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The Year of Hygge (Hoo-ga), the Danish Way of Getting Cozy

By Debbie Hanson, Registered Reflexologist with ENIGMA



Hygge (Hoo-ga)—Have you heard of it? No? Hygge is a Scandinavian word, or concept, that means creating a mood of coziness, creating an environment that makes you feel happy and at ease either by yourself or with family and or friends, a feeling of wellness and contentment, making time for yourself.

Often times we get caught up in caring for others that we forget or feel selfish taking time for ourselves. It is important to realize how important taking time for ourselves fosters our wellbeing. If we are feeling well and in a good space emotionally not only do we benefit, the people around us benefit as well.

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At postgraduate level, the tuition fees are generally lower, and again vary depending on your program. Statistics Canada puts the average postgraduate tuition fee at CA\$16,252 per year in 2017/18.

As is the case worldwide, executive MBA programs are generally the most expensive, averaging around CA\$51,891, while regular MBAs cost CA\$29,293.

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Politics as the art of the possible

Submitted by Mr. Tim Halman, MLA, Dartmouth East

Prior to my election as MLA for Dartmouth East, I spent many years teaching political science at Prince Andrew High School. Above my classroom door, there were two questions that I hoped would challenge my students: "What will be your contribution?" and "How will you improve your community?" Certainly, no matter what age or stage you are at in life, these are very important questions to ponder.

Along with these questions, I would always present to my students many definitions of politics at the beginning of the course, ranging from "politics is about how power will be exercised," "politics is the affairs of the community" "politics is about who gets what resources and why," to "politics is the art of the possible."

I would like to explore this concept of "politics as the art of the possible," a term attributed to Otto von Bismarck. For stu-

dents of politics, it is often associated with a school of thought that places the practical, or pragmatic ahead of narrow ideological thinking or goals. As an MLA, I believe our political system and approach to policy in Nova Scotia can be reformed with an injection of this attitude. I believe in an approach that focuses less on rigid ideology and partisan games, but emphasizes public policy that maximizes the public good and focuses on long term solu-

tions to the economic and social issues facing our province.

My time in public life has taught me that we are united in our desire for a better tomorrow for our children and grand-children. If we are to move Nova Scotia forward, we must rethink our views on politics and approach the issues facing our province as an opportunity to practice the art of the possible. This is best facilitated by a collaborative approach among the political parties, as outlined in the Ivany report, and a less adversarial politics that Nova Scotians are tired of.

If politics is the art of the possible, then it is possible to have an education system that challenges our students and brings out the best in their nature. A system that sets students up for success based on their talents and abilities and that maximizes the learning potential of all Nova Scotians. I believe it is possible for schools to once again belong to the communities they serve and not the bureaucratic ooze that exists in our school boards.

If politics is the art of the

possible, then it is possible to have a province with a robust and dynamic economy that ends the biggest export from Nova Scotia – People! – and accords opportunities for our residents to attain gainful employment.

If politics is the art of the possible, then it is possible to have a mental health system that is client centered and built on the principle of equity, a system that focuses on helping the whole person and focuses on prevention and early intervention before a crisis emerges.

If politics is the art of the possible, then it is possible to live in a province where the government is not being sued by it's teachers and doctors. It is possible to have a province where government negotiates in a tough manner with public employees but does so in a respectful and professional manner.

If politics is the art of the possible, then it is possible for our province to restore a competitive film tax credit that attracts film productions and brings back the thousands of our film workers who have

been sent into economic exile due to a reckless and short-sighted decision by Premier McNeil in 2015.

Finally, if politics is the art of the possible it is possible to restore public confidence in our political system and achieve greater political engagement on the part of our citizens. That confidence will not happen by "old school" politics but rather through a new collaborative approach to tackling our problems.

Nova Scotians desire ideas and solutions that focus on the economic and social realities of the early 21st century. Nova Scotians want equal opportunity for all our citizens to find fulfillment in their education, work and families. I believe there is always a light of hope. Despite the many obstacles we face, I believe if we approach politics as the art of the possible, we will ignite an economic, political and cultural rebirth of the province of Nova Scotia. Let us work together to achieve the Nova Scotia of our dreams and a better tomorrow for our children and grand-children.



Tim Halman

Member of the Legislative Assembly | Dartmouth East

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More child care spaces and enhanced subsidies coming for Nova Scotia families

Federal government signs child care funding agreement with Nova Scotia

By Andy Fillmore, Member of Parliament for Halifax

As a parent who has struggled with finding affordable child care, I know that for many families in our communities, child care is an ongoing struggle.

Working parents – juggling more responsibilities than ever before – spend too long on wait lists for a limited number of spaces.

And often, once a space does open up, it is simply unaffordable, causing families to make almost impossible decisions when it comes to their monthly budgets.

Our government believes that every child deserves the best possible start in life, and that high-quality, affordable child care is fundamental to the economic security of families, and especially of women.

That's why in January, our federal government signed a bilateral agreement with the province of Nova Scotia that invests \$35 million dollars in early learning and child care across our province,

by putting that money into the pocket of families that need it.

Over the next three years, we will fund 15 new child care centres with 500 new spaces.

We'll fund 90 new home-based child care sites, and make substantial improvements to child care subsidies for middle and low-income families who need it most.

With this new funding, NS is raising the threshold for who is eligible for the maximum child care subsidy. The maximum subsidy is currently \$7,540 per year. Going forward, families with incomes of \$35,000 and lower will receive the maximum benefit, whereas before the threshold was just \$25,000. This means that 80% of children will now receive the maximum subsidy, compared to 66% of children before. We're also going to increase the subsidy for all income levels up to the family income of \$70,080.

For those families receiv-



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ing the maximum benefit, we will subsidize up to 75% of the cost of a space per child. Considering the cost per space before subsidies is approximately between \$8,000 to \$10,000 per child annually, these enhancements will bring the total cost down to between \$2,500 to \$3,000 for families making \$35,000 and below.

And of course this child care funding is complemented by a range of other poverty reduction measures including the Canada Child Benefit (CCB), which alone is credited with reducing the living wage in Halifax. It has further lifted 300,000 kids out of poverty in Canada, and

cut child poverty by 40% what it was in 2013. It means 9 out of 10 families have more money to put toward the costs of raising a family, including child care.

All-in-all, this funding agreement is good news for families in Nova Scotia. But there's more work to do. We won't stop until we build an early-learning and child-care system in our province - and across Canada - that supports parents and allows children to not only grow, but thrive.

If you want to learn more about these initiatives, please contact my office at andy.fillmore@parl.gc.ca or (902) 426 8691.

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Rafah DiCostanzo, MLA- Clayton Park West

Winter is finally here and Heritage Day is just around the corner! The holiday will be celebrated on Monday, February 19th and will recognize Mona Parsons, the only Canadian woman to be imprisoned by the Germans during the Second World War.

If you are looking for a family-friendly activity on Heritage Day, join me and the Friends of Clayton Park, a local community group, for a **free family skate at Centennial Arena (27 Vimy Avenue) on Feb. 19 from 12:00 p.m. - 1:30 p.m. Helmets are mandatory.**

Children and families in Clayton Park West and across the province will benefit from new government investments and initiatives:

Every single student in

Nova Scotia will now have access to a healthy breakfast through the expansion of the School Healthy Eating Program. This is crucial step in helping students reach their full potential.

An agreement signed in January with the federal government will provide even more families with quality, affordable child care. New investments will create 500 regulated child care spaces, 90 new home-based child care sites and will increase subsidy programs, impacting 1,600 children. More information to come.

Families and small businesses will benefit from the largest tax cut in the province's recent history. Many low-income families will pay no provincial income tax. This means more money in your pocket to spend at the end of the year!

Rafah DiCostanzo
MLA - CLAYTON PARK WEST

278 Lacewood Drive Suite 303, B3M 3Y7 (902) 443 8318
Rafah@RafahDiCostanzo.com @RafahDiCostanzo

The new free pre-primary program saving families money and enabling parents to go back to work. The first sites opened in September and it is expected that all children will have access to the program by 2020.

For more information on these investments and initiatives, please do not hesitate to contact my office.

I want to thank the constituents of Clayton Park West for the tremendous support that I have received since becoming

your MLA. We have such a diverse, remarkable community and I look forward to working with you and your families in the year ahead.

Bill HORNE MLA
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There is beauty and strength in the tapestry that is Nova Scotia's diversity.

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Business Wisdom – 3 Points to Ponder if You Plan to Start a Business



By Debbie Adams, BA, Cert. Ad. Ed, PeopleCan Training

Monetizing something that we know how to do well is a great way to make a little extra cash. But before you hang up your shingle or fire up the proverbial Facebook Page, there are a few things you want to consider when it comes to charging what you're worth.

1. Become a mystery shopper. Check out the market to get a sense of what others are charging. Generally, what you will find is that there is a range of prices and you get to choose where you set your price. Avoid the temptation to price your product or service too low. I'd rather become the person who provided "The Best" as opposed to the person who sells "The Cheapest". Optics matter. People believe that they get what they pay for and if you price too low, the perception will be that there isn't enough value.

2. Have a discount policy in place. People including family and friends will expect a discount. It's ok to have a family and friends discount – it's encouraged. Keep in mind that value starts with pricing. When you give deep discounts, you're not just devaluing what you have created but you're encouraging others to do the same. Set the policy in advance.

3. If you take custom orders for products/services, ask for an up-front deposit. This will usually cover the hard costs associated with your service. You wouldn't want to end up with product that you can't sell because someone failed to come back to pick it up.

There's nothing more refreshing than owning your own business. Yes, there are stressors, but I meet more disgruntled employees than disgruntled entrepreneurs. There is something to be said for the freedom that entrepreneurship brings.

Debbie Adams, BA, Cert. Ad. Ed is the owner of PeopleCan Training in Lr. Sackville a one stop shop for Small Business Owners. More than Income Tax Services – we teach our clients to make money. She is a 3 time published author including Money Mindset: How Changing My Mind About Money Helped Me to Become a Better Entrepreneur. In 2016 she won the Entrepreneur of the Year Award from Entrepreneurs with Disabilities Network and in 2017 she was a RBC Female Entrepreneur Award Nominee. Originally from Newfoundland, she now resides in Lr. Sackville with her daughter Alyssa.

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offers Members an outstanding discount and rewards program.

CAA Atlantic has more than doubled in size in the past 10 years and now counts more than 235,000 Members in the four Atlantic Provinces.

For Membership information, stop by your local CAA Member Service Centre today, call 1-800-561-8807 or visit us online at www.atlantic.caa.ca.

Services for Children with Special Needs in the Early Years

The early years, from before birth to age six, are crucial for a child's development. All children, whether they are typically developing or have special needs, deserve the best possible start in life to help them reach their full potential.

As two of the first child care centres in Nova Scotia tailored to meet the complex needs of children with special needs, Wee Care Developmental Centre (1973) and Halifax Developmental Learning Centre (1970) remain constant and at full capacity offering high quality care specializing in individualized programs. Both centres were founded by non-profit organizations and are located in Halifax offering unique forms of care.

In the province of Nova Scotia families of children with special needs can access many resources that are provided from infancy to the age of six, or until the child enters the public school system.

Nova Scotia Early Childhood Development Intervention Services (NSECDIS) provide province-wide specialized services to families of young children between birth and school entry, who either have a biological risk for, or a diagnosis of, developmental delay. Consultation, information, support and services designed to meet the individual needs of each child and family are delivered in the child's home and may extend to community-based programs. Services emphasize the enhancement of skills and abilities through planned interactions to promote child development and family capacity. NSECDIS are offered in eight regions across the province within 27 locations. This service is free and funded by the Department of Education & Early Childhood Development. You can contact the program by calling 1-844-292-6730 or check out their website at nsecdis.ca

Early Intensive Behavioral Intervention Program (EIBI) provides treatment for young children

(not yet in school) with autistic spectrum disorder (ASD). The program is funded by the NS Department of Health and Wellness and is offered through the Nova Scotia Health Authority, the IWK Health Centre and the Nova Scotia Hearing and Speech Centres (NSHSC). Treatment is provided by a coordinated team consisting of parents, one-to-one interventionists, Clinical Interventionists and Speech-Language Pathologists from NSHSC. The main form of treatment in the NS EIBI program is Pivotal Response Treatment (PRT; Koegel & Koegel, 2006). The goals of treatment are to facilitate development of the children's communication, play and other functional skills. Speech-Language services are coordinated with the EIBI team. If you have questions about your child talk to your family physician, early diagnoses is key.

Free Pre Primary programs have been announced by the Department of Education and Early Childhood Development and will be available for all four year olds by

2020 with 50 classrooms open throughout our province at this time. All Pre Primary programs will be inclusive welcoming children with special needs. Children will continue to have access to the same services and supports they would receive at home or in a community based program. For more information you can visit www.ednet.ns.ca/pre-primary

Nova Scotia Department of Education and Early Childhood Development are working to have over 60% of licensed child care centres inclusive in Nova Scotia. There is work being done as you read this article as a result of the Bilateral Agreement with the Federal Government to improve the funding available to increase the much needed resources to child care centres across the province that enable child care professionals to do their work when welcoming children with special needs into their programs.

Respectfully submitted by
Dawn MacFarlane, Wee Care Developmental Centre

"A child care centre specializing in maximizing children's abilities"



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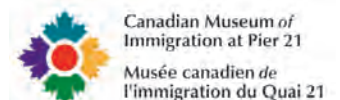
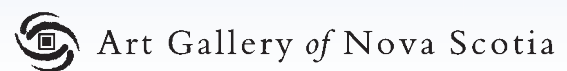
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March Break Getaways & Resorts



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Spend March Break with a 90-year old 'kid at heart'.

This March Break, kick it old school at White Point! Set the kids free to run on the beach, try winter surfing and fishing, pitch a tent in the great indoors, hang out with jesters, and make gooey s'mores by the fire. Power down and discover the simple joy of classic wooden toys, like yo-yos from our friends at the Toy Maker of Lunenburg.

Our 90th March Break lineup includes dancing, swimming, karaoke, puppets, Sable Island paint night, and Chef's Chocolate Celebration. And don't worry kids, we'll keep your parents happy, active, and relaxed, so you can unwind. Details are online. Book today!

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Parent-Child Guide



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March Break & Summer Camp Guide

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Ages 15-17

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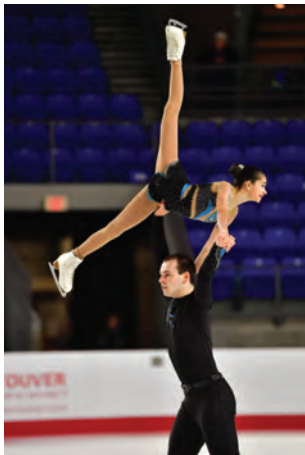
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E cpf@ns.sympatico.ca | W ns.cpf.ca
Registration forms available online

March Break & Summer Camp Guide

Skating dreams come true for Nova Scotia Pair Skater



them after teaming up only a short eight months ago. Pier-Alexandre, 19 years old, moved from his Quebec home to Nova Scotia to team up with Gabrielle. From moment one they worked well together. They were noticed for their talent right away and in only two months together Skate Canada sent the NEXT GEN director to monitor them. During the summer they steadily improved and was assigned an international competition in Gdansk, Poland. Every competition they skated together gives them more opportunity to improve their partnership. The experience of representing Canada on the international scene made them very proud. They look forward to next year with lots of goals

and motivation for more travel and International assignments.

At Nationals in Vancouver they showcased their strengths. The lifts were gorgeous as Pier-Alexandre is amazingly strong and she is very flexibility. They work well together and even when they are nervous at competitions they stay focused and determined.

Gabrielle Levesque, 15 years old is from Bridgewater Nova Scotia. They train with the St. Margaret's Bay skating club 5 days a week. When Pier-Alexandre isn't training he is motivating the young skaters at the club as he has joined the coaching team. Everyone at the club is so proud of them!

St. Margaret's Bay skater Gabrielle Levesque with partner Pier-Alexandre Hudon won a bronze medal in the junior pairs category at the Canadian Tire Figure Skating Nationals in January. This year has been an exciting journey for the two of

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SUMMER 2018

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CREATIVE KIDS Education Centre
Engaging the Whole Child

March 12 to 16

Register online at:
www.creativekids.info

Centre Hours: 7:00am - 6:00pm
902-832-5437

MARCH BREAK 2018!!

Young Campers
Designed to meet the developmental needs of the 4 - 6 year old.

Our 7,000 square foot, licensed indoor facility is well-equipped with a gym, computers, books, supplies and equipment sure to please campers from 4-12 years of age. Camp hours are from 8:45-3:45 with before and after care available at no extra charge from 7:00am-6:00pm.

Campers will explore our 5 acre wooded setting with natural play spaces.

March Break Day Camps At Creative Kids Education Centre

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 COOL MUSIC! Ages: 4-6. Young Explorers.
 GYMNASTICS TO FOODTASTICS! Ages: 7+










Register online NOW!
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March Break & Summer Camp Guide

**Tom Duffey
2018
Hockey Schools**

**SPRING
AND
SUMMER**

HRM Area Schools:
 May 5-12 Power Skating (Marie Bowness)
 May 13-23 Puck Handling/Shooting
 July 23-27 Defenceman School Halifax
 - Goaltending School Halifax
 - Forward School Halifax
 August 6-10 Power Skating (Marie Bowness) Halifax
 August 27-31 Hockey School (Bedford)
 September 1-3 Pre Season School Halifax

**For complete information on our schools visit
www.tomduffeyhockey.com**
 or Phone 443-3414 Fax 443-9230 to request a brochure

March Break Social Skills Day Camp!



Dates: March 12 to 16, 2018
Class Times: Monday to Friday
Hours: 9:00am to 12:00pm

Capacity: 5-10 students per age group.
Cost: \$225 per week

Bridgeway Academy is offering a School Break Social Skills Program focused on helping children develop the skills necessary for initiating, building and maintaining friendships. This program will be offered at our Dartmouth location.

This condensed program mirrors the day program at Bridgeway Academy and has the same overall goal of developing appropriate social interaction skills. We are aware of how important social skills are to living a satisfying and fulfilling life. We are also aware that learning disabilities and ADHD may hinder a child's ability to learn and develop proper social skills.

Every child learns differently, and we cater to their learning strengths and needs. The lessons will consist of visual, auditory, kinesthetic and practical teaching styles combined with fun activities to help illustrate and practice new skills. We also provide home practice suggestions to help generalize lessons to different life settings.

1. First impressions, including appearances, introductions and small talk.
2. Evaluating possible friendships and existing ones.
3. Being a good friend
4. Extending invitations, awareness of others and how to communicate - assertive vs. passive and aggressive.
5. Communication - Non- verbal, assertive, passive and aggressive
6. Problem solving.
7. Avoiding fights.
8. Setting personal boundaries

To register please call 293-4801

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SuperNOVA's **hands-on, minds-on** programs are for ALL youth, ages 5-18.

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Register online at www.SuperNOVA.dal.ca or by calling **902.210.6220**

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MINING & CRAFTING
March Break at Dalhousie SUB

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March Break & Summer Camp Guide

Home Sick? 5 ideas for quiet bonding while nurturing young minds

Submitted by Bricks 4 Kidz

Staying home with an under-the-weather child? In most cases, a sick day means some serious downtime and extra sleep. Still, boredom can rear its restless head, so use the time to bond and nurture their imaginations with one of these activities.

1. Watch a science documentary: Live-shot stories can bring quiet captivation into your living room without the overstimulation of cartoons. And it will give you two something to talk about.

Need ideas? Microcosmos is an up-close look at the world of insects that's truly mesmerizing and serves up a mellow vibe for its lack of narration. NOVA is a gem of a science series that covers a plethora of topics, including brain science, space exploration and ancient worlds. Just find a topic that speaks to your child's current interests. Otherwise, your streaming service should have plenty of titles to choose from.

2. Walk down memory lane: There's no better time to break out the baby album and have a conversation about the day your child entered the world! With older kids, ship over some copies of family photos or memories of the past year and piece together a high-

lights reel.

3. Write a story: Fold and cut stacks of paper into mini-books and break out the markers, stickers and stamps. Then, let their imaginations create a vivid story told in color and words.

4. Embark on flights of fancy: Cozy up and start daydreaming and brainstorming. It can be about something silly, like adventures on the back of their favorite animal. If you're really feeling it, create a playlist to go along with your imaginary adventure.

5. Read out loud: This is a great kind of day to settle in and read from a chapter book. Mine your bookshelves for a read-aloud classic, or download a digital loaner from your local library. Reading out loud forces your child to picture the action in their minds instead of having it passively delivered to them on a fast-changing screen.

Downtime is also the right time to look ahead. Check the schedule for the next Bricks 4 Kidz lineup of workshops and summer camps and discover the next adventure.

For more information please contact us at www.bricks4kidz.com/halifax, or call 902-240-2457



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March Break & Summer Camp Guide

It's Game On at Artech's March Break camps - for kids, teens - all ages!



Global warming is playing havoc with our planet! What can we do? Let's strategize and play for fun and for real! Mario and Steve are joining forces to tackle big issues!

Play for fun! Join Mario and arm yourself with virtual snowballs! Take on the abdominal snowman! Race with Steve across the icy waters to rescue polar bear cubs stranded on floating glaciers!

Play for real and let's turn up the heat on renewable energy! Build a virtual windmill! Create video games that keep the dialog going.

Creating video games is not only fun, it is fast becoming the newest, most dynamic form of

expression. The planning and design that goes into game development inspires creative problem solving. It is a process that engages and empowers young people to take on challenges and succeed!

Find out more about Artech's March Break and summer camps online at www.artechcamps.com.

We have a generous scholarship program available to assist youth facing barriers to attend our programs.

Camp location:
NSCC Institute of Technology on Leeds Street in Halifax.

Camp phone line:
902-579-3317.

Website: www.artechcamps.com




Register at
[macpheecentre.ca!](http://macpheecentre.ca)

MCCL is a safe space for youth to be innovative and creative alongside their peers!

Creative Exposure March Break Camp

Camp Info

Youth ages 12-16
March 12-16 2018,
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Cost

\$140 per camper
(or pay what you can)
+ \$100 per additional sibling/friend

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Camps for all ages
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WHEN REGISTERING

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WINTER READY
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2018 RDX ELITE MODEL SHOWN

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\$388[†] | **1.9%**
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March Break & Summer Camp Guide

March Break, The Canadian Museum of Immigration at Pier 21

This March Break, the Canadian Museum of Immigration at Pier 21 is excited to offer workshops covering music, dance, food and eating. *Movement Mornings* are a show-and-tell of dancing, stretching and ways to move your body, and *Food Workshops* will demo cooking and recipes. Led by special guests from the community, the workshops let kids learn about multiculturalism in a hands-on, fun way. Workshops take place daily from Monday, March 12 to Thursday, March 15.

Also, this year we are excited for an especially magical

March Break week at the Museum as the *Pier 21 Story* exhibit comes to life. Monday March 12 to Friday, March 16, kids and families can get swept up in an immersive theatre-meets-escape-challenge called *In Time*. Participants can assist an immigration officer enforce entry rules, help an SS Walnut refugee, join the Red Cross, and find out the security guard's secrets. Choose a path to complete, step into the shoes of your historical character, then race against time to solve the puzzle. Lives are at stake, and history could be changed. Will you be "In Time"?

The *In Time* challenge will take about 1 hour to complete. Individuals are welcome to drop in, and groups of up to 20 can reserve a time slot by emailing groupvisits@pier21.ca

The Canadian Museum of Immigration at Pier 21 is your port of call for family

activities and experiential learning about Canada's rich immigration history. Located at Pier 21, a National Historic Site that was the gateway to Canada for nearly one-million immigrants, the Museum's exhibits invite you to step into the past and imagine what it would be like as a

newcomer. The *Pier 21 Story* exhibit contains costumes, trunks packed with surprises and full-scale replicas to explore. Or, ride the huge waves of immigration in the *Canadian Immigration Story* exhibit, listen to the oral histories, test your citizenship knowledge then contribute to our digital quilt.

Visit Pier21.ca for the complete March Break schedule. Make sure to follow us on Facebook and Twitter and visit our website regularly for more upcoming events for kids and families.



MARCH BREAK AT THE MUSEUM

March 12 - 16

LE CONGÉ DE MARS AU MUSÉE

12 au 16 mars



A week of music, dance, eating,
and immersive theatre-meets-escape-challenge

Une semaine de musique, de danse, de nourriture et une
pièce de théâtre immersive mêlée d'un défi d'évasion



Pier21.ca | Quai21.ca



Canadian Museum of
Immigration at Pier 21
Musée canadien de
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View full schedule at Pier21.ca. Activities included with museum admission.
Voyez le calendrier complet sur Quai21.ca. Activités incluses dans le prix d'entrée au Musée.

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WEEK-LONG CAMPS RUN JULY 2ND TO AUGUST 31ST FROM 8:15AM TO 5PM.



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- GET AN ACTIVE START ON SUMMER WITH CAMPS FULL OF FUN AND PHYSICAL ACTIVITY
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REGISTRATION BEGINS LATE MARCH/EARLY APRIL AT CANADAGAMESCENTRE.CA



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STADIUM FUN!



Spring registration starts Monday, March 19th at 7:00am!

Walk in and phone in registration will be available.

Swimming Lessons, Wave Runners, Aquatic Leadership, Dance, Soccer, Basketball, Floor Hockey, Martial Arts, Kids Yoga, Kindersport, Intro to Curling, Messy Play, Scetch & Draw, Clay Creations, Kids in the Kitchen, Mixed Media, & so much MORE!

For a complete listing of programs, please visit our website or phone us at 902.869.4141!



thestadium.ca

HALIFAX



March Break Art Camps

Art Gallery of Nova Scotia

BOOK YOURS TODAY: artgalleryofnovascotia.ca



March Break & Summer Camp Guide

The Young Naturalists Club

Everyday we hear more about the physical and psychological benefits of spending time outside in nature as an important part of healthy childhood development. With the average youth spending 6 - 7 hours in front of screens each day, it is no wonder youth are facing obesity and mental health issues at a rate unseen before.

The Young Naturalists Club (YNC) is working to counteract this by getting youth interested in, and spending more time outside in nature through its free nature clubs that run from September - June. At YNC events, adult naturalists and scientists volunteer their time and knowledge to lead age appropriate, hands-on,

monthly workshops and field trips to local natural areas for youth and their families. One month you can be tracking wildlife and making casts of their prints, the next month exploring tidal pools along the coast.

It is great way to spend time outdoors together as a family, exploring and learning from adult naturalists who are passing on important, age-old wisdom. There are currently five YNC Chapters running programming across the Province including two in Halifax.

To find out more about their programming and more about the YNC, visit www.yncns.ca or contact us at yncns@yncns.ca or 902-455-5643.

Once Upon a Castle



Hear ye! Hear ye!

Valiant knights and fearless princesses are summoned to the

MUSEUM OF INDUSTRY
MARCH 10 to 18

March Break

at the Museum of Industry,
Stellarton, Nova Scotia

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Check out our website for details
museumofindustry.novascotia.ca



NOVA SCOTIA



The Young Naturalists Club

A free nature club for kids & families

Hands-on learning about Nova Scotia's wild species and places

Spend time outdoors with your family each month!



- ✓ One Sunday morning a month at the Museum
- ✓ One Sunday afternoon field trip a month

Visit our website for specific times and locations

www.yncns.ca email: yncns@yncns.ca

DON'T MISS OUT Booking PARENT-CHILD GUIDE

Our next edition is our 23rd Anniversary Edition featuring
HRM'S LARGEST SUMMER CAMP GUIDE
Also includes Fun Places To Go, Health & Wellness, Education, Senior Living Care and More!

Robert Rockwell 902-209-4461 parentchild@ns.sympatico.ca

Health & Wellness

Introducing Brad LeLievre

Submitted by MacDonald & Woods Personal Training Rehab Clinic



We're pleased to introduce Brad LeLievre to our team at MacDonald & Woods Personal Training Rehab Clinic.

More from Brad here:

"Having been involved in competitive sports since I was very young, fitness has been an integral part of my life. Having become a teacher in my post-secondary career personal training seemed to be the obvious choice for me, mixing teaching with my love of fitness. I have been working in the fitness industry as a personal trainer for over 7 years, becoming a fitness instructor by teaching Jillian Michaels' Body Shred as well as a Team Trainer in TRX. My athletic career has led to many injuries such as a torn calf, broken finger, and a tear in my LCL among others. This has forced me to overcome obstacles to get myself healthy that has made me a better trainer.

My goal as a trainer is to assist people in living a healthy life. Making lives easier and more enjoyable is the most important thing. My experience and knowledge will help clients achieve their goals and live a better life."

Brad LeLievre

Qualifications: Personal Trainer, TRX Team Trainer, Jillian Michaels' Body Shred Instructor, Exercise Therapy Specialist

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Health & Wellness



Straight teeth without conventional braces? A clear reason to smile!

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group

You probably know someone who has "them" or have at least overheard two people discussing that there is a new alternative to conventional braces when it comes to straightening teeth! Invisalign has become a household name for magazines, tv shows and among the many adults and teens who sport them. But although many people can tell you they are familiar with the term; few people understand exactly what Invisalign is and how it works.

Invisalign is a brand name for a clear aligner product that aligns teeth. Although the technology has been around since 1999, recent years have shown major advances in improving the product resulting in widespread use of Invisalign as an alternative treatment modality for patients seeking to improve their smile.

Invisalign works by having the patient wear a series of clear aligners, in sequence, that gradually guide teeth to their ideal position. Small, tooth-colored attachments are sometimes temporarily bonded to teeth that have especially difficult movements. These discrete attachments aid the aligner in distributing forces to the teeth so that the proper movements are achieved.

If at your initial consultation your Orthodontist recommends Invisalign, the next step is to obtain a 3-D virtual model of your teeth. Although traditional molds of your teeth can be made, digital scanners offer a more accurate method for capturing your bite that avoids any impressions. Before your custom-made clear aligners are manufactured, your Orthodontist must use software to manipulate your bite in virtual reality until the perfect result is achieved. This step is the most important one as your Orthodontist's knowledge and expertise of this technology is paramount to the quality of your result.

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Historically, Invisalign treatment was limited to simple crowding and minor bite issues. Orthodontists now have the opportunity to do further training on advanced Invisalign techniques, which means many challenging bite problems can now be treated with Invisalign. Many patients that have previously been told they are "not an Invisalign candidate" are now finding that they in fact are! Check with your Orthodontist as to their experience with Invisalign. The Invisalign website has a doctor locator that lists doctors with a high degree of expertise using this technology.

In addition, Invisalign is also available in an Invisalign teen product for younger patients. If you or your child are looking for an alternative to conventional braces, ask your Orthodontist if Invisalign or Invisalign teen is right for you.

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck) and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact (902) 455-7222.

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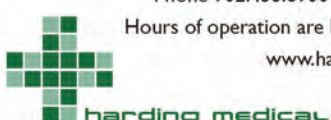
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Bérard Auditory Integration Training (AIT) now in Atlantic Canada.

By Marcia-Lisa Dennis, OT Reg. (N.S.)

What is Bérard AIT?

Dr. Guy Bérard, an ear, nose, and throat doctor from France, developed a listening training system called Bérard Auditory Integration Training. Bérard AIT was developed to address auditory hypersensitivity, distortions, and delays in hearing that negatively impact the ability of the brain to process auditory information. This educational training system uses music fed through headphones to an individual and has been shown to be effective for improving attention and focus, sensory processing, communication, confidence, and school related skills of reading, spelling and writing.

What is hearing vs listening?

Hearing and listening involve the use of ears, but they are different. Hearing is one of the eight senses and is the act of perceiving sound by receiving sound waves or vibrations through your ear. Listening is the act of hearing a sound and understanding what you hear. It requires attention as your brain processes meaning from the words and sentences.

What is Optimal Listening and what interferes with it?

Optimal hearing is the ability to perceive all frequencies of sound comfortably and equally between the ears. This makes optimal listening possible so that meaning can be more easily derived and processed from the sounds. Hypersensitivity, hyposensitivity, distortions or delays in hearing, and inconsistencies or lack of coordination between ears all have the potential to interfere with optimal listening.

Who is a good candidate for Bérard AIT?

- the listener must accept wearing the headphones
- 3 years of age or older
- a diagnosis (or suspected diagnosis) of Autism, ADHD, SPD (sensory

processing, disorder), concussion, dyslexia, poor balance and motor coordination skills, delays in speech and language development, etc.

- Time commitment is two 30min sessions per day for 10-12 consecutive days (10 hours).

When will Bérard AIT be offered?

Slots for Bérard AIT is filling up. Our first round is booked. The next round will start during March Break 2018. Call today to find out if this intervention is right for you or your child.

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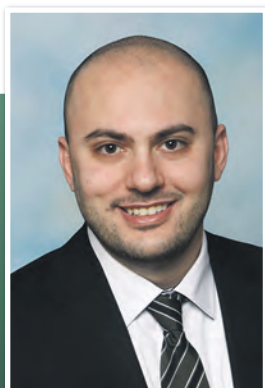


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For many people, winter can be a tough time of year both mentally and physically. It is not uncommon to hear complaints about cold temperatures, and the issues posed by snow and ice. The biggest issue, in general, is the risk of slipping and falling. It can happen to anyone, but seniors are most vulnerable when it comes to breaking bones and enduring a long recuperation. Unfortunately, the fear of falling and the dislike of cold temperatures will often keep seniors from venturing out. This can mean they are stuck at home for prolonged periods, leading to intense isolation through the winter months unless family and friends are visiting. However, visiting once a week is not likely enough stimulation to stave off the inevitable feelings of loneliness and even depression. For family, however, it can be very stressful to make time for enough visits to solve the problem. Even if it were enough, it is not as beneficial as having the choice to socialize on your own terms. Waiting for people to

visit can lead to frustration and anxiety, possibly reversing the positive impact of visits.

The beauty of living in a retirement residence is you never have to wait for a visit, there are people around all the time and you can participate in planned or spontaneous activities daily. You are independent, it is your choice to be social or not. Making choices for yourself has far-reaching benefits, allowing for a greater sense of happiness and satisfaction with life. Living alone, even the most social person can become a recluse in the winter, particularly if physical mobility, transportation and a fear of falling are issues. At a retirement residence, you can enjoy a social life regardless of the season!

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Education

Good Grades are Part of a Healthy Lifestyle

Submitted by Oxford Learning

It's no secret that the work students do at home has a positive impact on their studies. Homework develops learning-related routines and reinforces concepts learned at school through practice and application. However, homework isn't the only way to boost grades and see classroom success. Our culture is becoming increasingly health conscious, and there is a growing body of research that shows that for students, a healthy lifestyle at home is just as important to academic performance as hitting the books.

A healthy lifestyle balancing fitness, nutrition, and sleep creates a healthy brain, one that is receptive to new ideas, alert in the classroom, and retains information longer.

Many studies show that students' cognitive and academic functioning is related to their health, and students with poor health from lack of activity, poor nutrition, and inadequate sleep, are at a greater risk of absenteeism, reduced motivation, and poor academic performance.

Boosting kids' activity levels doesn't necessarily mean training for marathons. Even brief amounts of physical can increase metabolism in all the

body's systems; in the brain this means improved cognitive functions and stronger neural connections. For students hitting the books, physical activity improves memory and recall of the information that students are trying to remember for a test. Translating fitness to the classroom could be as simple as going for a quick walk or a bike ride during a study break.

Exercise goes hand in hand with nutrition. While some foods negatively impact the body, other foods positively impact the brain. Nuts, seeds, fish, fruits, and vegetables and whole grains all contain nutrients that boost cognitive functioning, giving students a boost in not only memory, but in their ability to focus, as well as their mood and attitude. Breakfast is shown to be the most important meal of the day, as it's the first meal eaten after hours of sleep—student's brains are as hungry as their stomachs, making when students eat just as important as what they eat. Some studies show that students who don't eat breakfast have decreased alertness and attention in class, as well as a reduced ability to problem-solve.

Sleep also plays a critical role in health and learning. A

sleep-deprived brain doesn't function as well as a rested one. When it comes to studying, the research shows that pulling all-nighters is less beneficial than a good night's sleep. While students are asleep, the brain moves information learned throughout the day from short-term storage into long-term storage, and strengthens neural connections to make information retrieval easier.

Taking in notes in class, doing homework, studying hard, going to class are all important to good grades, but equally important is maintaining a healthy lifestyle, including being fit, eating right, and getting a good night's sleep. If parents are looking to boost their child's grades outside of an academic environment, health and lifestyle changes can bring surprising results. There are plenty of simple changes parents and students alike can implement at home to get an added classroom—and lifestyle—boost.

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Halifax Christian Academy (HCA)

Submitted by Halifax Christian Academy

Halifax Christian Academy (HCA) is nurturing, educating and discipling over 200 students!! With a 40 year history, a campus in Timberlea and in the Armdale area of Halifax, HCA is the educational and discipleship partner of choice for Christian families in HRM.

HCA is not resting on its laurels, or stuck in the past, it is embracing the future with a powerful new vision and mission, new leadership, and innovative new ideas. At HCA we believe your child's spiritual development is equally important as the academic training they will receive. We are living our beliefs our daily by living our Vision of "Transforming lives through dynamic Christ-centered EDUCATION and DISCIPLESHIP".

NEW FOR 2018/19: Expanding our impact & making it easier for YOU to join HCA!

- Busing from Dartmouth and Sackville/Fall River (less

driving for parents)

- New elementary school planned for timberlea (now accepting applications for early enrollment)

Your choice of school partner is one of the most important decisions that you will make for and with your children as your student will be influenced by your school's worldview for 1200 hours in school each year. For Christian families it is crucial and powerful to align your choice of school to your own family values.

According to a recent University of Notre Dame/Cardus research report, students who attended Christian school were proven to hold a stronger faith, and led more faith filled lives as young adults. **We want that for your students and your FAMILY!**

While there are choices available, we believe HCA is the SUPERIOR CHOICE for YOUR FAMILY!

With our Christian worldview, lower tuition, small class size, multifaceted discipleship culture, missions and service program, increased individual attention, innovative 21st century learning model, exclusive ARROWSMITH learning needs program, high academic performance, mission trips, online learning options, and a robust international student program it is not surprising to learn that HCA is the largest evangelical Christian school in Nova Scotia.

Praise God for the new and exciting things which are happening at HCA as we enter a NEW CHAPTER!!

We look forward to helping Christian families make the **BEST CHOICE** for your family, and your students education and faith. Please Join us for our NEW FAMILY OPEN HOUSE on March 7th, or connect with our family liaison staff via info@halifaxchristianacademy.ca to learn more about partnering with HCA.

Accepting Enrollment Applications Now!



NEW FOR 2018/19

- Busing from Dartmouth & Sackville/ Fall River
- New elementary school planned for Timberlea — now accepting applications!
- School Tours: Email or call (902) 475-1441 to schedule a visit.

Open House

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Looking for a school that shares your Christian worldview?

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Education



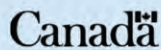
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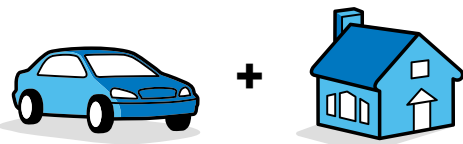


Tune-up Your Garage with These Simple Steps

Submitted by Matt Conrad, Allstate Insurance, Dartmouth Crossing

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A messy garage is not only unsightly, but can cost you if you have to waste time searching for lost items and re-purchase things you already own.

A cluttered garage can also be a possible source of danger as you could trip over loose objects or stub your toes while navigating through it. Your vehicle could also be at risk because the doors may get dented if they swing open and hit something.

Follow these simple steps to declutter and keep your garage organized.

Prepare

Depending on how much clutter you have, you may need to free up a full day or weekend in advance. Gather supplies beforehand (large boxes, packing tape, and garbage bags) and consider renting a secure storage container so your things aren't just sitting in the driveway or in your house while you're decluttering.

Get help

Recruit friends or family members in advance to help clear your garage and lift heavy objects.

Sort

Empty everything out of the garage onto your lawn or driveway and sort them into piles. I recommend sorting them into categories like Tools, Toys, Car Care, and Sports Equipment.

Purge

Once you've sorted your items into categories, toss everything that's broken or expired, return borrowed items to their proper owners, and sort everything into further piles for donating, reselling, and keeping. Try and recycle as many boxes as you can because cardboard can attract bugs to your home and garage.

Clean

Once your garage is empty, you can give it a good cleaning and a fresh coat of paint if required. Adding vertical storage by installing shelves and hooks (or a pegboard) will help you get things off the floor. If you have the space, get stackable plastic shelves that snap together and store clear bins on them. You can also install a ceiling storage system – just make sure your garage door doesn't interfere with it and there is

enough clearance to avoid scraping the roof of your car!

Putting everything back

Once everything has been sorted and your garage is clean and sparkly, it is time to start organizing. Organize your items based on type of use:

- **Bulky items:** Try to downsize larger items if you can. For example, you can deflate pool toys or disassemble large objects.
- **Categorize:** Group similar items together, such as auto care and sports equipment, for ease of access.
- **Frequently used:** Keep items such as pet leashes and snow shovels within easy reach.
- **Tools and bicycles:** Shovels, rakes, and bicycles are best stored by hanging them on the wall.
- **Rarely used:** Holiday decorations, extra tires, and other rarely used items can go in labelled bins and be placed on higher shelves or in a ceiling storage system.

For more information please contact Allstate Insurance, 59 Gale Terrace, Dartmouth Crossing, Dartmouth, 902-461-2422, www.allstate.ca

Leptospirosis

Courtesy of Carnegie Animal Hospital in Halifax

This past fall Nova Scotians heard a lot about leptospirosis. As of early January, it is estimated that there may have been as many as 200 cases, largely in the HRM area. Unlike the USA, it is not a reportable disease in Canada, so it has been hard to accurately track. We do know that about 80% of tests done at a Canadian lab did come from our area. Initial cases were largely from the peninsula area of Halifax, and then expanded to the Fairview/Spryfield areas. As the fall progressed, a few more cases came from outside areas.

Facts:

- Leptospirosis is an infection of bacterial spirochetes. It is transmittable from animal to animal and/or animal to human (ZOO NOTIC).
- Most animals transmit the spirochetes through contaminated water sources. It enters the body through mucous membranes, eyes, nose, mouth and/or broken skin.
- Because spirochetes are spiral or corkscrew-shaped the bacteria will infiltrate the body by burrowing into the skin. It spreads through the entire body, reproducing in the liver, kidneys, central nervous system, eyes and reproductive system.
- Soon after initial infection, fever and bacterial infection of the blood develop. These symptoms can resolve through the reactive increase of antibodies which can clear the spirochetes from most of the system.
- The extent to which the bacteria affects the organs depends on the animal's immune system and its ability to eradicate the infection fully. Even then, Leptospira spirochetes can remain in the

kidneys, reproducing there and infecting the urine.

- Infection of the kidneys or liver can be fatal if the infection progresses, causing severe damage to these organs.
- Younger animals or older animals with compromised immune systems are at highest risk for severe complications.

Children or immunocompromised people are at the most risk of acquiring the bacteria from an infected pet.

- It is currently unknown how long the bacteria can live in the environment for. It is said that if the area is dry that it tends to die, but as long as the environment is moist or humid it can live for long periods of time. The bacteria can remain dormant for some time before it activates in the preferred environment.

- It is more prevalent in marshy/muddy areas which have stagnant surface water and are frequented by wildlife.

It is more prevalent here during the months of July to December because of the moist/humid environment.

- Infection rates for domestic pets has been increasing in US and Canada over the last few years.

- Dogs will typically come in contact with the bacteria in infected water, soil, mud, while swimming, passing through or drinking contaminated water, or from coming in contact with urine from an infected animal.

Animals that are at an increased risk for Leptospirosis are as follows:

- › Hunting/sporting animals
- › Animals that live near wooded areas
- › Animals that live on or near farms

cont. on page 30

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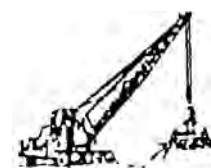
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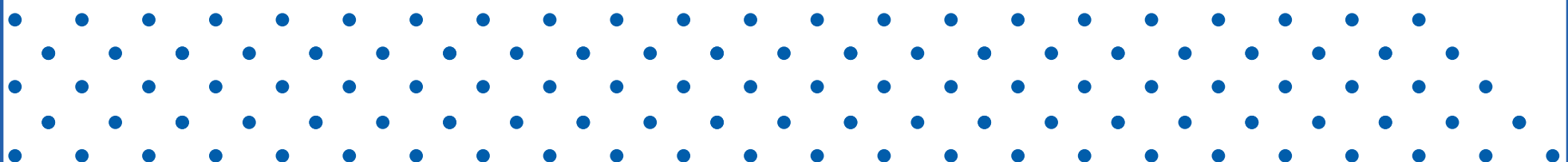
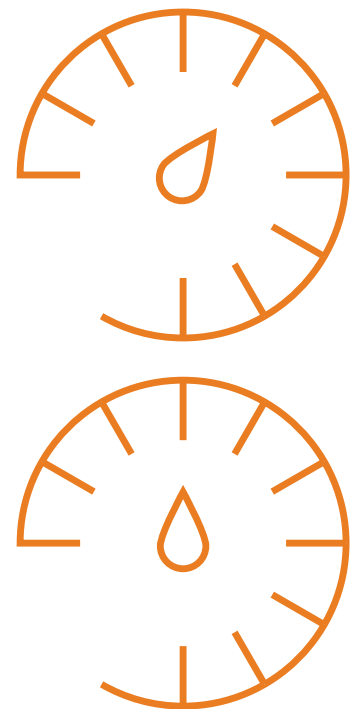
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CRAFT CORNER

Winter Blues

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts



With spring around the corner, winter blues are turning green and thoughts of warmer weather have me itching to get my green thumb digging into the soil. For most of the country, February, March and April are just the right times to get indoor seeds started. Having watched my mom successfully start seeds indoors for years, I've gained a good understanding of its process. A simple craft to do with kids or a way to take charge of your garden, starting seeds is one of the most rewarding ways to increase your garden time.

Besides seeds and a specific soil-less starting mix, you can find most of what you need to get started around the house. Containers for soil and seeds can

be made from newspaper, egg cartons, tin cans and berry containers. A spray bottle for watering, a south facing window for maximum light and an old table are also needed.

First, make a list of the seeds that will be worth your time, money and effort. To determine how many seeds you will need, plan out your planting space and/or the number of pots you expect to use.

Read the seed packets to determine the specific time frame and other details. Once you have your supplies and have calculated your planting dates, you're ready to begin.

Fill your seed containers about ¾ of the way with damp seed starting mix and plant the seeds according to the packet instructions. I generally drop 2-4 seeds into each cell, knowing I will thin the seedlings as they grow. Give newly planted seeds a good gentle misting and cover with a clear plastic lid to help hold in moisture until they sprout. Once sprouted, remove the cover and

make sure they stay moist, but not drenched. Occasionally rotate the seedlings so they are exposed to sunlight on all sides.

Two weeks before planting the seedlings outside, you will "harden off". This is the process of gradually increasing the amount of time they spend outdoors, acclimating the seedlings to nature's elements. Alternatively, you can use an oscillating fan for an hour or so daily to agitate the seedlings prior to their outside planting date.

Hopefully, with this bit of information, you will feel confident jumping in and starting your own indoor seeds this season. Enjoy the experience, share the benefits with a friend and have fun growing as the winter snow melts away!

Tip: Start seeds in eggshells and use as a centerpiece over the Easter holiday.

Drop in to Maritime Hobbies & Crafts to see our craft corner and for many holiday craft ideas. 1521 Grafton Street, Halifax, 423-8870

Give A Sh!rt About The Earth

Submitted by Value Village

Nearly half of North Americans (46 percent) say they have "way too much stuff" – an increase of four percentage points in just one year. As a retailer, Value Village gives a sh!rt about more than just the bottom line.

It's a fact that 95% of the clothes North Americans throw away into landfills each year could be reused or recycled. Give a sh!rt about your clothing footprint and make a positive impact by donating clothes you no longer need.

It can take over 700 gallons of water to create just one new cotton T-shirt and over 1800 gallons to make one new pair of jeans-conservative numbers compared to what some studies have found. Any way you look at it, when it comes to conservation, it's time to start paying attention to the water we wear.

Over a ten-year period leading up to 2009, the amount of textile waste generated by North America grew by over 40 percent to 25.46 billion pounds. With projections for 2019 set at 35.4 billion pounds. You can imagine the real weight of these numbers on the environment, when you consider that currently at least 85 percent of textile waste gets thrown straight into the garbage.

If you give a sh!rt about the environment, there are a few simple things you can do – like shopping smarter and reusing clothes instead of ditching them – that make a world of difference for our planet.

Smart shopping includes things like shopping thrift and consuming in a more meaningful way. It's an idea that's become increasingly important over the past few decades, given the world's basically been on a major shopping spree. Today it is estimated that as a whole, the world now consumer over 80 billion pieces of new clothing yearly, with Americans alone buying four times as much as in 1980.

That's where reuse comes in – It's an easy way to help keep our collective shopping habit from becoming a shopping problem for the environment. We get that not every item in your closet can be an investment or heirloom piece, but when you reuse and shop thrift, you're extending the lifecycle of all your clothes and in turn helping lower carbon emissions and keep unnecessary waste out of our landfills.

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cont. from page 27

› Animals that are in high traffic areas frequently such as: kennels, dog parks, off leash walks, agility, obedience classes, etc....

› Recent studies also indicate that dogs in urban areas, even if only in their own backyards, are at risk due to raccoons, rats and contaminated water reservoirs.

Symptoms:

- Sudden fever and illness
- Sore muscles, reluctance to move
- Stiffness in muscles, legs, stiff gait
- Shivering
- Weakness
- Depression
- Lack of appetite

- Increased thirst and urination
- Rapid dehydration
- Vomiting, possibly with blood
- Diarrhea, with or without blood in stool
- Bloody vaginal discharge
- Dark red speckled gums (petechiae)
- Yellow skin and/or whites of eyes
- Spontaneous cough
- Difficulty breathing, fast breathing, irregular pulse
- Runny nose
- Swelling of mucous membranes
- Mild swelling of lymph nodes

Spring 2018 Forecast

Although we don't know what spring will bring (except hopefully warmer weather!), it is best to air on the side of prevention and have a discussion with your veterinarian. If your dog is being vaccinated for the first time, there are two vaccines three weeks apart, and then an annual revaccination will be recommended. Annual vaccines are recommended at 12 months from the date of the second initial vaccine. Vaccines to date are available that cover four strains of the bacteria which is a good preventative measure.

Mother Nature's Classroom

By Jo-Anne Bayers – Director, The Growing Place

As early childhood teachers we know that ample time, and access to both quality classrooms, and outdoor play spaces are essential to not only a child's spirit, but also to their emotional, social, physical, and cognitive development. We also know that children learn best when engaged in hands on activities that allow them to see, hear, touch, and yes, even taste the world around them.

Early childhood educators are trained to think of outdoor play spaces as an extension of our classroom learning environments making mother nature a valuable member of our teaching team. Though Nova Scotia's weather can make outside time challenging, we, like postmen will let neither rain, nor sleet,

nor snow keep us from utilizing mother nature's classroom, either within our playgrounds, on adventures along wooded trails or on other excursions within our community.

A simple patch of dirt offers early lessons in earth sciences as the children are free to dig, discovering the earth's physical characteristics along the way, or engage their imaginations, and problem-solving skills while attempting to dig a hole to China, or in search of buried treasure. The same patch of dirt also offers opportunities for studying insects, and spiders (perhaps they will grow up to be entomologist).

Playground equipment like swings might look like a simple

bit of fun, but are really a beginner's lesson in physics as children experience the forces of motion, and energy as they move through space. While climbing equipment offers lessons in spatial awareness as well as helping them to gain new perspectives of the world below, and round them while conquering new heights.

Though it may feel like mother nature gives us more than our fair share of messy days, for the children these days come with opportunities to hone gross motor skills puddle jumping, and to spark their sense of wonder as they ponder why snow melts inside, or why so many worms are strewn across the sidewalk after a spring rain.

So, whatever the season, open your doors, and let the little ones in your life explore all that mother nature has to offer, for it's outside that children are free to engage both body, and mind as they learn about the world, and their place in it.

Jo-Anne is currently the Director at The Growing Place, and has over thirty years of experience. She has previously served as Resource Coordinator where she specialized in supporting children with special needs as well as offering support, and advice to parents on a variety of child, and family related issues. For more information please visit our website at www.thegrowingplace.ca

The Growing Place

Early Education Centre

thegrowingplace.ca

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