

### Niagara Nature Alliance Network

Agenda

- Welcome and Introductions
- Mindfulness
- Reflection on Article
- Journey
- Well-Being
- Brainstorming
- Questions and Connections
- Resources Available
- Next Steps



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### Welcome and Introductions

- We invite participants to say good evening and share what they have been focusing on in their role.



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### Mindfulness

- Winter Walk

• <https://www.facebook.com/531766796862018/videos/337124817486947>



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### Reflection on Article

- Connecting with nature: how it benefits our well-being, health and relationships  
<https://www.happiness.com/magazine/health-body/nature-connection/>



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### Journey

- What has been your biggest accomplishment on your journey?
- What are you looking forward to next?



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### Well-Being

- How have you been supporting your own well-being?



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### Brainstorming

- Round Table Discussion for Brainstorming Challenges and Ideas



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### Questions and Connections

- Participants are encouraged to ask questions and make connections.



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### Resources

- The Nature Principle by Richard Louv
- Outdoor play Canada <https://www.outdoorplaycanada.ca/resources/>
- The Positive Effects Of Nature On Your Mental Well-Being <https://positivepsychology.com/positive-effects-of-nature/#:~:text=A%20strong%20connection%20to%20the,and%20different%20forms%20of%20anxiety.>
- Educational Nature Books for Children <https://runwildmychild.com/educational-nature-books/>
- Niagara Parks Nature Activities <https://www.niagaraparks.com/visit-niagara-parks/nature-activities/>
- 50+ Spring Nature Activities for Kids of All Ages <https://www.backwoodsmama.com/2020/03/50-spring-nature-activities-for-kids-of-all-ages.html>
- ECCDC Lending Library [https://eccdc.org/lending-library-workroom/catalogue/?search\\_results=Y&keywords=nature](https://eccdc.org/lending-library-workroom/catalogue/?search_results=Y&keywords=nature)
- Flower Patch for the Rusty Painted Bumble Bee [https://mcusercontent.com/f614e7c648f1309a08364063c/files/ed6c1420-e276-477b-9614-f293d7ce9cbc/Flower\\_Patch\\_for\\_Rusty\\_Patched\\_Bumblebee\\_Final.pdf](https://mcusercontent.com/f614e7c648f1309a08364063c/files/ed6c1420-e276-477b-9614-f293d7ce9cbc/Flower_Patch_for_Rusty_Patched_Bumblebee_Final.pdf)
- Dutch Design Artist Creates Lightshow in a Leek Field to Celebrate Farms and Enhance Plant Growth [https://www.goodnewsnetwork.org/studio-roosegaarde-creates-a-new-lightshow-in-a-leek-field/?utm\\_campaign=newsletters&utm\\_medium=weekly\\_mailout&utm\\_source=08-02-2021](https://www.goodnewsnetwork.org/studio-roosegaarde-creates-a-new-lightshow-in-a-leek-field/?utm_campaign=newsletters&utm_medium=weekly_mailout&utm_source=08-02-2021)



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### Resources Available

- [www.eccdc.org](http://www.eccdc.org)
- ECCDC Services extending to February 9, 2021
- Curbside pick up and drop off available Tuesday, Wednesday and Thursday 3:00 -7:00 p.m., Friday and Saturday 1:00 – 4:30 p.m.
- Please contact 905-646-7311 ext. 304 upon arrival
- Personal Protective Equipment can be purchased through [www.eccdc.org/shop](http://www.eccdc.org/shop) or by email [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or by phone 905-646-7311 ext. 304
- Feel Good February! [www.eccdc.org](http://www.eccdc.org)



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### Next Steps

- What would the network like for next steps?
- Follow up to today's network meeting



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