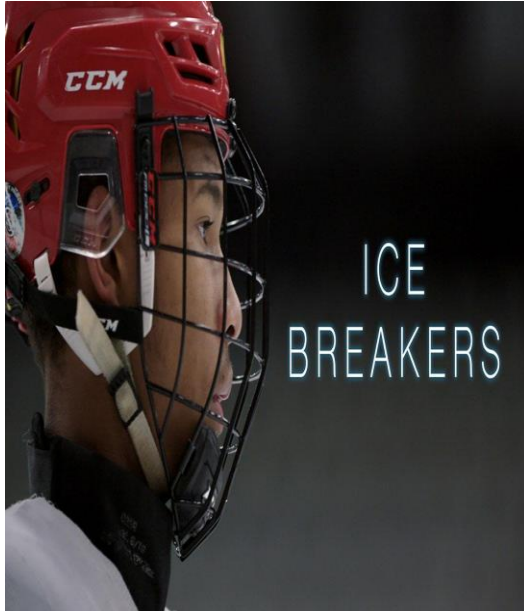


February 2021

Take a look at suggestions for activities for the month of February that align with various holidays, observances, and health promotion days!

Black History Month (Feb 1 - Feb 28)

A month to recognize and learn the experiences and achievements of Black communities in



Canada. The National Film Board Canada has provided a list of films that were created by Black creators and allies.

The film, Ice Breakers shares experiences of discrimination in hockey leagues that have impacted Black communities. However, the prejudice did not stop Black communities to appreciate and devote to playing hockey.

Director: Sandamini Rankaduwa

Learn from films about Black communities' experiences in Canada at the National Film Board

Canada website, https://www.nfb.ca/playlist/nfb_celebrates_black_history_month/

Valentine's Day (Feb 14)

A day for admiration and affection to yourself, friends, and family.



You can have an alluring day by virtually looking at exhibits from around the world.

The Google Arts and Culture link can help you navigate through the virtual exhibits:

<https://artsandculture.google.com/partner?hl=en&tab=pop>

Family Day (Feb 15)

A time to spend with family and friends.



You can use the Virtual Visits Toolkit from Family Councils Ontario to support the assembling of a virtual meeting with your family and friends on an online platform, such as Facetime, Zoom, and Skype.

Click the Family Councils Ontario link for more information, <https://fco.ngo/covid-19/toolkits>

Heritage Week (Feb 15 - Feb 21)

The week to learn about heritages from history to traditions throughout Ontario.



The Ontario Heritage Trust has gathered stories across Ontario to inform the public of people's diverse experiences.

Read online stories of communities at the Ontario Heritage Trust website,

<https://www.heritagetrust.on.ca/en/index.php/pages/our-stories>

Random Act of Kindness (Feb 17)

A day to appreciate yourself and others.



You can make thank you notes on the positive experiences from small to big throughout the day.

Want to learn more about cultural celebrations from the Calendar of Diversity and Inclusion

Digital Calendar? Click at this link <https://clri-ltc.ca/resource/diversitycalendar/>