



————— **Wherever you go, go with all your heart.** —————

Before we knew it, we have entered the second half of the year and summer is now upon us. Summer is the time when the flowers are in full bloom, the sun rays are beating down the necks of all people, and the bees won't give up swarming all around. A season for relaxing and the pursuit of happiness, a state of balance of relaxation and melancholy. Enjoy what the world has to offer, let your mind wander and try something new. Maybe go for a picnic, unplug and connect with old friends, see some fireworks, attend a parade or bonfire, watch a sunset, go for a walk, or maybe even check out what's playing at the drive-in theater. There are thousands of things to do over the summer, but the important thing is that you enjoy yourself and quality family time.

Inclusion is intentional. It is about identifying and removing barriers so that everyone can participate to the best of their ability.

www.theinclusiveclass.com

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Self-Care Tips and Tricks

Prioritize Sleep

Getting enough good-quality sleep keeps your immune system running at its best to fight off infections. Sleep is also one of the top ways we can help keep stress in check, as sleep deprivation can make us more sensitive to the effects of stress.

Skip, Jump, Hop, and Get Silly

If it makes you feel like a kid and a little silly, it can be a mood booster. Play in any form can cause a cascade of positive neurochemicals, such as serotonin, oxytocin, and dopamine.

Practice Positive Self-Talk

A major aspect of self-care is the "self" part, and that includes how you view yourself and, importantly, the language you use when talking to yourself.

Take a Long, Relaxing Bath

Why is a warm bath so incredibly relaxing? Research suggest one reason may be that it reduces inflammation. Just one hot bath can calm your stress response. Another reason is that you're simply allowing yourself to take a break.

Free City Activities

Kids Bowl Free: Ages vary by each bowling center but Black Diamond Bowling Lanes is our city's designated center. Register at kidsbowlfree.com and coupons will be e-mailed to you weekly.

Park Play Days: The free programming is offered each day between 10 a.m. and 2:30 p.m. at parks throughout each community for children aged 4 – 12 years old. Visit engagesportnorth.com/events for more information.

Prince George Public Library: The library offers many free activity groups for children and youth of all ages. Visit pgpl.ca/events to see what is being run this summer.

Golden Raven Discovery Pass: Want to explore various historical places around Northern BC. This Pass is available at the Prince George Public Library for free and will get you family access to these locations:
1. Valemount Museum 2. Valley Museum & Archives 3. Whistle Stop Gallery 4. The Exploration Place 5. Two Rivers Gallery 6. Central B.C. Railway & Forestry Museum 7. Huble Homestead Historic Site 8. Mackenzie & District Museum 9. Barkerville Historic Town 10. Fort St. James National Historic Site

Don't judge each day by the harvest you reap but by the seeds that you plant.



Tips on Staying Cool without AC

1. Stay hydrated
2. Take a cold shower or bath
3. Use cold washrags on your neck or wrists
4. Close your curtains or blinds
5. Close the doors of unused rooms
6. Cotton clothing will keep you cooler than many synthetics.
7. Spend parts of the day in a public space that is cool.

Upcoming Family and Children's Groups

Learning How to Use Your Pecs

July 15th: 7pm – 8pm with Maureen @ AiMHi
RSVP family.support@aimhi.ca

Family Social Networking: Coffee Meet-Up

August 15th: 7pm – 8pm with Ellen @ AiMHi
RSVP family.support@aimhi.ca

Peer Group Focus: Financial Skills (Lunch Purchasing)

Wednesdays 12:00-1:30pm (Ages 12 – 18) with Marisa @
Pine Center Mall Food Court

Peer Group Focus: Community Safety

Wednesdays 2:45pm-4:00pm (Ages 5 – 11) with Marisa @
YMCA Rec Room

Home Hygiene Group

Fridays 12:00-1:30pm with Fiona on Zoom

Summer Group: Pro-Social Skills

Fridays 2:00-3:30pm Kiwanis Bandshell Bowl @ Lheidli
T'enneh Memorial Park

E-mail childrens.lifskills@aimhi.ca for more information and
to sign-up.

Resources Worth Checking Out

4children: 4children.ca's mission is to provide a service for those children with "needs" a little more special than others. 4children.ca hosts training workshops for those raising or working with children and youth experiencing challenging behaviours. Visit 4children.ca for more information.

findSupport BC: findSupport BC connects families of persons with disabilities with the resources available to them. What you will find here is not the destination but a journey. You can explore their Transition Timeline for Children, Youth and Young Adults between the ages of 0-25, as well as create your own myBooklet. Visit findsupportbc.com for more information.

STADD: Services to Adults with Developmental Disabilities (STADD) offers Navigator services for transitioning youth and their families in 145 communities across B.C. Navigators act as the primary point of contact for individuals in coordinating transition planning and access to supports and services through the transition period of 16-24 years old. STADD encourages and supports information-sharing between government and community resources, and leads the coordination of all involved. Once you are deemed eligible for CLBC-services, you can request the services of a STADD Navigator or contact 1-855-356-5609 to self-refer.

Visit communitylivingbc.ca for more information.

Kindness is one thing you can't give away.
It always comes back.

Ellen Wookey is the newest addition to the Family Support team with AiMHi. You can often find her exploring Northern BC, taking photos and looking for new adventures to share. Ellen has a background in Social Service Work and has worked both as a Casual and Temporary employee in Family support. She comes from working the last 6 years as a Life Skills Instructor in the Children's Life Skills program at AiMHi.

You can reach Ellen at 250-564-6408 ext 282 or at ellen.wookey@aimhi.ca



Upcoming City Events

- July 9th: Summerfest: Explore Downtown
- July 10th: Pride Picnic: Rainbow Park
- July 14th: Studio 2880 Night Market
- July 15th: Eat Your Hart Out
- July 16th: Summerfest: Eat Downtown
- July 21st: Exploration Place Garden: Go For Green Week: Kids Craft
- July 21st- 24th: BC Summer Games
- July 23rd: Hubble Homestead: Scavenger Hunt Weekend
- July 28th – Aug 1st: Canadian Native Fast Ball Championship
- Aug 5th: Eat Your Hart Out
- Aug 5th-7th: Cariboo Rocks the North 2022
- Aug 12th-13th: The Best Damn Music Festival
- Aug 13th: Summerfest: Thrive Downtown
- Aug 18th: Studio 2880 Night Market
- Aug 20th: Summerfest: Shop Downtown
- Aug 26th: Eat Your Hart Out

Family Fun Recipe



CHEESEBURGER Casserole



- 1lb pasta shells
- 1lb ground beef
- 2 cans tomato soup
- 2 cups cheddar
- 1 cup mozzarella
- 1/2 cup water

5 Sun Safe Tips to Block the Blaze:

- 
Apply Sunscreen
- 
Put on a Hat
- 
Wear Sunglasses
- 
Cover with Clothing
- 
Seek Shade

Summer WATER SAFETY

When Summer hits it can be tempting to look for the nearest place to cool off. Here are our top tips if you plan on going for a paddle:



LOOK OUT FOR LIFEGUARDS



IT'S COLDER THAN IT LOOKS



DON'T GO TOO FAR



IT'S STRONGER THAN IT LOOKS



BRING A FRIEND