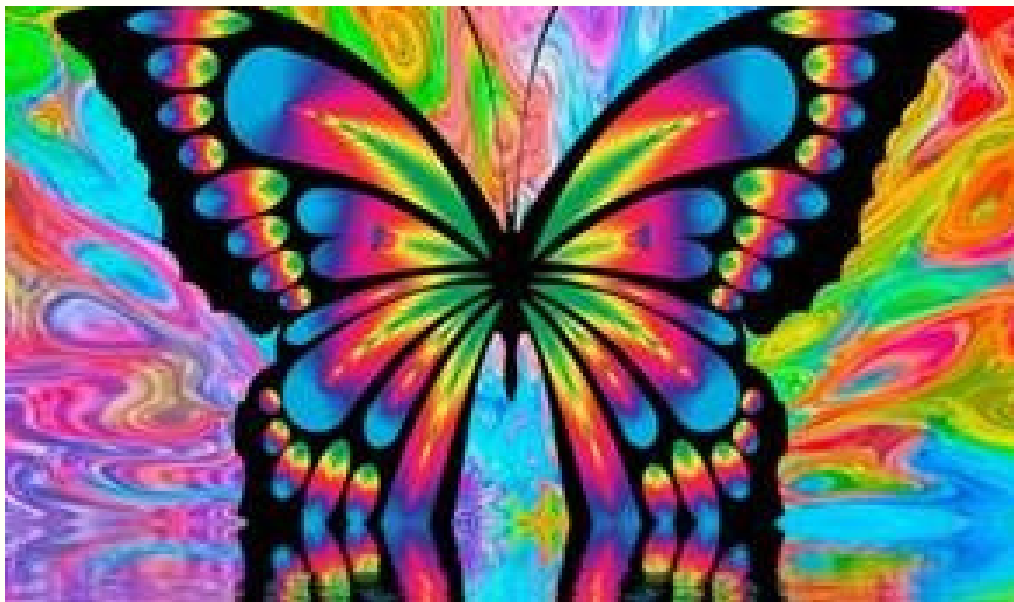




**Waterloo Catholic  
District School Board**  
Quality, Inclusive, Faith Based Education

**RESTORE &  
RECONNECT**

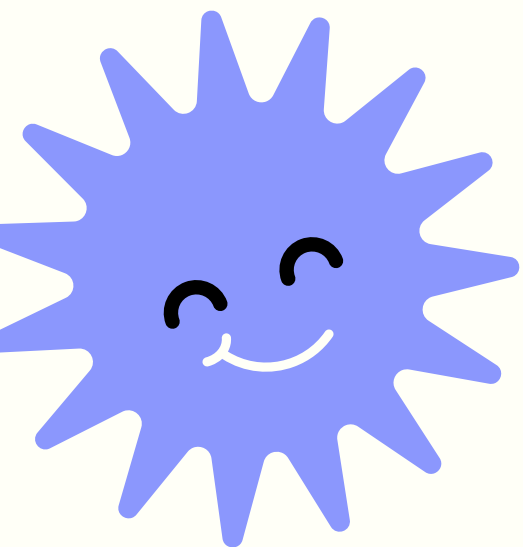


# **FAMILY WINTER PARTICIPACTION**

**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 yoga, cooking, mindfulness and library learning) in one form - link 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.

IDEA|EXCHANGE



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

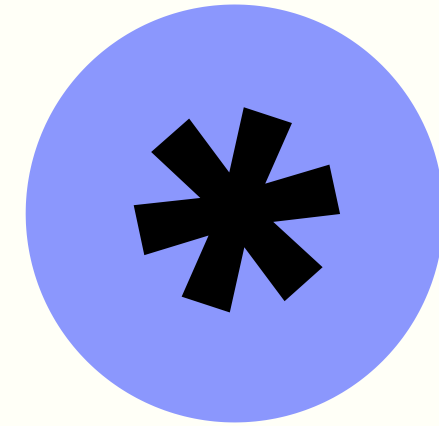
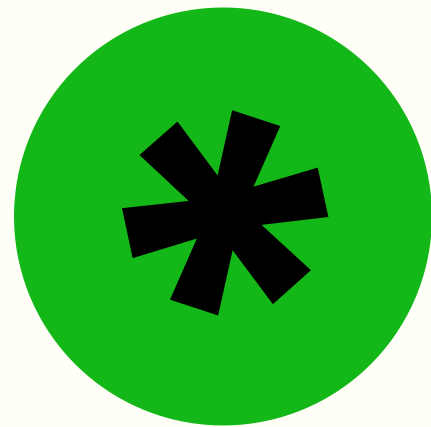
## White Bean Falafel Meal

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

Join Chef Mark Meinzingler 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](#).

