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HOURS OF OPERATION:

THE LEARNING CENTRE IS CLOSED UNTIL FURTHER NOTICE

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| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | **1**  **3-4pm** | **2 *Groundhog day***    **Webinar**  **Tech Tuesdays Contact Heidi 10-2** | **3**  **Radio Bingo** | **4** | **5** | **6** |
| **7** | **8**    **3-4pm** | **9**    **Webinar**  **Tech Tuesdays Contact Heidi 10-2** | **10**  **Radio Bingo** | **11**  **Webinar** | **12** | **13** |
| **14** | **15**      **3-4pm**  ***Family Day Stat*** | **16**    **Webinar**  **Tech Tuesdays Contact Heidi 10-2** | **17**  **Radio Bingo** | **18**  **TEDTalk:**  **Teams meeting discussion**  ***Lunch and Learn*** | **19**  **Personal Hygiene training 10-11 or 1-2** | **20** |
| **21** | **22**    **3-4pm** | **23**    **Webinar**  **Tech Tuesdays Contact Heidi 10-2** | **24**  **Radio Bingo** | **25** | **26** | **27** |
| **28** |  |  |  |  |  |  |

**CALENDAR EVENTS**

Radio Bingo: Tickets can be purchased at the Golden Lake Variety store. $10 per ticket. Can be heard over 104.9 My FM at 7 pm weekly on Wednesday evenings. <https://www.pembroketoday.ca/radio-bingo/>

Tech Tuesdays: Contact Heidi at [communityconnector@mvacl.ca](mailto:communityconnector@mvacl.ca) if you are interested in setting up a Q&A via Teams on all things technology. This can also include information sessions on adaptive equipment to empower inclusion if there is interest. Available times are on Tuesdays between 10 to 2.

Breathe and Be Chair Yoga: Are you looking for ways to stay active, or looking to try something new? Each Monday from 3 - 4 PM you can catch a virtual chair yoga session with Breathe & Be Yoga. Join in for this fun, relaxing activity from the comfort of your own home, no experience necessary! [https://bluejeans.com/117614374](https://bluejeans.com/117614374?fbclid=IwAR3jaUs6dOo4cZ91yBmxpiJRO5t2NcaXExpDzTyYxfbQpW4A6JAiXj1ae6I)

**QAM Training for Supported People:**

Sexual Health & Personal Relationships: Please contact Mindy Brotton at [mbrotton@mvacl.ca](mailto:mbrotton@mvacl.ca) to arrange 1:1 training/Q&A opportunities via Teams.

Personal Hygiene: Join us via Teams on Feb. 19th from 10-11 or 1-2 to get your spot for some fun videos and Q&A.

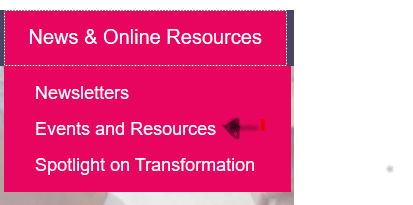
**Open Furtures Learning Module of the Month:**

Sexuality and Relationships:

This module is written by, and also features a range of short films with internationally acclaimed author and lecturer Dave Hingsburger. Dave uses a light and refreshing conversational style to introduce learners to sexuality and relationships.

**We heard you. You asked for it, here it is!:**

Not on FaceBook? Head over to our website for more training opportunites:

 Facebook.com/MVACL

Check out these resources and many more on our website [www.mvacl.ca](http://www.mvacl.ca) under “Events and Resources”

**ONLINE LEARNING**

**CAMH Webinars:** <https://www.camh.ca>

**February 2, 2021 | Assessment: Getting help for mental health concerns:** Families play a key role in supporting adults with intellectual and developmental disabilities to understand and get help for mental health concerns in the context of pandemic restrictions. This session will focus on risk factors for mental health issues and strategies for promoting wellness during COVID-19.

**February 9, 2021 | Empowering family caregivers to improve health care communication:** This session will focus on key communication tools to support adults with intellectual and developmental disabilities and their families to get the best health care possible.  We will introduce the Family Matters Toolkit, a resource to help: 1) manage common health issues; 2) talk about health issues and health care; and 3) navigate the health care system.

**February 16, 2021 | Managing mental health during COVID-19: An introduction to strategies for mental health concerns:** This session will explore the impact of COVID-19 on the mental health of people with developmental disabilities, strategies to manage mood and anxiety difficulties, and knowing when and where to get help.

**February 23, 2021 | Healthcare planning: Promoting decision-making capabilities:** The session will focus on healthcare decision-making for you and your loved one with an intellectual and developmental disability, including advance care planning. We will also share tips and practical tools to make this process easier.

**ABLE2 Webinar: Feb. 11, 2021: Anxiety and Disability** https://www.able2.org

Caring for an individual with a disability is challenging, time consuming and can be worrisome. Caregivers have been under more stress and pressure than now given the challenging times we are currently living in. Join us to learn some strategies for reducing your anxiety and managing care with fewer supports and services with staff from CHEO’s Navigator program.

**Free online screening of Gather -- Feb 4-6**

https://mailchi.mp/8be69aa5a081/struggling-to-make-rent-during-covid-1663502?e=2a1361993e

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| A documentary about Indigenous food sovereignty & New York Times Critic's Pick. |

**TED Talks Lunch (Delivered) and Learn: The Surprising Science of Happiness.by Dan Gilbert**. Dan Gilbert, author of “Stumbling on Happiness,” challenges he idea that we’ll be miserable if we don’t get what we want. Our “psychological immune system” lets us feel truly happy even when things don’t go as planned. ***We can organize a Teams meeting for people to watch together and discuss on February 18.***

***12-1 Call Or email Heidi to register.***

https://www.ted.com/talks/dan\_gilbert\_the\_surprising\_science\_of\_happiness?referrer=playlist-the\_most\_popular\_talks\_of\_all

Looking for more training opportunities or resources? Contact Heidi to access our catalog of training files and lending library. She can be reached at her email: Communityconnector@mvacl.ca or Call 613-756-3817 x 205