



FCC Network Meetings

Thank you to all the child care providers who had time to come out to our January meeting and participated at our brain storming session.

The light dinner was a hit and everybody present agreed that every 3-4 months we would like to get together for a potluck!

During our discussion it was also acknowledged that self-care is high on the priority list for many, however often not only time but also motivation is lacking.

We have suggested a buddy system. Should you have an activity idea please email me and I can disburse the info through email. Hopefully you will find a buddy to participate with you at walks, aqua or fitness classes.

When suggesting an activity, make already a full commitment (e.g.: Thursday evening (date and time) walk at Ambleside, meet at....., for questions call)

There are already active care providers in our group:

- early bird swimmers,
- Zumba dancers and
- walkers and hikers

The group also acknowledged that learning is important too and the meetings should continue to be informative and supportive towards the improvement of quality of our profession.

My goal is to find a speaker for February or March.

Since this is short notice to find a speaker it might be very likely, that in February we watch a professional development video and will have a discussion about it.

I am looking forward to a great networking year!!

Your coordinator,

Christine

MARK YOUR CALENDAR:

next meetings

Wednesday February 5th and Wednesday March 5th, 2014 7 PM

next potluck

Wednesday April 9, 2014, 7 PM

All meetings will take place in the Community Room at Cap Mall

A quote for inspiration: ☺

Having a positive mental attitude is asking how something can be done rather than saying it can't be done.

-Bo Bennett