

TIPS TO

beat the winter blues

GET SUNLIGHT: Expose yourself to sunlight as early in the morning as you can. Have your bedroom lights turn on a half hour before you are supposed to wake up.



BREAK OUT OF A RUT:
Shake things up!

SUPPORT & SOCIALIZE

EAT HEALTHY: Watch your cravings.
Do not eat like a buffalo!



EXERCISE: Go for a daily walk

SET a GOAL
for personal development.



TAKE UP A WINTER ACTIVITY
Embrace winter! It cannot be your enemy.

DRESS FOR THE COLD



TAKE A MULTIVITAMIN
containing D-3

BREATHE CLEAN/FRESH AIR

COZY UP YOUR HOME:
Transform a drab sterile environment.



PRAY, PRAY, PRAY
Give thanks to God for your blessings

CELEBRATE SMALL SUCCESSES

WHAT TO GIVE UP...

Give up complaining... focus on gratitude
Give up pessimism... become an optimist
Give up harsh judgments...
think kindly thoughts
Give up worry... trust Divine Providence
Give up discouragement... be full of hope
Give up bitterness... turn to forgiveness
Give up hatred... return good for evil

Give up negativism... be positive
Give up anger... be more patient
Give up pettiness... become mature
Give up gloom...
enjoy the beauty that is all around you
Give up jealousy... pray for trust
Give up gossiping... control your tongue
Give up sin... turn to virtue
Give up giving up... hang in there!

FEBRUARY: BLACK HISTORY MONTH



HAPPY FAMILY DAY: FEBRUARY 15!



We honour and celebrate the achievements of Black Canadians native-born and immigrants, and their contributions to the lifestyle of Toronto. We have the opportunity to learn and be inspired by

the history, pride, and strength of African Canadians who have been at the forefront of the struggle for justice and equality for all. For information: www.toronto.ca/blackhistory or for an online exhibit: tinyurl.com/hdt4r6l

"We may encounter many defeats but we must not be defeated." -Maya Angelou

We are all extended family for one another!!!

Share with members of your family and with friends how important they are to you!



"God, Creator of Earth and of all people, help us to be mindful that, as members of one global family, we are equal in your eyes. Help us to continue to appreciate the diversity of persons in our homes and in our world. As members equal in human dignity, may we build a NEW WORLD and proclaim our willingness to be the holy people you call us to be. Amen" - [Thomas More Center website](#)



FREE ACTIVITIES AND FESTIVALS

ICEFEST



FREE family activities, ice sculpture displays and ice carving competition and many demonstrations.

Date: Feb. 20 and 21, 2016
Time: 12:00 pm to 5:00 pm

Village of Yorkville Park
(Bloor and Bay St).

For information: www.bloor-yorkville.com/icefest

FAMILY DAY AT HARBOURFRONT

FREE skating at Natrel Rink
Date: Friday, February 19 and Saturday, February 20
Time: 8:00 pm to 11:00 pm
235 Queens Quay West



For more information: www.harbourfrontcentre.com/diskatenights/

FREE Skate & Activities

On Family Day head down to the **Nathan Phillips Square** skating rink for fun and FREE activities. Join the skating party with music, and there are plenty of off-ice activities, including interactive games, appearances from Leo the Lion and Buddy the Beaver, & Tim Hortons hot chocolate.

1:00 p.m.— 4:00 p.m.

The skating rink itself is open

9:00 a.m.—10:00 p.m..

