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*For my  
daughter*

How a rare disease  
created an advocate

## CRUNCHES and KIDS

Fitness tips for moms

## *Emotional* REGULATION

How we can help kids  
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### FROM THE PUBLISHER

## A matter of perspective

In the day-to-day work of being a parent — or of being a kid — it's easy to lose perspective.

When life isn't working out exactly as we'd hoped it would, we get frustrated. We lose our tempers. We get down on ourselves or lash out at others. Sometimes we simply don't know what to do, and it scares us.

And yet we carry on, doing the best we can. We keep our heads above water — barely, sometimes — and sometimes that's the best we can do.

It's only with time and maturity that we understand this is how life works. It never turns out exactly as we expect it will, but sometimes it turns out better than we could have predicted.

That's the frustrating-but-wonderful thing about the human condition. We know how life begins and we know it will eventually end. Everything in between is up for grabs.

In one of his essays, writer Albert Camus uses winter as an illustration of the difficulties we face and summer as an illustration of our ability to overcome them. "In the midst of winter, I found there was, within me, an invincible summer," he wrote. "And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there's something stronger — something better, pushing right back."

As we prepare for a literal winter here in Grey/Bruce, my message to you — whether you're a parent or a kid — is that you are stronger than your circumstances.

There is an invincible summer inside you. Winter doesn't last forever, and half the battle is knowing this is true.

Amy Irwin, Publisher

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# CRUNCHES

## and KIDS

PRIORITIZING  
WOMEN'S FITNESS  
AFTER PREGNANCY  
BY CLARE  
DONALDSON AND  
STEPHANIE SOLLAZZO

Do you ever think to yourself, *What happened to my body and fitness after having babies? Before pregnancy I was so fit, I could run, jump, lift things and play sports without having to worry about injuries, but since having kids I have no time to exercise between them and getting back to work.* Did you try to get back to fitness and think: *Whose body is this? Is your body moving in an entirely different way?* Do you wonder: *Where do I even start?*

If this sounds familiar, you're not alone. Many women struggle with their health, strength and exercise after pregnancy. This trend emerges from a combination of the physiological changes that occur during and after pregnancy, and the dramatic time demands of children throughout their early lives.

As children become more independent, many moms find themselves with slightly more time, but have great difficulty returning to exercise at levels they did previously due to the loss of strength (better known as deconditioning) that occurs in the years prior.

The good news? It doesn't have to be this way! You can take control of your health and fitness. In this article we are going to talk about the gradual loss of strength facing women of child-bearing years, and some do's and don'ts for your road back to physical health and keeping up with your little ones.

Deconditioning is a progressive loss of strength and mobility that is associated with less physical activity. We like to think about it on a graph. When you're in your 20s, or prior to having kids, there are times when you feel pretty darn invincible. Want to train for a marathon? Sure. Start doing CrossFit? Absolutely! Take up aerial yoga on weekends for fun? You bet!

Your tissue is strong, robust, and resilient — aches and pains, begone! Then, this funny thing happens. You get pregnant, and people start telling you to be careful — maybe some of those things you did pre-pregnancy aren't as safe anymore, so you stop doing them. (Note: Many fitness practices are safe, even during pregnancy. But before starting any fitness regimen, discuss it with your doctor to ensure it's the best course of action for you.)

All of a sudden — even though you don't have pain — that tissue gets a little weaker because it's not getting regular use. Then your little bundle of joy arrives, and even though she's cute, she keeps you up all night. So whenever she sleeps, you sleep; you don't have time to exercise! In the meantime, that

tissue continues its gradual decrease in resilience. The longer you wait to resume exercise, the further this decline goes.

Fast forward two kids and 10 years, when they start to get more independent. Now, even though you've remained largely injury-free over the last decade, you're a victim of insidious deconditioning, or a chronic lack of exercise. So when you start to exercise again, it's like meeting a whole new woman.

Rest assured: insidious deconditioning doesn't mean you're fragile, it doesn't mean you're broken, and it certainly doesn't mean you've "just gotten old." All it means is you need strengthening — and the sooner you start, the better!

### YOUR CHILD'S TIMELINE AND YOURS

We know building strength before and after pregnancy is incredibly important, and we also know it's a marathon, not a sprint! Below, we look at some normal timelines you can expect after you welcome the smallest member into your family.

**First six weeks:** Rest, rest and more rest. Wouldn't it be amazing for our bodies if we just nourished them with sleep, good nutrition, proper hydration and gentle movement? This is your time to heal, to establish the baby's feeding, and to give yourself permission to listen to your body and its need to rest. We recommend doing just the above. And if you're keen to do more, add some breathing exercises and get used to lifting five to 10 pounds throughout the day to establish your new baseline.

**First six months:** Your body is still adapting and adjusting to postpartum hormones and changes. Proper nutrition, hydration and gradual progression toward movement and loading (also known as strengthening) are key. This is where many moms get lost in the fear of what to do, what not to do, and doing too much too soon. After six weeks is a good timeline to be assessed by a pelvic health physiotherapist and move toward strengthening in various positions as your baby continues to grow, and your baseline lifting, holding and carrying strength builds.

**One year and beyond:** You've built up the endurance to carry around a toddler all day, and can push a loaded stroller around the block to the park for an outing. Now is the time most really consider getting back into a physical fitness routine and don't know where to start.



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Here are some do's and don'ts to help guide you on your way.

## THE DO'S OF POSTPARTUM STRENGTH

**DO** use physiotherapy to start your rehab process.

Previous Grey-Bruce Kids articles have explored the role of physiotherapy in pelvic floor rehabilitation, and we can't emphasize this enough. Pelvic rehabilitation can start right away, and we encourage any woman with children (grown, growing, or coming soon) to work with a qualified pelvic health physiotherapist.

**DO** embrace the new normal.

This is perhaps the most important piece of advice we can give you. You're a mom — you're already a superhero! But that doesn't mean you can lift cars up over your head yet (Hot Wheels, yes. Hondas, no). A big part of successfully reintroducing fitness is accepting and embracing what you're capable of, even if it's a far cry from where you used to be. Remember everything else your beautiful body has accomplished in that time (see: children). Just because you weren't lifting

weights doesn't mean you weren't working. This is where you're at. Embrace it, and grow.

**DO** take small steps to return.

While jumping in with both feet can feel like the best way to drop baby weight and beat your mummy tummy, it usually results in injuries and increases the likelihood that you'll quit exercising altogether. Instead, aim for a measured, gradual increase in exercise while checking in with yourself to see if you're doing too much, too soon.

**DO** find a physiotherapist or professional to work with.

Yes, we already said go to a PT, but sometimes we forget that PTs do a lot more than just the immediate pelvic floor rehab. We work with moms well past the initial stage to get them doing yoga, or lifting weights (yes — that stage looks a heck of a lot more like working out!). If you have a personal trainer you've worked with before, and if they have knowledge related to postpartum care, stick with them. If not, seek out a professional who does.

**DO** make a commitment to yourself (and stick to it!).

Even if it's just exercising once a week to start. Find a group to do it with, or pencil it in your schedule as a "can't miss" appointment. Your health matters for the sake of your family, and active parents are more likely to have active kids by setting good examples of healthy living.

## THE DON'TS OF POSTPARTUM STRENGTH

**DON'T** think you have to do this on your own.

There are so many options when it comes to community groups and classes — baby boot camps, baby-and-mom yoga, play groups at the park. Many recreational centres and gyms offer daycare services to watch your little ones while you exercise. Plan walking groups at the park or sign up for baby swim lessons together.

**DON'T** think you're the only one going through this.

It's easy to look at moms on Instagram and say, "Why can't I just do what she's doing?" It's also easy to buy into the lie that you're far behind other moms. In reality, you're no different than the vast majority of moms who are struggling with their health after having kids.

**DON'T** ignore what your body is telling you.

Your body is a brilliant, beautiful piece of biology. It is strong, and it is resilient. But when your body is saying, 'Stop,' or your

spidey senses are saying what you're doing may not be working for you, get the help of someone who has the knowledge and experience you need.

Notice we didn't say anything about not lifting heavy things, or to avoid jumping or running entirely? Your body is strong, resilient and tough. With the right progressions, you should be able to lift, jump and run, chase kids and play tag, lug groceries, hockey bags and sleeping kids out of awkward car seats.

You don't have to wait for an injury to tell you that you need to get stronger or reclaim your health through exercise, and you certainly don't have to wait until after pregnancy to do this, either. There are a multitude of options for women before and during pregnancy. The best defence is a solid offence. Work with a trained professional to get a new baseline of mobility and strength, and work on a program that's built for you — the mom — with attention to what moms need.

Every single mom, in some way, shape or form, will deal with the post-partum complications that come with kids, be that pelvic floor and core related, or just simply not having the time to spend on yourself. You're not alone! **GBK**

**CLARE DONALDSON**, RP, MPT, HBaKIN, CF-L1, and **STEPHANIE SOLLAZZO**, MScPT, BScKIN, CYT, are registered physiotherapists and co-owners of **CONNECT Rehabilitation | Yoga | Fitness** in Owen Sound. Learn more at [www.connectrehab.com](http://www.connectrehab.com).



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# Daring greatly

HOW A MEDICAL CRISIS TURNED ME INTO A RELUCTANT ADVOCATE FOR MY DAUGHTER. **BY ERIN LITTLE**



“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.”

- Dr. Seuss, *The Lorax*

I had never thought of myself as an advocate until I found myself on the CBC, desperate to share our struggle.

My daughter Olivia has an extremely rare metabolic disorder that can lead to blindness. We rely on prescription eye drops to preserve her eyesight, and, as recently as a few months ago, it cost only a few thousand dollars a year to fill the prescription,

but this past August we learned the price had jumped to more than \$100,000 a year. Almost overnight, an already-difficult situation became a crisis.

We couldn’t hope to afford the cost — few families could — and so there I was on CBC television, urgently asking for help. This was just one of the life-sustaining treatments we’ve had to fight for in the past two years.

When your child is born with a rare disease that only affects about 100 Canadians, you suddenly have dual roles: mother and advocate. Olivia, who is now nine years old, lives with cystinosis, an inherited metabolic disease that leads to the accumulation of cystine, an amino acid, within the cells of her body.

Too much cystine causes cell damage and often forms crystals that can cause problems in organs and tissues. The eyes and kidneys are especially vulnerable, but muscles, the thyroid and pancreas, can also be affected.

Only about 2,000 people in the world live with cystinosis.



Erin, Chad, Olivia and Harper Little help 'Paint the Town Purple' during their annual fundraiser in Port Elgin.



## ADVOCATING TIPS

- You will be tested time and again on whatever it is you are advocating for. Make sure you believe in yourself and what it is you are fighting for.
- Speak even if your voice shakes. When I'm so nervous I shake, it's usually because whatever I need to say needs to be heard.
- Research, research, research!
- It's scary standing up for what you believe in, mostly because we are afraid of being wrong and looking foolish. The best thing I have taught myself is to be OK with mistakes but learn from them. When I don't know something, I admit it and encourage people to correct me when I am wrong. We can't know it all, nobody does.
- Question everything and demand answers.
- Put yourself at the table. Call the person with the fancy title. Email the CEO. You have every right to be at the table, and don't let anyone tell you otherwise.
- Mother Gothel (Rapunzel's mom) says it best: "Mother knows best."



● Ben Lobb, MP for Huron-Bruce, has guided Erin through the world of government.

Olivia was diagnosed in 2011 after almost dying of acute kidney failure. It took me years to overcome the guilt I felt that day, and no matter how much I have healed I will always ask myself, "What if I would have fought harder? What if I would have listened to my gut instead of the doctors, who kept treating me like I was a crazy, paranoid first-time mom? Would her diagnosis look differently if I had fought harder?" These questions, and the smidgen of guilt that still lives in my heart, are what turned me into the advocate I am today.

After our first cystinosis family conference, we learned that if we wanted advancements in treatment we needed to help fundraise, as there is no government-funded research for such a small disease population. I'll never forget coming up with our first fundraising idea and how hard it was to ask our local market for support. I remember hanging posters in businesses and feeling a tad guilty because I wasn't a frequent customer. We called this new venture Step Up for a Cure, and our first cheque presentation was for \$3,000. Of all the fundraising we've done over the years, I am still proudest of this campaign.

Our initial efforts led to community barbecues, fish fries and a golf tournament that has raised over \$700,000 — and the money we raise goes to research. We have fancy titles, but we aren't paid. We don't answer to shareholders, and we aren't funded by big pharmaceutical companies. We are funded by love — the love of our daughter, and a tight-knit community that wants the best for its children.

This process has been extremely humbling, and our most rewarding work has been raising awareness through a campaign called Paint the Town Purple. Throughout the month of August, we hang purple bows from one end of Port Elgin — where my

family lives — to the other. We hang them in businesses, homes and on vehicle bumpers. This campaign has raised \$15,000 in six years, but more importantly, people across the country are learning about cystinosis.

In the summer of 2017, an acquaintance who worked for Ben Lobb, the Member of Parliament for Huron-Bruce, wanted to introduce us so I could educate him about cystinosis and what the purple bows meant. When we met with Ben, we chatted about Olivia, the disease, the campaign and the challenges we were starting to face because of new drugs coming to Canada.

Looking back, I didn't know what I was getting into, but just being open, honest and concerned during that conversation led me down a much bigger path and purpose. I am truly on a journey I never planned to pursue.

Some people believe that because a disease is rare, medication prices need to be high. Canada has the third-highest prescription drug costs in the world, and last year — as I testified in front of Canadian Parliament's Standing Committee of Health — I heard the committee speak about high-priced drugs, not just related to cystinosis but to other diseases as well. I sat and listened as they explained what it would cost to treat Olivia if she lived to age 27 — the average lifespan of someone with cystinosis. The sticker price they attached to her life was just over \$10 million, and this was only the price of one drug.

Oddly enough, I wasn't offended. I know Olivia's life, like all lives, is priceless. I was, on the other hand, angry that the



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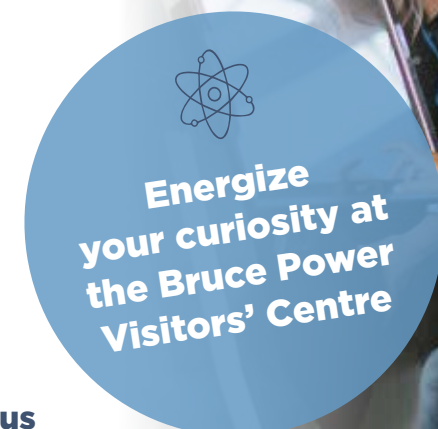
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**“I had to strip away years of beliefs and conditioning, including the idea that I shouldn’t question anyone.”**



committee seemed to speak about Olivia as if treating her would bankrupt our country. It goes without saying that the problem is not with a nine-year-old child and her rare disease. This is a much larger, more complex issue rooted in the tactics of Big Pharma.

I am grateful we live in Ontario, where we are fortunate to have coverage for these drugs, but it doesn’t excuse the price. We deserve to know our government is protecting us from excessively priced drugs. We deserve to have affordable treatment. I pray that one day Olivia doesn’t have to worry about how to pay for the drugs or, heaven forbid, having to make a choice between food and life-sustaining medication.

I just want to know why these medications cost so much. Drugs shouldn’t be priced based on what the market will bear; they should be priced based on what they are worth, and with reasonable profit margins. I am not against a for-profit company, I just want pharma transparency — and I want it for all of us.

Lastly, and probably the most important piece of this article — for me, anyway — is the beautiful question: How do I approach being Olivia’s advocate? This is a question with many layers, and I will do my best to answer it.

Being a mother has come very naturally to me, and it was a dream come true when Olivia made me a Mama. She also made me an advocate, but unlike motherhood it didn’t happen

overnight. I had to hit the bottom before I could rise to the occasion. It took two years of extreme fundraising, a miscarriage, a second child and family drama to bring me to the point of discovering who I was and who I had to become to take on what it means to truly advocate for my daughter.

I had to see who I had become so I could be the person I was born to be. I had to strip away years of beliefs and conditioning, including the ideas that I shouldn’t question anyone, and the idea that doctors know everything.

Don’t speak up, I used to tell myself. You’re not smart enough, you’re not worthy. The list goes on. I had to recondition my mind and my belief system and believe in myself so I could stand up for what I believed in. For the first time I had to look within and ask myself, “What is it I believe in, and what is worth fighting for?”

For years I walked around with what felt like a suit of armour protecting me and my children from potential harm. I protected my heart and didn’t want anyone to see how gentle and loving I truly was. I was afraid that if they saw this side of me, they would know how weak I was. Once I shredded the layers of armour and realized that I — just like every other human — is 100 per cent love, I became the woman I was born to be.

I had been so afraid of being wrong that I wouldn’t speak out. When it came to Olivia’s medications, I felt like the cost

associated with them was morally wrong, but I didn’t feel like I could actually bring change to the issues based on my hippy, unpolitical feelings on the topic.

When the CBC interviewed me live on television in August 2019, it was the ultimate test. My phone rang for two days, and some of the calls were from radio stations and other TV stations asking for more interviews, all with so many questions. Everyone wanted to know what my plan was and what I was going to do next.

I don’t have a plan, and during one interview I said, “This is the plan, to share our story.” They would ask me questions about policy and government, much of which I am still learning about. I didn’t go to school for pharmaceutical policy or government policy. I have learned to admit when I don’t have the answers, and that’s OK.

I’m a mother trying to raise two little girls, educate them at home, fight for a cure, and I’m doing my best to keep Olivia as healthy as possible, all while trying to keep life semi-normal for her sister Harper, who is healthy and doesn’t deserve any less love or attention. I had to determine how I would move forward on this journey, and I choose to walk forward with courage and faith — every step of the way.

Courage pushes me out of my comfort zone and faith reminds me to let go and trust what I cannot see. If we don’t have guiding values, how can we commit to moving forward in life?

I don’t let fear stop me; in fact, I let it be my guiding force.

When I am scared, I know I need to continue to move forward and fight. At the end of the day I know that I am in the arena, fighting for what I believe in and doing what is right — not for my own personal gain, but for my daughter and every other person who can’t fight for themselves. **GBK**

*“It is not the critic who counts... The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again... and who at the worst, if he fails, at least fails while daring greatly.”*

*- Theodore Roosevelt*

**ERIN LITTLE** lives in Port Elgin with her husband Chad and daughters Olivia and Harper. Learn more at [www.livalittlefoundation.com](http://www.livalittlefoundation.com).

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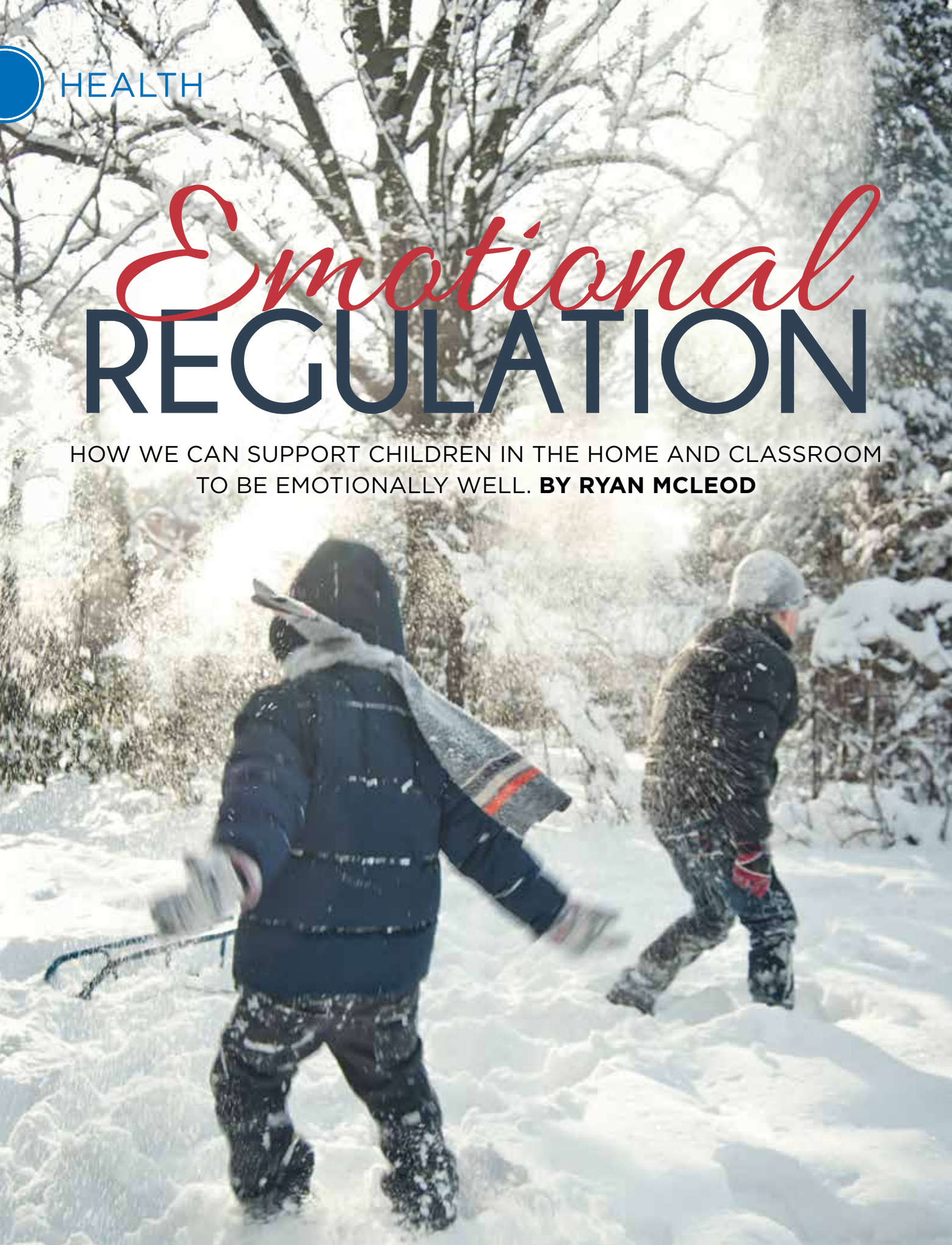
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# Emotional REGULATION

HOW WE CAN SUPPORT CHILDREN IN THE HOME AND CLASSROOM TO BE EMOTIONALLY WELL. **BY RYAN MCLEOD**

Helping children learn to regulate their emotions is one of the most important and challenging tasks in raising children. It is also a challenge for every adult.

Emotional regulation is a multifaceted form of functioning that occurs between the body and the brain, and how that is then communicated or suspended to meet the expectations of the environment. We often think about this concept as the gas and the brake of a moving car. We learn when to slow down, when to stop, and at what speed to drive.

Intelligence over the last century has in many cases been measured with the IQ test, developed in France in the early-1900s and modified for use in the U.S. in 1916. This is now considered an antiquated measure, and more emphasis is being placed on Emotional Intelligence (EQ). Emotional Intelligence is a series of social competencies that include strategies of self-awareness, self-management, social awareness, and relationship management.

Modern educators and mental health workers both recognize emotional regulation as a highly significant function in human life, with outcomes affecting school performance, communication and relationships, conflict management, mental health, and stress management — just to name a few. Emotional regulation is considered a prerequisite to Emotional Intelligence.

What makes regulation so challenging is that we feel emotions before the brain can process them and develop a rational, measured response. To make this even more challenging,

children do not have the language and communication skills to conveniently verbalize their thoughts, feelings and behaviours.

Yes, we are taking on a major task! So how can we help a child learn how to be aware, understanding, accepting, and in control of their emotions? If you are up for it, let's go over a few things that help children become better at emotional regulation.

For parents, families and child care providers, I like to focus on what I call the 'High Five of Emotional Regulation.' The steps are develop proactive strategies; have a plan; practice the plan; process experiences; and acknowledge successes.

What is important to note is that all of the strategies and activities I share really start with the lead of trusting and caring adults. Parents and other adults are instrumental as external regulators. The idea of a young child learning to self-regulate is a myth. For a child to learn to regulate, they first look to a parent or caring adult as the change agent. This is often called "attunement" or "co-regulation."

Remember that rhythms synchronize. When organisms are together, they soon match rhythms. The child's emotional response is highly influenced by those in his or her environment. Your ability to create an active partnership with the child is the most influential factor in emotional regulation.

## PROACTIVE STRATEGIES

### Model self-regulation skills

When you are with a child and they become emotionally



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dysregulated — unable to control their response to an emotion — this causes a personal reaction in you. It's a binary experience; you influence the child, the child influences you. Demonstrate the behaviour you wish to see in your child.

#### Cover the basics

Healthy eating, sleeping well and regular exercise are all crucial to our ability to regulate our emotions. This is true for both kids and parents. Do your best to ensure all members of the family are employing these basic strategies — they make a huge difference, and can help avoid outbursts by reducing stress.

#### Honour child development

Emotional regulation is a formative process. This is one of many kinds of development that happen simultaneously as a child grows up. But their emotional development may occur at a different speed than their cognitive or physical development.

Keep this in mind, and understand that each child is unique. Honour their individuality, rather than trying to suppress it. Understand that a child does not always “act their age,” and help them reach greater emotional maturity by identifying

unacceptable behaviour.

#### Teach the awareness continuum

Emotions are no longer considered basic. Teaching emotions and how emotions influence behaviour is a positive approach. Some recent studies suggest there are at least 27 distinct known emotions, which are also closely connected. The good news is that children can identify quite well with emotions.

Help children become aware of where these emotions are felt in their body, and how they are connected to their own thoughts and actions. Messages you want to get across include, your feelings are important; everyone has many feelings; we can have more than one feeling at the same time; there are so many things we can do with our feelings; and feelings might also come with thoughts and actions.

I would also recommend not explaining emotions as “good or bad.” The emotions themselves are not bad — but it's possible to make bad choices in how we handle them. Do not shame your kids when they express emotions — they may suppress emotions that have been explained as “bad.” Children need to experiment with all emotions, including anger.

## HAVE A PLAN

### Teach strategies

Talk to the child when they are in a calm state, not when they are emotionally hyperactive. Children need to learn that they can make choices about ways to express their feelings. Talk about the relationship between body and feelings. Sometimes we work from the inside out, so tuning into cues from the body, such as a sore stomach, can help inform us of what the child may be feeling.

If a child is dysregulated, or flooded with emotion, talk less, and speak calmly. Escalation lowers cognitive skills such as flexible thinking. For a child, it is like having too many windows open on their iPhone or iPad screen. The brain has too much activity all at once. In these instances, we are more likely to get an emotional response than a reasonable one.

As part of your plan, be patient and model patience. Expect that this will take time as the child's brain develops. This is a continual process where we look for incremental improvements.

In my practice I work with children outside the classroom, often to prepare them for what they experience in home and school situations. I may use a Playmobil school setting to help the child rehearse social situations they experience at school. I may talk about the importance of breathing with a child as they practice breathing by blowing bubbles in the playroom.

Imagery helps children reduce physical and emotional tension. This is a great calming skill that can be used individually or as an entire classroom. Most children like to imagine themselves as a slowly melting snowman, or a wave washing up onto land and slowly returning to the sea.

Behavioural rehearsal helps children prepare a response to emotions by simulating a real experience. This is very helpful for children when you know what kinds of social situations they struggle with. I recently saw a child who experienced dry mouth in school as a result of anxiety. We discovered it helped him to think about unwrapping his favourite dessert and taking a big bite. When he experienced dry mouth at school, he thought about warm chocolate chip cookies and this activated saliva glands and helped him speak when he felt anxiety.

Mindfulness is about getting in tune with your thoughts and feelings in the moment they occur. If a child is really upset, I may ask the child to draw how they are feeling right in that moment. Usually what I find is that by the time they are finished drawing, they are calm enough to explain it to me.

**Grounding techniques.** Utilizing senses is helpful. Have a child who is emotionally activated name five things they see, four things they hear, three things they can touch, two things they smell, and one thing they taste.

**In schools.** The school environment is very stressful for children, no less than it can be for adults at work. Children, out of their home environment, are learning about their thoughts, feelings and actions in large groups and interactive environments. The classroom needs strategies that are both

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universal and individualized. An old adage applies here: Being prepared is half the battle.

Using wiggle breaks and stretch time — simple body movement exercises — every 20 minutes is recommended. There is a close relationship between oxygen, anxiety and excitement. Body movement and learning are interrelated. When a hyperactive child is distracted by something out the window, the best thing you can do for him is afford him the moment to look. A firm message to return to his seat before he looks out the window does not allow him to become focused.

Non-verbal cues are also helpful as a universal or individualized strategy. I worked with a child and together we developed a cue for when he was feeling overwhelmed or needing help — he would snap his fingers. This signalled to the teacher that he needed a check-in without it being obvious to his classmates.

**Pantomiming activities.** This is a form of psycho-dramatic work that takes only a short time to do in the classroom. I encourage teachers to research these fun activities.

**Group artwork and music.** There are so many possibilities using themes. Have the children create “50 ways to take a break.” This is an expressive activity and also helps build co-operation and ideas

in the classroom.

Music in the background has also been proven to stimulate participation, permit an increased attention span and raise frustration tolerance.

### PRACTICE THE PLAN

Practicing emotional regulation strategies reduces the amount of thinking skills needed in the moment. The child needs to know what they can do and should do when escalation occurs. The plan generally falls apart if the adults do not stay calm and consistent.

Provide the space for emotional expression or decompression. Have a time and place for children to calm down, as well as to be expressive. Have items for them to use. It is easy to fill a bag with sensory items. Instruct the child to pick one item from the bag and spend one minute with just that item before picking the next item.

### Consider counselling

There is no stigma for improving yourself. Children do not need to have emotional or behavioural issues to improve their self esteem, self awareness and emotional regulation.

As a Play Therapist, I know children learn best when they are having fun, and this can be done through creative, active and playful methods.

### PROCESS THE EXPERIENCE

Time and place have to be given consideration any time you process an event with a child. Give them the time and space to talk.

Children often feel a sense of shame when their emotions get them into trouble, or they say something that is hurtful. Use ‘I statements’ to express how this impacted you and believe it impacted a family member, or the classroom. People are more likely to listen and be less defensive.

### ACKNOWLEDGE SUCCESSES

Skills improve with success! Notice the successes and point them out to children and parents. This should be done at home and in school.

Spotlight moments of excellence by scheduling or taking a “time in” — as opposed to a time out — to acknowledge moments that students de-escalated a situation (or themselves), helped someone else, or demonstrated other pro-social behaviours. Spotlight these behaviours, and make them even more frequent if you are also processing the unwanted experiences.

It is also important to focus on the process over the product. Acknowledge when a child makes efforts to manage their

emotions such as taking a break or sitting patiently. Descriptive praise is preferred over generalized praise. **GBK**

**RYAN MCLEOD** is a Certified Play Therapist and a Registered Social Worker in Kincardine. He is a member of the Education Board of the Canadian Association for Play Therapy and is a former Humber College instructor. Ryan is also the founder of Aspire Youth Services Inc., providing talk therapy and play therapy to children and families in Grey, Bruce, Huron, and Perth counties. For more information, email [ryanmcleodplaytherapy@gmail.com](mailto:ryanmcleodplaytherapy@gmail.com).

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# MUSEUMS are still LOADS OF FUN!

Here's what makes them relevant in a modern world.

BY LAUREN BEER AND STEPHANIE CRILLY

If you hear the word “museum” and start to snore, you probably haven’t visited one recently.

Museums have a reputation for being full of stuff you can’t touch; this just isn’t the case anymore! Museums have evolved, becoming more engaging and entertaining, with an array of programming and entertainment options. Check out this list of what makes a trip to the museum fun — and we dare you to say museums are boring after you’re done reading!

**Museums share.** You don’t need to travel great distances to provide your family with memorable moments. Many museums host travelling exhibits from across North America. In Bruce and Grey counties, the Bruce County Museum & Cultural Centre and Grey Roots Museum & Archives host summer exhibits that are engaging and educational for families to enjoy, from live animals to how toys work and everything in between.

**Learn a new skill.** Check out your local museum’s website for an array of events and programs where you can watch skilled people demonstrate their crafts, take lessons with experts, participate in maker spaces or enjoy a fun day or evening out. Visiting a museum may just make you smarter, help you learn a new skill or find a new interest.

**But first let me take a selfie ... camera safe zones.** Each year in January, museums around the world celebrate “Museum Selfie Day,” launched in 2015 to showcase people in museums and memories attached to them. Visitors are encouraged to

take selfies and other photos on their visits year-round; in fact, museums all over are creating selfie stations and moments to provide these unique photo opportunities. Don’t forget when you’re sharing your photos on social media sites that museums love being tagged so they can see how people are interacting with the exhibitions. Next time you’re visiting a museum, be sure to post and tag the museum and show them some love!

**Make your mark.** Many museums and galleries include stations where visitors are encouraged to add their own ideas and creativity to collaborative works. Whether you are placing a dot on a map to indicate where you are from or where you have travelled, creating a line of magnetic fridge poetry, doing your best doodle on a piece of art, or taking a selfie to be added to a collage, take pride in leaving your own unique contribution to a community project or piece of art!

**Gain perspective and build empathy.** Scary fact: we have a growing empathy deficit in North America. But the good news is, empathy can be developed! One of the best things about museums is they are open to everyone. This often includes the voices of people who have historically been marginalized. These perspectives can be shared through immersive, personal experiences that give us a chance to see the world through someone else’s eyes. Want to know more? Check out cool initiatives like Human Libraries and the Empathy Museum.

**Meet a historical character.** You don’t need a blue police box to meet someone who was alive before radio was invented. Many

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museums have costumed interpreters (people who interact with you in character) who will tell you all about what life was like for them in their time. There's nothing quite like shaking hands with someone who has no idea what the Internet is! You might even be invited to join in the experience and try on costumes yourself at dress-up stations.

**Please touch!** Gone are the days of “hands-off” in museums. Most museums now include interactive exhibits or exhibit components that are meant to be moved, explored, touched and played with. Need a few hours of entertainment for your kids? Museums are a fantastic, screen-free way to explore a part of your community that is fun, new, and, dare we say, educational?

**Museums host amazing events.** Museum people are exceptionally creative when it comes to event planning, and even the smallest museums and galleries regularly host events and programs that are not to be missed! Where else could you attend an after-hours, adults-only party, spend a night sleeping near mammoth fossils, send your kids to camp, attend high tea, do an escape room and hear amazing speakers?

**Affordable entertainment.** Community museums provide an affordable experience the entire family will enjoy. A family of four can visit any museum in Bruce and Grey counties for less than \$25. You can also purchase a membership to the Bruce County Museum & Cultural Centre or Grey Roots Museum & Archives and receive reciprocal admission benefits to five museums for an entire year. To discover all the awesome things your local museums are doing, check out their websites!

**Billy Bishop Home & Museum**  
billybishop.org

**Bruce County Museum & Cultural Centre**  
brucemuseum.ca

**Community Waterfront Heritage Centre**  
waterfrontheritage.ca


**Craigeith Heritage Depot**  
thebluemountainslibrary.ca

**Grey Roots Museum & Archives**  
greyroots.com

**Meaford Museum**  
meafordmuseum.ca

**South Grey Museum & Historical Library**  
southgreymuseum.ca

**St. Edmunds Bruce Peninsula Museum**  
facebook.com/StEdmundsMuseum

**Treasure Chest Museum**  
facebook.com/paisleytreasurechestmuseum 

**LAUREN BEER** is the Education and Outreach Coordinator at the Bruce County Museum & Cultural Centre. **STEPHANIE CRILLY** is the Marketing Coordinator at the Bruce County Museum & Cultural Centre. For more information visit [brucemuseum.ca](http://brucemuseum.ca).



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Visit [www.brucecounty.on.ca/childrens-services](http://www.brucecounty.on.ca/childrens-services) for more information



## COOL KID

- Eden Babbitt is an environmental activist with dreams of being a wildlife biologist.



## Teen already making a difference

‘Cool Kid’ Eden Babbitt shares passion for nature with community

Eden Babbitt is a 13-year-old environmental activist living in Bruce County.

Eden has already made a positive impact on her community and

the greater world. She has always dreamed of growing up to be a wildlife biologist. She is passionate about animals and nature and spends most of her time working toward that goal. She has attended Forest School for the past three years, learning about the beauty and science of our natural world. She is a leader who loves to share her passion and knowledge with everyone she meets.

Last May, Eden had the opportunity to see her personal hero,

Dr. Jane Goodall, speak in Hamilton. The next day, she started ‘Eden For Our Environment,’ a fundraising project that supports the Jane Goodall Institute of Canada (JGIC). She started sewing fabric coasters and hair scrunchies out of recycled fabrics in her spare time. Before long she had raised \$500 and made her first donation to the JGIC.

As a thank-you for her hard work, the JGIC personally invited her to the premiere of a documentary called ‘She Walks with Apes’ in Toronto in September. The documentary highlights three new primatologists who are following in the footsteps of Jane Goodall: Dian Fossey and Biruté Galdikas.

At the premiere, Eden had the opportunity to meet and chat with iconic Canadian environmentalist David Suzuki. They discussed the environment, climate change and Greta Thunberg.

Eden was once again inspired to do more. She can see the problems we are facing with climate change and knows that now is the time for action. Eden became even more motivated to act. She was invited to speak at the Kincardine Rally for Climate Crisis, where she addressed the crowd with passion, knowledge and hope. She then led the march through town, bringing awareness to the community once more. Eden has also attended a Kincardine Community Environmental Committee meeting and has plans to participate in more community activities to bring awareness and help make change. She is also a member of her school’s Green Team, Social Justice Club and Student Council.

In her spare time, Eden enjoys skateboarding, paddle boarding, reading, playing baseball and training at Dawg Jiu Jitsu in kickboxing. She loves to spend time with her older brother, Noah, and her many wonderful friends. Eden understands she needs to study hard in order to pursue her dreams. She plans to study Wildlife and Plant Studies, as well as Primatology, at university. She loves science and math, as well as music and gym.

Eden is a positive, fun-loving kid with a bright future. She inspires others with her determination and hope. She is someone to keep an eye out for in the future, as Eden is destined to do great things for our world. **GBK**



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**Keystone Child, Youth & Family Services**  
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kcyfs@bmts.com or keystonebrucegrey.org  
Owen Sound

**Saugeen First Nation - Kabaeshiwiw  
Respite Women’s Shelter**  
519-797-2521  
cgeorge@saugeenfirstnation.ca  
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**Sexual Assault and Partner  
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Grey Bruce Health Services  
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**Victim Services Bruce Grey  
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www.victim-services.com

**Victim/Witness Assistance Program**  
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attorneygeneral@ontario.ca  
http://bit.ly/ujKyeE

**Women’s Centre (Grey and Bruce)**  
Administration: 519-376-0755  
Crisis: 1-800-265-3722  
womenscentre@bmts.com  
www.bmts.com/-womenscentre  
Owen Sound

**Women’s House Serving Bruce and Grey**  
Sexual assault crisis: 1-866-578-5566  
Crisis line: 1-800-265-3026  
Administration: (519) 396-9814  
crisis@whsbg.on.ca  
www.whsbg.on.ca  
Kincardine

BREASTFEEDING

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www.bafht.com  
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**Grey Bruce Health Unit**  
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Owen Sound

**Hanover Family Health Team**  
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**La Leche League Canada**  
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Wiarton and Bruce Peninsula - 519-534-0912  
Markdale - 519-369-3381  
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**The Mama Nurse**  
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admin@hanoverhospital.on.ca  
www.hanoverhospital.on.ca

**Midwives Grey Bruce**  
519-371-2886  
www.midwivesgreybruce.com  
Owen Sound

**Owen Sound Hospital Labour and Delivery**  
519-376-2121  
www.gbhs.on.ca/owensound.php

**Walkerton Hospital Family Birthing Centre**  
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**Bruce County Childcare Services**  
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Lion’s Head

**Chesley Nursery School**  
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**Grey County Childcare Services**  
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www.greycounty.ca/childcare

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**Happy Hearts Day Care Centre**  
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**Kids & Us Community Childcare  
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Dundalk - 519-923-2182  
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www.kidsandus.ca

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**Military Family Resource Centre - Meaford**  
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mfrc.meaford@sympatico.ca  
www.mfrcmeaford.com

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**OneList – Find and apply for child care**  
brucecountychildcare.ca  
greycountychildcare.ca

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www.queenofheartsnurseryschool.com

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**Wiarton Kids Den Day Care/Kids Club  
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**Hanover Family Health Team**  
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**Keystone Child, Youth & Family Services**  
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www.adultlearningcentres.com

**Bluewater District School Board**  
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**Bruce-Grey Catholic District School Board**  
519-364-5820 or www.bgcdsb.org

**Conseil Scolaire Catholique Providence**  
(French Catholic School Board)  
1-888-768-2219; www.cscprovidence.ca

**Edgehill Country School, Durham**  
www.edgehillschool.org

**Georgian Tutors**  
www.georgiantutors.com

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www.leadsservices.com

**LiveGreyBruce**  
www.livegreybruce.ca

**VPI Employment Strategies (Walkerton)**  
519-881-4900 or 1-855-260-4900  
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**YMCA Employment Services**  
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**Bruce Grey Child and Family Services**  
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**Bruce Grey Mentorship**  
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**Grey Bruce Supervised Access Program**  
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www.supervisedaccess.ca  
Owen Sound

**Kids Help Phone**  
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www.kidshelpphone.ca

**Motherisk - Hospital for Sick Children**  
1-877-327-4636; www.motherisk.org

**Multiples in Bruce**  
For families with or expecting multiples  
http://multiplesinbrucecounty.webs.com

**Nemesis Group Services**  
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**Parent Help Line**  
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**Penetangore Wellness**  
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**Salvation Army**  
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Port Elgin - 519-389-3942  
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FINANCIAL SUPPORT

**Beaver Valley Outreach (Thornbury)**  
519-599-2577; info@bvo.ca; www.bvo.ca

**Bruce Children are Special Foundation**  
Directs donations to the children programs  
provided by Bruce Grey Child and Family  
Services (formerly Children’s Aid)  
1-855-322-4453 ext 4133

**Social Services**  
Grey County - 1-800-265-3119  
www.grey.ca/health-social-services/  
Owen Sound  
Bruce County - 1-800-265-3005  
www.brucecounty.on.ca/ontworks.php  
Walkerton

**United Way of Bruce Grey**  
519-376-1560 or manager@unitedwaybg.com  
www.unitedwayofbrucegrey.com

**YMCA of Owen Sound and Grey/Bruce**  
519-376-0484 or ymcaowensound.on.ca

FOOD BANKS/HOUSING

**Beaver Valley Outreach - Thornbury**  
519-599-2577  
info@bvo.ca or www.bvo.ca



# RESOURCES

**Durham District Food Bank**  
Monday and Friday, 9 a.m.-noon

**Flesherton and Area Food Bank**  
Marian Doyle, 519-599-3576

**Kincardine Ministerial Food Bank**  
519-396-2185 or circlek@bmts.com

**Lion's Head and District Food Bank**  
519-793-3860 or helen.rick@amtelecom.net  
**Markdale and District Food Bank**  
519-986-3094

**Meaford Food Bank**  
519-538-4550

**Paisley Food Bank**  
Immanuel Evangelical Mission Church  
307 Balaclava St.; 519-353-5270 (Carol)

**Salvation Army**  
Hanover - 519-364-3450  
Owen Sound - 519-371-0957  
Port Elgin - 519-389-3942

**Tobermory Food Bank**  
519-596-1501

**Walkerton and District Food Bank**  
519-881-0168

**Warton Food Bank**  
519-534-0353

**Habitat for Humanity Grey Bruce**  
1-866-771-6776 or habitatos@bmts.com  
www.habitatgreybruce.com

**Ontario Tenants Rights**  
ontariotenants@hotmail.com  
www.ontariotenants.ca

**Safe 'n Sound Homelessness Initiative**  
519-470-7233; www.safesoundgreybruce.com

**Subsidized housing**  
Bruce County - 1-800-265-3022  
www.brucecounty.on.ca/socialhousing.php  
Grey County - 376-5744  
Online: http://bit.ly/vVG1k0

## HEALTH CARE

**Auditory Health Care**  
202 Cayley St., Walkerton  
519-881-4994 or info@auditoryhealthcare.com

**Brockton and Area Family Health Team**  
1-866-507-2021 or www.bafht.com  
Walkerton

**Canadian Mental Health Association  
Grey-Bruce Branch**  
Administration - 519-371-3642  
Crisis: 1-877-470-5200  
jralph@cmhagb.org; www.cmhagb.org

**Collingwood General and Marine Hospital**  
705-445-2550  
www.cgmh.on.ca

**Connect Rehabilitation, Yoga and Fitness**  
1100 16th Ave. E., Owen Sound  
admin@connectrehab.com; 519-372-2121  
www.connectrehab.com

**ConnexOntario Help Lines**  
Drug and alcohol - 1-800-565-8603  
Gambling - 1-888-230-3505  
Mental health - 1-866-531-2600  
www.connexontario.ca

**Grey Bruce Health Services (hospitals)**  
Lion's Head - 519-793-3424  
Markdale - 519-986-3040  
Meaford - 519-538-1311  
Owen Sound - 519-376-2121  
Southampton - 797-3230  
Warton - 534-1260  
www.gbhs.on.ca

**Grey Bruce Health Unit - Owen Sound**  
1-800-263-3456  
publichealth@publichealthgreybruce.on.ca  
www.publichealthgreybruce.on.ca

**Hanover and District Hospital**  
519-364-2340/info@hdhospital.ca  
www.hdhospital.ca

**Healthy Babies, Healthy Children**  
Grey Bruce Health Unit  
519-376-9420 or 1-800-263-3456  
www.publichealthgreybruce.on.ca

**Hanover Family Health Team**  
519-506-4348 or dford@hanoverfht.ca  
www.hanoverfht.ca

**Healthy Smiles Ontario**  
Dental for families making under \$20,000/yr  
Register through the health unit  
Online: http://bit.ly/JAqJbY

**Honouring Life Network**  
Indigenous youth suicide prevention  
www.honouringlife.ca

**HopeGreyBruce - Owen Sound**  
Mental Health and Addiction Services  
519-371-4120 or www.mhagb.ca/gbchc/

**Keystone Child, Youth & Family Services**  
1-800-567-2384 or 519-371-4773  
kcyfs@bmts.com or keystonebrucegrey.org

**Kids Help Phone** (24 hours)  
1-800-668-6868 or www.kidshelpphone.ca

**Kincardine Family Health Team**  
Kincardine - 519-396-2700  
Ripley - 519-395-2601  
www.kincardinefht.ca

**Mino Bimadsawin Health Centre**  
57 Mason Dr., Saugeen First Nation  
519-797-3336

**M'Wikwedong Native Cultural Resource  
Centre - Owen Sound**  
1-866-202-2068 or admin@mwikwedong.com  
www.mwikwedong.com

**Owen Sound Crisis Pregnancy Centre**  
1-888-371-2004  
oscpc@wightman.ca

**Pediatric clinics**  
Hanover - 519-364-2340  
Kincardine - 519-396-3331  
Markdale - 519-986-3040  
Owen Sound - 519-376-2121  
Walkerton - 519-881-1220

**Penetangore Wellness**  
Art and family therapy  
www.penetangorewellness.com

**Poison Control Centre**  
1-800-268-9017

**Postpartum depression**  
Grey Bruce Health Unit - 1-800-263-3456  
Keystone Child, Youth and Family Services -  
1-800-567-2384

**Sandra Hall Physiotherapy**  
519-270-6528; shallphysio12@gmail.com  
www.sandrahallphysiotherapy.com

**South Bruce Grey Health Centre (hospitals)**  
Chesley - 519-363-2340  
Kincardine - 519-396-3331  
Durham - 519-369-2340  
Walkerton - 519-881-1220  
www.sbgchc.on.ca

**South East Grey Community Health Centre**  
55 Victoria St., Markdale  
519-986-2222 or 1-855-519-2220  
info@segchc.ca or www.segchc.ca

**St. John Ambulance First Aid training**  
519-364-7004 or grey.bruce@on.sja.ca  
Online: http://bit.ly/t3Ye8g

**TeleHealth Ontario**  
1-866-797-0007

**Thames Valley Children's Centre**  
519-396-3360 or 1-866-590-8822  
www.tvcc.on.ca

## LIBRARIES

**Blue Mountains Public Library/  
L.E. Shore Memorial Library**  
Thornbury  
519-599-3681 or thebluemountainslibrary.ca

**Bruce County Public Library**  
opac.brucecounty.on.ca; 519-832-6935;  
libraryinfo@brucecounty.on.ca  
Cargill - 519-366-9990  
Chesley - 519-363-2239  
Kincardine - 519-396-3289  
Lion's Head - 519-793-3844  
Lucknow - 519-528-3011  
Mildmay - 519-367-2814  
Paisley - 519-353-7225  
Port Elgin - 519-832-2201  
Ripley - 519-395-5919  
Sauble Beach - 519-422-1283  
Southampton - 519-797-3586  
Tara - 519-934-2626  
Teeswater - 519-392-6801  
Tiverton - 519-368-5655  
Tobermory - 519-596-2446  
Walkerton - 519-881-3240  
Warton - 519-534-2602

**Collingwood Public Library**  
519-445-1571; www.collingwoodpubliclibrary.ca

**Dundalk/Southgate Public Library**  
519-923-3248; http://southgate-library.com/

**Grey Highlands Public Library**  
Flesherton - 519-924-2241  
Kimberley - 519-599-6990  
Walter Harris Memorial Library (Markdale) -  
519-986-3436; greyhighlandspubliclibrary.com

**Hanover Public Library**  
519-364-1420 or www.hanoverlibrary.ca

**Meaford Public Library**  
519-538-1060  
www.meaford.ca/meaford-library-home.html

**Owen Sound and North Grey  
Union Public Library**  
519-376-6623; www.owensound.library.on.ca

**West Grey Public Library system**  
www.westgreylibrary.com  
Durham (main) branch - 519-369-2107  
Elmwood and area - 519-363-3321  
Neustadt - 519-799-5830  
Ayton/Normanby - 519-799-3242

## MUSEUMS

**Billy Bishop Heritage Museum - Owen Sound**  
519-371-0031 or www.billybishop.org

**Bruce County Lighthouse Museums**  
Cabot (Lion's) Head - 519-795-7780  
Chantry Island (Southampton) - 866-318-8889  
Kincardine - 519-396-3468  
Point Clark - 519-395-2494

**Bruce County Museum, Cultural Centre &  
Archives - Southampton**  
519-797-2080 or www.brucemuseum.ca

**Bruce Peninsula Visitors Centre**  
519-596-2233 or http://bit.ly/rQQFf6  
Tobermory

**Bruce Power Visitors' Centre**  
519-361-7777; www.brucepower.com

**Chesley Heritage & Woodworking Museum**  
519-363-9837

**Craigleith Heritage Depot - Thornbury**  
519-599-3131  
www.thebluemountains.ca/Craigleith-Heritage-Depot.cfm

**Grey Roots Museum & Archives**  
Includes county's archives  
1-877-GREY ROOTS; www.greyroots.com  
RR4 Owen Sound

**Meaford Museum**  
519-538-5974  
www.visitmeaford.com/meaford-museum.html

**Owen Sound Marine and Rail Museum**  
519-371-3333  
www.marinerail.com

**Paddy Walker Heritage Society - Kincardine**  
519-396-1850  
www.walkerhousekincardine.com

**South Grey Museum - Flesherton**  
519-924-2843 or museum@greyhighlands.ca  
www.southgreymuseum.ca

**St. Edmunds Township Museum - Tobermory**  
519-596-2479 or online http://bit.ly/vEdicK

**Tobermory Maritime Association**  
519-596-2700; www.tobermorymaritime.ca

**Treasure Chest Museum - Paisley**  
519-353-7176 or http://bit.ly/1PjTS1D

## ONLINE SUPPORT

**www.211.ca**  
**www.pathwaysawareness.org**  
**www.mentallyfit.ca**  
**www.shelternet.ca**  
**www.targetyouth.ca**  
**www.thehealthline.ca**  
**www.wesforyouthonline.ca**

## PLAYGROUPS

**Kincardine Toy Library and Playgroup**  
249 Bruce Ave.; Wednesday, 9:30-11:30 a.m.

**Pine River Moms**  
519-389-7136; jill.ricica@gmail.com.  
Thursdays during school year, info on FB

**EarlyON Child and Family Centres**  
Chesley, Hanover, Kincardine, Markdale,  
Meaford, M'Wikwedong (Owen Sound), Owen  
Sound (East Ridge), Port Elgin, Thornbury,  
Warton; 1-800-616-8116

## SPECIAL NEEDS

**Autism Ontario Grey Bruce Chapter**  
226-787-0333 or marti@autismontario.com  
http://bit.ly/tO6kam; Owen Sound

**Autism Parent Support Group**  
Community Living Kincardine & District  
519-396-9434 or www.clkd.ca

**Bruce County Childcare Services**  
1-800-265-3005 or www.brucecounty.on.ca  
Walkerton

**Bruce Peninsula (Warton) Association  
for Community Living**  
519-534-0553

**Community Living Kincardine & District**  
519-396-9434; www.clkd.ca

**Community Living Meaford**  
519-538-4165

**Community Living Owen Sound  
and District**  
519-371-9251 or communitylivingowensound.ca

**Community Living Walkerton & District**  
519-881-3713 or www.clwalkerton.org

**Georgian Riding Association  
for Challenged Equestrians**  
519-372-2721; grace@log.on.ca  
Wicklen Stables, RR5 Owen Sound

**Hope Haven Therapeutic Riding Centre**  
519-986-1247  
www.hopehavencentre.org  
**Keystone Child, Youth & Family Services**  
Owen Sound; 1-800-567-2384  
kcyfs@bmts.com or keystonebrucegrey.org

**PRANCE Therapeutic Riding Centre**  
519-832-2522 or prance@bmts.com  
Miramichi Farms, Hwy. 21 Port Elgin

**Reading Rescue Ontario**  
519-794-4745 or soehner@bmts.com  
www.readingrescueontario.ca  
Holland Centre

**South Grey Bruce Youth Literacy Council**  
519-364-0008 or info@sgbyouthliteracy.org  
www.sgbyouthliteracy.org  
Hanover

**Special Therapy and Education  
Program of Saugeen (STEPS)**  
519-797-1935  
info@stepsahead.ca; www.stepsahead.ca  
Southampton

**Thames Valley Children's Centre**  
519-396-3360, 1-866-590-8822  
Paula.Holla@tvcc.on.ca or  
Clare.Matthews@tvcc.on.ca  
www.tvcc.on.ca

**United Way of Bruce Grey**  
519-376-1560; unitedwaybg@bmts.com  
www.unitedwayofbrucegrey.com/  
Owen Sound

## SPEECH/LANGUAGE

**Bruce County Childcare Services**  
1-800-265-3005; www.brucecounty.on.ca  
Walkerton

**Closing the Gap Healthcare Group  
Rehab Express Grey Bruce**  
1-866-990-9901 or www.closingthegap.ca  
Owen Sound

**Grey Bruce Health Unit - Owen Sound**  
1-800-263-3456  
publichealth@publichealthgreybruce.on.ca  
www.publichealthgreybruce.on.ca

**South West Community Care Access Centre  
In-Home Services**  
Owen Sound - 519-371-2112  
Walkerton - 519-881-1181  
www.sw.ccac-ont.ca

**VOICE for Hearing Impaired Children**  
Support, speech and language therapy  
Grey/Bruce chapter is free to families  
www.voicefordeafkids.com

## WISH PROGRAMS

**Children's Wish Foundation of Canada**  
1-800-267-9474  
on@childrenswish.ca or www.childrenswish.ca  
Ajax, ON

**Make-A-Wish - Southwestern Ontario Chapter**  
519-471-4900 or www.makeawishswo.org  
London, ON **GBK**



# WINTER EVENTS

## DECEMBER

### By Our Hands Artisan Show

Nature's Millworks, Paisley  
519-353-4017  
www.naturesmillworks.com  
Runs through Dec. 23

### Christmas Pop-Up

Southampton Art Gallery; 201 High St.  
519-797-5068  
www.southamptonartscentre.com  
Runs through Dec. 31

### Owen Sound Festival of Lights

5-11 p.m. daily  
www.owensoundfestivalofnorthernlights.ca  
Runs through Jan. 5

### Huron-Kinloss Holiday Shopping Pass

Downtown Lucknow and Ripley  
www.huronkinloss.com  
Runs through Dec. 24

### Blumination Dream Trail

Blue Mountain Village; 5-10 p.m. daily  
https://bluemountainvillage.ca/blumination  
Runs through March

### Ongoing daily and weekly events at Bruce County Public Library branches

https://library.brucecounty.on.ca/

6

### Christmas in the Country

http://www.town.southbruce.on.ca/events  
Runs through Dec. 8

### Christkindl Market

Glencolton Farms, Durham  
Fundraiser for Edge Hill Country School  
4-9 p.m.; christkindlfarm.com  
Runs through Dec. 7

7

### Visits with Santa

Bruce County Museum & Cultural Centre,  
Southampton; 1-3 p.m.  
Members free, general admission applies.  
www.brucemuseum.ca  
Also runs Dec. 14

### Annual Craft Sale

Grey Roots Museum & Archives, Owen Sound  
10 a.m.-3 p.m.  
www.greyroots.com

### Festival in the Park

Harrison Park, Owen Sound; 11 a.m.-3 p.m.  
Shuttle bus runs from 51 1st Ave. E.  
www.visitgrey.ca/

### Family Christmas Concert

East Ridge Community School, Owen Sound  
4 p.m.  
www.georgianbaysymphony.ca

8

### German Advent Show

St. Matthew's Evangelical Lutheran Church,  
356 9th St., Hanover; 2 p.m.  
www.hanover.ca/events/german-advent-  
service-3

13

### Sleeping Beauty - the Panto

443 10th Ave., Hanover; 7:30 p.m.  
Tickets \$17 for adults, \$14 students and under  
12, \$6.  
www.hanovercommunityplayers.ca or 519-506-  
6902.  
Also runs Dec. 14 at 7:30 p.m. and Dec. 15 at  
2 p.m.

14

### Moreston by Candlelight Winter Evening

Grey Roots Museum & Archives, Owen Sound  
4-8 p.m.  
Regular admission applies; greyroots.com  
Also runs Dec. 15

### The Nutcracker by Fleet-Wood Dancentre

Meaford Hall, 12 Nelson St. E.; 2 p.m.  
\$20 adults, \$10 students.  
www.meafordhall.ca

### Thornbury Old Fashioned Christmas

21 Bruce St.  
Shopping, music, treats - fun for all ages!  
www.thornbury.ca

### Memories of Christmas

Bruce County Museum & Cultural Centre,  
Southampton  
1-4 p.m.  
Enjoy an afternoon of seasonal craft activi-  
ties, multicultural games, treats and visits with  
Santa.  
www.brucemuseum.ca

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### Winter Family Fun Days

Bruce County Museum & Cultural Centre,  
Southampton  
10 a.m.-5 p.m.  
Crafts, movies, activity stations and scavenger  
hunts to enjoy during your winter break  
www.brucemuseum.ca  
Also runs Dec. 24, 27, 28, 31 and Jan. 2-4 (10  
a.m.-noon)

31

### Family New Year's Eve Celebration

Julie McArthur Regional Recreation Centre,  
Owen Sound  
4-8 p.m.  
Many special activities for families with chil-  
dren 12 and under including an early count-  
down.  
www.owensound.ca

### Beckett Family New Years

Roxy Theatre, Owen Sound  
Performances at 2 and 7:30 p.m.  
519-371-2833

## JANUARY

17

### Sauble Beach Winterfest

Parade, bonfire, youth dance, trivia night,  
pancake breakfast, road hockey tourney, kids  
games, euchre tournament and more  
www.saublebeach.com  
Runs through Jan. 18

25

### Chinese New Year Fireworks

Blue Mountain Village  
8 p.m.  
Celebrate Chinese New Year with a beautiful  
fireworks display over the Mill Pond  
Check @BlueMtnVillage for weather updates.  
bluemountainvillage.ca

31

### PA Day adventures

Grey-Roots Museum & Archives, Owen Sound  
Spend this PA Day "Chasing Rainbows" and  
having fun with light!  
Pre-registration required.  
www.greyroots.com

## FEBRUARY

2

### Warton Willie Festival

www.visitwarton.ca  
519-534-4545

8

### 18th annual Rotary Winterama

The Plex, Port Elgin and the SLCC in Shallow  
Lake  
10 a.m.-1 p.m.  
100% of funds go to local youth programs  
including school breakfast programs.  
See facebook.com/rotarywinterama for pledge  
sheets, times and details of activities.

9

### Bippity Bobbity Boo Bash

Kincardine Davidson Centre  
2-4 p.m.  
Proceeds to Kincardine Big Brothers, Big  
Sisters  
www.kincardine.bigbrothersbigsisters.ca

14

### Ripley Winter Carnival

Costume skate, pancake breakfast, sleigh rides,  
ice painting and more  
www.huronkinloss.com  
Runs through Feb. 16

15

### Family Day Weekend

Blue Mountain Village  
Gather the family for a weekend of active  
adventure and entertainment. Head off on a  
scavenger hunt, get moving with our groove  
dancing, take in a fireworks show and more!  
bluemountainvillage.ca/familyday  
Runs through Feb. 17

17

### Family Day at YMCA

YMCA, Owen Sound  
Free activities for the whole family. Enjoy some  
quality family time in a fun, active way.  
www.ymcaowensound.on.ca GBK

# Choosing Quality Licensed Child Care in Your Community

**NEW!** Families can now check eligibility and apply online for fee subsidies.



Finding a child care program that meets the needs of your family is an important decision. Licensed child care gives your family peace of mind knowing your child is learning and developing in a safe and healthy environment.

## Benefits of licensed child care centres and licensed home child care:

- \* Regulated and inspected
- \* Trained and educated professionals help children learn and develop
- \* 2,000+ spaces across Grey County
- \* Care providers are supported with training and resources
- \* Subsidies available for qualifying families



Learn more and apply  
Grey.ca/Childrens-Services  
1-800-567-4739




# Borrow *more* than books



- Snowshoes
- Light Therapy Lamps
- Ukuleles
- Sensory Kits
- Museum Passes
- Technology & STEM Kits
- LCD Projectors & Screens
- Sports Kits
- Fishing Rods

*And more!*

[library.brucecounty.on.ca](http://library.brucecounty.on.ca)



**BRUCE COUNTY**  
public library