



LITERALLY SPEAKING

Fall 2022 | Issue 7



Welcome back! We at the GLC have a lot of plans for this new year. We're excited to share our first round of activities and events!

Our organization is growing larger than ever, with new staff, new activities, and the growth of our projects and programs.

Curious about everything we've accomplished so far? Read through the latest Annual Report on our website: gaspelit.ca/annual-reports

As always, we encourage you to reach out to us with any thoughts or ideas you might have!

The GLC Team



Family Game Night

Bring back family game night!

It's the kind of thing that gets talked about, but is often put aside. It feels easier to have a family movie night, and there are only so many evenings that are free in any given week!

But if you've been on the fence about starting up a family game night, here are a few reasons that may get you motivated.



Learning to Win and Lose

- It's a hard lesson - learning to win or lose gracefully. It can be difficult for some children to focus on the fun of the event, rather than the competition
- Being at home with family creates a safe space to learn how to control the thrills and disappointments of winning and losing
- Don't be afraid to make up new rules until your children can deal with their feelings (like a first winner and a second winner) - highlight the fun above all!

Learning to Communicate and Negotiate

- Some games promote negotiation and communication between players. Learning to communicate constructively is another way to help younger family members express their feelings in a healthy and productive way
- Communication and negotiation are key life skills, that will follow children into adulthood and shape their relationships with others -how exciting that they can be learned through games!

Family Bonding

- Family game night is a regular, bonding experience - fun, engaging, and creative
- It's a great avenue for promoting the values that are important to you as a family, to connect with one another differently, to support the growth and love of your household

Activities

Environmental Literacy at the Library

This year's edition of Environmental Literacy at the Library will focus on endangered species - a topic that affects us all!

Join us for book reading, crafts, and learning at the Gaspé library on November 6, from 10:00 to 11:30, with our partners Bright Beginnings and Melanie Jean.



Drawing Healthy Boundaries

In this online workshop, Kate Strickland will lead participants through exploring healthy boundaries using two different artistic approaches, writing and drawing.

An event that will nurture your creative side while promoting your mental wellbeing and setting you up for success in all aspects of your life.

November 19 from 10:00-11:30, please register to get all the online details!



Activities



Ceramic Workshop for Families Making Christmas Ornaments

A workshop led by Sara Ternoir, this lovely event will walk you through creating your own ceramic Christmas ornaments! It will be held at the Douglastown Community Centre on December 3, from 10:00-11:30. Please register in advance! Spots will be limited.

News Recent Activities



Embroidery Workshop

AGM

Book Spotlight

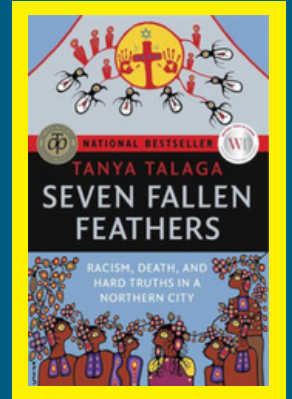
Note: *Reviews written by accredited sources

Seven Fallen Feathers: Racism Death and Hard Truths in a Northern City by Tanya Talaga

*Over the span of eleven years, seven Indigenous high school students died in Thunder Bay, Ontario. They were hundreds of kilometres away from their families, forced to leave home because there was no adequate high school on their reserves...

Using a sweeping narrative focusing on the lives of the students, award-winning author Tanya Talaga delves into the history of this northern city that has come to manifest Canada's long struggle with human rights violations against Indigenous communities.

(*Source: House of Anansi Press)



My Heart Fills with Happiness by Monique Gray Smith

The littlest members of your family need book recommendations too!

*The sun on your face. The smell of warm bannock baking in the oven. Holding the hand of someone you love. What fills your heart with happiness?

Author Monique Gray Smith wrote My Heart Fills with Happiness to support the wellness of Indigenous children and families, and to encourage young children to reflect on what makes them happy.

(*Source: Orca Books)



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Québec 

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Book Spotlight

Run Towards the Danger by Sarah Polley

Looking to grow in the kitchen? Angela Liddon, a New Brunswick born best-selling cookbook author, introduces vegan cooking through accessible and delicious recipes that don't require you to buy a bunch of special ingredients.

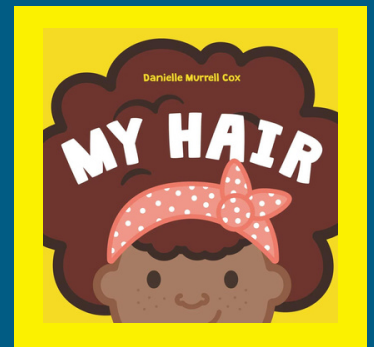
If you're looking to expand on 'Meatless Mondays' without investing in a new cookbook, the Oh She Glows website offers many recipes to try! Check it out at: ohsheglows.com



My Hair by Danielle Murrell Cox

Because the littlest members of your family need book recommendations too!

My Hair by Danielle Murrell Cox is dedicated to her younger self and features lots of beautiful, and diverse, hairstyles. Danielle is a young Montreal artist who has also published *Black Queens* and *Black Kings*, colouring books for adults. The book is fun and it's message is powerful!



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