

EXPRESSIONS!



HFG Happy Families Support Network Inc. - Newsletter

Spring 2020

Support Group Meetings



The best parts of our support group meetings are the hugs and the food. Yes, we have activities for the children and young people and the women get a chance to talk openly and exchange ideas and resources. But seeing each other, and getting that hug that says: “everything will be okay” “I’ve got you” or “I know how you feel” is something you cannot get on a video meeting.

Since the start of the COVID-19 pandemic our meetings have all gone virtual and we have lost the luxury of being able to have open and

uninterrupted conversations, hugs and a meal together. But we still have the memories to hold on to until we are able to meet in person.

What’s your favourite support group memory? Send in your favourite memory for a chance to have it included in the next newsletter.

[Send your memories in here](#)

Have a Laugh

How can you make a tissue dance?

Put a little boogie in it!



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Warm weather is here...

Warm weather always makes me happy. The feeling of sunshine on my face brings back childhood memories of outdoor play.

This pandemic year, I've anxiously awaited the warmth and sunshine so I could spend more time outside with my garden.



Here is a picture of a tulip from my garden just after watering. I love the way the drops of water sits on the petals. Makes me happy.

We are still here for you.

At this time of year we are usually very busy with fundraising and events but this year we are on pause waiting for things to get back to normal or the new normal.

Talk is Cheap Walk the Talk Annual Walk Against Domestic Violence our annual fundraising walk was scheduled for May 31, and was cancelled so we can all be safe.

Annual Toronto Clothing Exchange scheduled for the end of June, is also cancelled as we are unable gather in the numbers we need to facilitate this event.

Annual Durham Clothing Exchange is scheduled for September and is currently on hold. We will send an update closer to the time.

In the meantime, let's take the time to do something nice for ourselves and our families.

Sending happy and safe thoughts to all.

HFG Hugs!
Leonie

Children's Program

For all information on the Children's program as well as links to activities and events during COVID-19, please visit our website [here](#).

Ongoing Events:

[Movie Night](#)

[Story Time](#)

Double Ts Program

For all information on the Double Ts program as well as links to activities and events during COVID-19, please visit our website [here](#).

Ongoing Events:

[Movie Night](#)

[Meditation](#)

[Art Contest](#)

[Writing Contest](#)

Women's Program

For all information on the Women's program as well as links to activities and events during COVID-19, please visit our website [here](#).

Contest Answers

Thanks to everyone who sent in their responses to the last **Cooking Corner Contest**

Question: What are the 3 missing ingredients for this recipe? French Toast - Bread, Egg, ???

Answer: sugar, salt, vanilla.

[New Contest](#)

Congrats!

Congratulations to all our young people who are in the process of transitioning from elementary to high school and from high school to college/university.

Transitions are difficult at any given time, but during this pandemic, transitions are much more difficult, so let's be patient friends, parents, siblings, grandparents, etc.

Remember that some of these young people had special birthdays while sheltering at home and maintaining social distancing, some are giving up

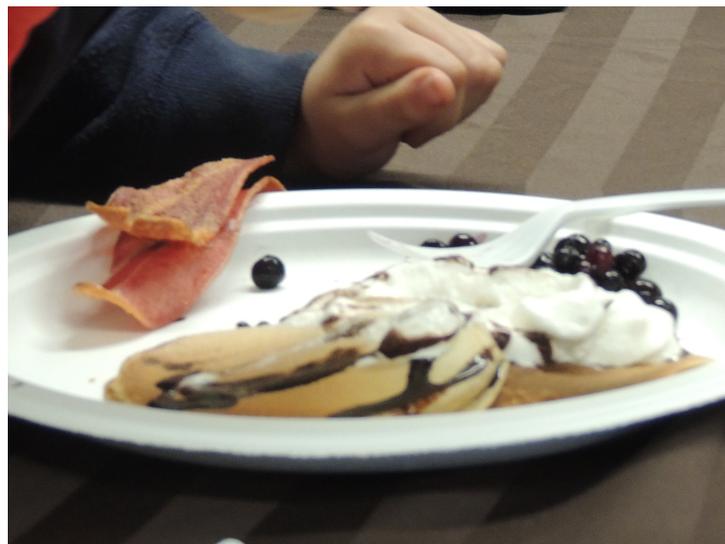
on having their dream prom, graduation, special trip, etc. So let's start thinking of some way of making things special to smooth over the disappointment of having to give up so much and that they may be feeling that everything is out of their control.

Do you have virtual celebration ideas for our young people?

[Share your virtual celebration ideas here](#)

Memories

Cookies, hot chocolate gift bottles and pumpkin carving are just some of the fun activities from the children's program this session, and great memories to revisit. The best memory though is sitting down with your pancake and turkey bacon breakfast.



Thank you Volunteers & Volunteers-in-Training

Every session we are super lucky to get the best Volunteers ever and this past session was no exception. This is an opportunity to recognize our young people and the hard work, patience, dedication and willingness to learn that they have demonstrated at each session.

Thank you! We wish you a fun filled summer and all the best for your future endeavours.



Featured Donor

Our featured donor is:
Gilligan & Associates.
Thank you for your continued support of the women's support group and job skills program.

For your Reading Pleasure

- ♦ [How to Motivate Children to Do Things They Don't Want to Do](#)
- ♦ [With Senior Year In Disarray, Teens And Young Adults Feel Lost. Here's How To Help](#)
- ♦ [Making COVID-19 Memories](#)

Another Laugh

What do you call a cheese that's not yours?

Nacho cheese!



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