

February ELQI Professional Development Opportunities

New this month: 2 ways to access the registration links: click the link or scan the QR code!

Library Open House

Thursday, February 9, 2023 3 pm – 6 pm and Friday, February 24, 2023 10 am – 2 pm
in-person (205 McLaughlin Road, Lindsay)

Drop in any time from during either of the February Library Open Houses to have a look at the materials available in both the ELQI and Travelling Tales libraries. You will also have the opportunity to register as a member in Librarika and sign out any materials you are interested in borrowing. There will be materials set up for you to explore and engage with while you are here.

No registration required, just drop in!

Bridges Out of Poverty Community of Practice: Overview

Monday, February 13, 2023
7:00-8:00 pm virtual

Bridges out of Poverty is a framework for understanding poverty and the hidden rules of economic class. In this first Community of Practice meeting, we will discuss the ideas that will be covered more in depth over the course of the year. This will be a brief introduction to Bridges out of Poverty and will help educators start to understand the hardships that families living in poverty face everyday. While you are invited to register for this monthly Community of Practice, please know it is not a requirement to commit to attending all 12 dates.

Register here: <https://www.eventbrite.ca/e/bridges-out-of-poverty-community-of-practice-overview-february-tickets-529870947267>



Article Study – from *Think, Feel, Act: “The Power of Positive Adult Child Relationships: Connection Is the Key”* by Dr. Jean Clinton

Wednesday, February 15, 2023
7:00-8:00 pm virtual

A copy of this article will be provided to all participants prior to our discussion evening. When we come together for this article discussion, we will have the opportunity to talk more about this article in depth and the impact it has on our daily work.

Register here: <https://www.eventbrite.ca/e/feb-article-study-the-power-of-positive-adult-child-relationships-tickets-530960536257>



#DiscoverandInspire



Diversity Community of Practice

Tuesday, February 21, 2023

7:00-8:00 pm virtual

We will look at some of the books and resources ELQI has for programs (delivery of these kits will take place throughout February). If you are familiar with any of the books/resources or have a chance to look at them or use them before this gathering, you are welcome to share how you used them and any feedback you have.

Register here: <https://www.eventbrite.ca/e/february-diversity-community-of-practice-tickets-530980546107>



Book Study: "This is Day One – A Practical Guide to Leadership that Matters" by Drew Dudley

Thursdays: February 23, March 9, 16, 23

7:00-8:00 virtual & in-person (205 McLaughlin Road, Lindsay)

If borrowing a book from the library, please register by February 8th.

If you have your own copy of the book, registration closes February 15

Register Here: <https://www.eventbrite.ca/e/book-study-day-one-a-practical-guide-to-leadership-that-matters-tickets-523875053387>



Wellness Week

Monday, February 27 to Thursday, March 2, 2023

The four sessions offered for this wellness week will require separate registration for each one. Please know due to limited space in some sessions, if you register and do not attend you will be charged a non-attendance fee.

1. Intro to Kick Boxing with Jane

Monday, February 27, 2023

6:00-6:45 in person (38 Cambridge Street North, Lindsay)

Jane will introduce the group to kickboxing through a variety of warm ups and exercises; all while having fun!

**Please note: this session has limited space available.

Jane is a certified Boxing Coach with Boxing Ontario, and no stranger to working with kids! She has a background in elementary education and has four kids of her own.

You can read Jane's bio here: [Coaches - Boxing Factory](#)

Register here: <https://www.eventbrite.ca/e/intro-to-kick-boxing-with-jane-tickets-531048399057>



#DiscoverandInspire



2. Qigong For Everyone with Glenda

Tuesday, February 28, 2023
7:00-8:00 pm virtual

Qigong can be thought of as the Grandmother of Tai Chi - and it's easier to learn! Qigong is an ancient Chinese healing art composed of flowing movements that benefit your mind, body and spirit. I teach a style developed by my teacher and mentor called Flowing Zen Qigong, which feels like a beautiful moving meditation. You don't need special equipment and no special clothing or athletic ability is required. All you need is a willingness to learn and clothing and shoes or slippers that you find comfortable and easy to move in. You will learn enough in this class to be able to easily practice a routine at home. You can visit this page www.serenitywithglenda.com/qigong to watch two short videos to learn more about Qigong and the movements.

You can read more about Glenda here: [It's Been A Journey — Pathways to Serenity with Glenda](#)

Register here: <https://www.eventbrite.ca/e/qigong-for-everyone-with-glenda-tickets-531070455027>



3. How to Create a Crystal Grid for Health and Wellness with Julie

Wednesday, March 1, 2023
7:00-8:30 pm virtual

Julie will share with the group how to create a crystal grid using crystals and a crystal pillar for placement in the home (or program) providing gentle energies to all. We will discuss the purpose of using a grid, how to create, where to use and how to power it up. This session includes a training manual (10-15 pages) discussing 7-8 crystals, why to use a pillar (generator) as a centre stone, placement of crystals on the grid, how to power them for optimum usage, and where to place the grid.

**Please note: crystals are not provided for this session

**Please also note: this session has limited space available

You can read more about Julie here: [About Julie – Intentional Joules](#)

Register here: <https://www.eventbrite.ca/e/how-to-create-a-crystal-grid-for-health-and-wellness-with-julie-tickets-531086743747>



4. Eating As An Act Of Self-Care: A Caregiver Check-In with Atheana

Thursday, March 2, 2023
7:00-8:00 pm virtual

Discover your relationship to one of the most basic self-care needs... nourishing yourself. Explore how you can make some small changes to your mindset, behaviours and understanding of how you can fuel your cup a little fuller. An interactive, engaging and fun presentation for staff and educators.

[ABOUT ME | Atheana Brown, RDI Virtual Dietitian in Ontario \(peacefullynourished.ca\)](#)

Register here: <https://www.eventbrite.ca/e/eating-as-an-act-of-self-care-a-caregiver-check-in-with-atheana-tickets-531101046527>

