



Communication Enrichment Class Newsletter: May 2021

Hi everyone!

Hopefully we will all be able to enjoy the slightly warmer weather that this month should bring! This past month, we have discussed several topics in class, including; influential people, British royal family members, and different flower types.

After recently taking a class vote, the participants have decided to focus on musicians for the month of May. We will be looking at musicians of the past and present, their talents and how they established their career. If participants of class have suggestions for musicians that they would like to look at, please let Bobbi or myself know!

May is Mental Health Awareness month, and the class has started talking about mindfulness and the different practices we can use to incorporate mindfulness into our lives. Going forward, we will continue looking at various practices, and we will start doing mini guided meditations at the end of class. We will be using Headspace for these meditations, and more of their videos can be found here:

<https://www.youtube.com/user/GetSomeHeadspace>

The class will continue to follow important updates about the COVID-19 pandemic, and what is going on in Toronto, the province of Ontario, and the rest of the world. If anyone would like to share their thoughts and feelings about the pandemic with the class, please feel free to do so! It is important to reflect on how we are feeling and operating during this challenging time.

If you have any questions or concerns about class, please reach out to me anytime. ☺

Sincerely,

Sarah Vanderkolff
Outreach Communication Facilitator
North Yorkers for Disabled Persons, Inc.