



**Friends & Advocates Peel**  
6-239 Queen Street E  
Brampton, ON L6W 2B6  
(905) 452 -1002

### Important Dates

Disability Pride Month  
Canada Day - July 1 - *Office Closed*  
Non- Binary Peoples Day - July 14  
International Self Care Day - July 24  
International Disability Independence Day - July 26  
International Day of Friendship - July 30



### SUMMER JAM

Join us for F&A's second annual Summer Jam at Chinguacousy Park on **July 24th** from **11:00 a.m. to 4:00 p.m!** Registration opens July 13th and closes July 21st.

In celebration of the FIFA World Cup, we'll be bringing the spirit of teamwork, diversity, and international connection to this year's event with games, activities, and opportunities to connect with others.

We are also pleased to welcome Brampton Mayor Patrick Brown, who will be joining us from **12:00 p.m. to 12:30 p.m.**

#### Bus Info:

- North Etobicoke (Woodbine TD Bank) -11:00am
- Mississauga (Square One Cineplex) -11:00am
- Brampton clients will make their own way to the event

### JULY BIRTHDAYS



Yolanda, Suzanne, Angela, Bina, Eileen, Diane, Dee, Katie, Nadia, Claudia, Kyle, Mary, Amanada, Ed, Jabneel, Guy, Mary

*Have a very Happy Birthday!*

### WISHING LEA ALL THE BEST!

As Lea begins an exciting new chapter, we want to take a moment to celebrate and thank her for everything she has brought to our team as a Peer Support Specialist. While we're sad to see her go, we're incredibly excited for her and all the opportunities ahead.

Thank you, Lea, for your hard work, compassion, and commitment over the years. You will be missed!

### FAREWELL MELISSA

As Melissa's time with us comes to an end, we'd like to thank her for all of her hard work, enthusiasm, and contributions as part of our summer staff team.

We appreciate everything she brought to the organization and wish her all the best in her future endeavors. Good luck Melissa!

## FAREWELL DEYANDRA

As Deyandra's contract comes to an end, we'd like to thank her for the enthusiasm, and support she brought to our team. We are grateful for her contributions and the impact she made during her time with us.

Wishing you all the best Deyandra as you move on to new opportunities!

## WELCOME BACK CHRISTINA!

We're excited to welcome Christina back from maternity leave! We hope she enjoyed this special time with her growing family and are thrilled to have her rejoin the team.

Please join us in giving Christina a warm welcome back!

## CHECK OUT OUR NEWLY DESIGNED WEBSITE!

As part of the organization's rebranding we're excited to announce the launch of our newly updated website!

The refreshed design makes it easier to navigate, find information, and stay connected with our latest news, programs, and resources. Take a look and explore the new features and improved experience. We'd love to hear your feedback!

Visit us today at: [www.fapeel.org](http://www.fapeel.org)

**Zoom**

How to join Zoom using a computer: <http://zoom.us/join>

How to join Zoom on the Phone:  
Dial (647) 558-0588

All Zoom Activities:  
Meeting ID: 325 368 5712  
Password: 12345

CONNECT WITH US

- Website [www.fapeel.org](http://www.fapeel.org)
- E-mail [contact@fapeel.org](mailto:contact@fapeel.org)
- Instagram @fapeel
- Facebook /friendsadvocatespeel

Happy Summer Holiday

STAFF EXTENSIONS

Feel free to leave a direct message to any member of our staff team at **(905) 452 - 1002**. Staff can also be reached at in-person activities between **1:30pm & 4:00pm** at **(437)-999-2306**. This phone is not monitored and we are unable to accept voicemail messages.

Karen M	3 2 2
Carrie A	3 2 3
Deyandra S	3 2 4
Zenab S	3 2 7
Sasha S	3 2 9
Elizabeth F	3 3 1
Carl M	3 3 3
Nabila D	1 0 1
Sahibpreet D	1 0 3



Office hours are from **8:30am to 4:30pm** with lunch closure from **12pm-1pm**. Calls outside of these hours will not be answered - but feel free to leave a voicemail!

## JULY + AUGUST ZOOM UPDATE

As July and August are busy vacation months for many families, we will be reducing the number of Zoom activities offered during these months.

We hope this lighter schedule allows everyone to enjoy their summer plans while still staying connected with our community.

We look forward to resuming our regular schedule in September and appreciate your understanding. Wishing everyone a safe, relaxing, and enjoyable summer!

## CHICKEN WRAPS

- 12 oz cooked chicken about, diced
- 2 spring onions finely sliced
- 2 oz Greek or plain yogurt
- 3 oz light mayonnaise
- 1 ½ teaspoon Dijon mustard
- ½ carrot grated
- 1½ oz baby spinach, roughly chopped
- 1 oz sun-dried tomatoes finely chopped
- 1 celery rib finely diced
- Zest of ½ lemon
- Juice of ½ lemon
- 1 oz grated Parmesan cheese
- 4 -6 soft tortilla wraps medium size



## SUMMER

### WORD SEARCH



L E M O N A D E G N I E E S T H G I S U  
 S P I N E A P P L E S E S S A L G N U S  
 A W P N Z I F H Y Z N Z Q V K C Z Q H N  
 W V I C D I H J B I K I N I L K O F V E  
 A A H M B B A R B E C U E H E U O Y L D  
 T L E E M X L O B E S A I L I N G T A G  
 C R R Z C I C O M Z K Y D K D S S D N W  
 B S O T K N N J A B K F N U E A L I T K  
 O E H P R F G G D E I I Y L C A K B X Y  
 O Y S T I M I T V R Y K G D K C M V I V  
 G H A R T C O V E J C G N E A H C A E B  
 I T E K W I A W N R O A U P R R M R G K  
 E R S I Y U O L T G S M K U O M Z T G S  
 B U N V M R Q V U T B C O A G Q V P C U  
 O O V A K F X S R R A S D B A L L O O N  
 A F R S N O I Q E B E T I K E F U V H B  
 R Y O G U N H L P Q R T R A V E L J H U  
 D L Y O N X L D L I W O R W K U H E E R  
 R U D E W A K M P F R X J U E G B G A N  
 O J T G J O U R N E Y C E V E F W U T C

### WORD LIST

ADVENTURE	BIKINI	HEAT	LEMONADE	SEASHORE	TENNIS
BACKPACKING	BONFIRE	JOURNEY	PINEAPPLE	SIGHTSEEING	TRAVEL
BALLOON	BOOGIE BOARD	JULY FOURTH	ROAD TRIP	SUNBURN	TROPICAL
BARBECUE	FIREWORKS	KITE	SAILING	SUNGLASSES	UMBRELLA
BEACH	GOGGLES	LAKE	SANDCASTLE	SWIMMING	ZOO



FRIENDS & ADVOCATES PEEL

# DIVERSITY, CULTURE, EQUITY, INCLUSION

Learn about some of this month's important observances!  
Join us on Zoom for the following activities to get educated,  
spread awareness, and show your support.



**JULY 2026**

**JULY 10**

**1:30 PM**

**Non-Binary Peoples Day**  
Small Talk

Increasing awareness and understanding of non-binary identities, this talk will explore gender diversity, inclusion, and the importance of respecting individuals' lived experiences.

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**JULY 22**

**1:30 PM**

**Disability Pride Month**  
Small Talk

Celebrating the disability community and recognizing disability as a valued part of human diversity, this discussion will focus on inclusion, advocacy, and challenging stigma.

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**JULY 29**

**3:00 PM**

**Microaggressions**  
Diversity Hour

Exploring the impact of subtle comments, assumptions, and behaviors, this discussion will help participants recognize microaggressions and foster more respectful interactions.

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**JULY 30**

**11:00 AM**

**International Day of Friendship**  
Small Talk

Celebrating the value of friendship and social connection, this talk will explore how supportive relationships contribute to well-being, belonging, and community.

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# NOT SURE WHERE TO TURN? YOU DON'T HAVE TO FIGURE IT OUT ALONE.



## NEED HELP RIGHT NOW

<p><b>Crisis Helpline (Talk/Text) – 9-8-8 (24/7/365)</b> <b>Call if:</b> you are feeling hopeless, thinking about suicide, or in immediate emotional distress Website: <a href="https://988.ca">https://988.ca</a></p>	<p><b>24/7/365 Crisis Support Line (Peel Dufferin) – 905-278-9036</b> <b>Call if:</b> you are in a mental health or addiction crisis and need immediate local support Website: <a href="https://cmhapeeldufferin.ca">https://cmhapeeldufferin.ca</a></p>
<p><b>Distress Centre of Greater Toronto (24/7/365) – 416-408-4357</b> <b>Call if:</b> you feel overwhelmed, anxious, or need to talk through difficult thoughts or emotions Website: <a href="https://dcogt.com">https://dcogt.com</a></p>	<p><b>Distress Line of Peel (24/7/365) – 905-459-7777</b> <b>Call if:</b> you are feeling emotionally overwhelmed, distressed, or unable to cope Website: <a href="https://dcogt.com">https://dcogt.com</a></p>
<p><b>Gerstein Crisis Centre – 416-929-5200 (24/7/365)</b> <b>Call if:</b> you are experiencing a mental health or substance use crisis and may need mobile or in-person support <a href="https://gersteincentre.org">Gerstein Crisis Centre+2211 Ontario+2</a> Website: <a href="https://gersteincentre.org">https://gersteincentre.org</a></p>	<p><b>Crisis Services Canada (National line) – 1-833-456-4566 (24/7/365)</b> <b>Call if:</b> you need immediate support and local lines are busy or you prefer a national service Website: <a href="https://www.crisisservicescanada.ca">https://www.crisisservicescanada.ca</a></p>



## NEED SOMEONE TO TALK TO (NOT A CRISIS)

<p><b>Hope + Me Warm Line (Mon–Fri, 9:30 am–5:00 pm) – 1-888-486-8236</b> <b>Call if:</b> you want peer support, encouragement, or to talk through how you're feeling Website: <a href="https://hopeandme.ca">https://hopeandme.ca</a></p>	<p><b>Progress Place Warm Line (6:00 pm–12:00 am, 7 days) – 416-960-9276</b> <b>Call if:</b> you want a friendly, non-judgmental conversation, especially in the evening Website: <a href="https://warmline.ca">https://warmline.ca</a></p>
<p><b>Krasman Centre Warm Line (24/7/365) – 1-888-777-0979</b> <b>Call if:</b> you want peer support at any time, whether you're struggling or just need someone to listen Website: <a href="https://krasmancentre.com">https://krasmancentre.com</a></p>	<p><b>Ontario Caregiver Helpline (24/7/365) – 1-833-416-2273</b> <b>Call if:</b> you are supporting someone else and need guidance, support, or resources Website: <a href="https://ontariocaregiver.ca">https://ontariocaregiver.ca</a></p>

**YOU DON'T NEED TO BE IN CRISIS TO REACH OUT. IF SOMETHING FEELS OFF, THAT'S ENOUGH.**



## LOOKING FOR ONGOING SUPPORT OR SERVICES

**Health811 (24/7/365) – 1-866-797-0000 or 811**  
**Call if:** you have health concerns and want to speak with a nurse for advice or reassurance  
 Website: <https://ontario.ca/health811>

**Centre for Grief & Healing (Halton/Peel) – 905-848-4337**  
**Call if:** you are dealing with loss, grief, or bereavement and need support  
 Website: <https://bereavedfamilies.ca>

**Victim Services of Peel (24/7/365) – 905-568-1068**  
**Call if:** you have experienced a crime or traumatic event and need support or guidance  
 Website: <https://vspeel.org>

**Toronto Seniors Helpline (24/7/365) – 416-217-2077**  
**Call if:** you are an older adult or caregiver looking for support, resources, or help navigating services across the GTA  
 Website: <https://torontoseniorshelpline.ca>

**PAARC – 905-629-1007**  
**Call if:** you want help with substance use, including assessment, counselling, or treatment options  
 Website: <https://paarc.com>

**one-Link – 905-338-4123**  
**Call if:** you need help getting connected to mental health or addiction services in your area  
 Website: <https://one-link.ca>

**ConnexOntario Helpline (24/7/365) – 1-866-531-2600**  
**Call if:** you want help finding mental health, addiction, or gambling supports across Ontario  
 Website: <https://www.connexontario.ca>

**Legal Aid Ontario (24/7 phone line) – 1-800-668-8258**  
**Call if:** you need legal advice, help understanding your rights, or support with a legal issue  
 Website: <https://www.legalaid.on.ca>

## DAILY TIPS FOR SELF-CARE

**Self-care is personal! These tips are a starting point, feel free to adapt them to your needs. Take care of yourself and make self-care a daily priority!**

- **Hydration Check:** Drink a glass of water every hour, or as often as possible while outside in summer heat.
- **Evening Reflection:** Spend 5 minutes reflecting and reviewing your day; note (either mentally or writing it down) one positive experience or accomplishment.
- **Gentle Movement:** Try light evening yoga, stretching, or a walk to wind down after a long summer day. YouTube offers many accessible options or just move with the flow.

**Small daily practices help build a strong foundation for balance and well-being. Making space for them each day can lead to lasting, positive change.**

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1 <b>Canada Day</b> <i>Office Closed</i>	2 Zoom Heart Life Foundation Living Series (11:00am) Staff: Sasha  Zoom Self-Esteem & Mindfulness (5) 90mins (3:00pm) Staff: Nabila  Zoom 2 Truths 1 Lie (7:00pm) Staff: Deyandra	3 Zoom Music Share: Celebrating Canadian Musicians (1:30pm) Staff: Elizabeth  North Etobicoke Beaded Jewelry Craft (2:00pm) Staff: Sasha, Nabila  Zoom Social (3:00pm) Staff: Deyandra
6 Zoom Check In (11:00am) Staff: Carrie  Brampton Games Afternoon (2:00pm) Staff: Deyandra, Nabila  Zoom Summer Traditions Small Talk (3:00pm) Staff: Sasha	7 Zoom Book Club #1 (11:00am) Staff: Carrie, Elizabeth  Zoom Jeopardy (1:30pm) Staff: Carl  Zoom Social & Leisure (3:00pm) Staff: Sasha	8 Zoom Wellness Wednesday: Finding Moments of Joy in Daily Life (11:00am) Staff: Deyandra  North Etobicoke Outdoor Colouring (2:00pm) Staff: Sasha, Carl  Brampton Park Walk (2:00pm) Staff: Deyandra, Elizabeth  Zoom Astrology Trivia (3:00pm) Staff: Nabila	9 Zoom Multitasking, Attention Span & Staying Focused Small Talk (1:30pm) Staff: Nabila  Mississauga Nintendo (2:00pm) Staff: Elizabeth, Deyandra  Zoom Name That Tune (7:00pm) Staff: Sasha	10 Zoom Riddle me this (11:00am) Staff: Deyandra  Zoom Non-Binary Peoples Day Small Talk (1:30pm) Staff: Elizabeth  North Etobicoke Humber Arboretum Park Walk (2:00pm) Staff: Sasha, Carl
13 Zoom Summer Word Hunt (1:30pm) Staff: Sasha  Brampton Mini Golf (2:00pm) Staff: Deyandra, Nabila  Zoom Chair Yoga (3:00pm) Staff: Carl	14 <b>Non-Binary Peoples Day</b>  Zoom Book Club #2 (11:00am) Staff: Carrie, Elizabeth  Zoom Women's group (1:30pm) Staff: Deyandra  Mississauga Peer Support (2:00pm) Staff: Carl, Elizabeth  Zoom Guess the Flower (3:00pm) Staff: Sasha	15 Zoom Wellness Wednesday: Laughter as Medicine (11:00am) Staff: Deyandra  North Etobicoke Montgomery's Inn Farmers Market (2:00pm) Staff: Sasha, Nabila	16 Zoom 5 Second rule (1:30pm) Staff: Deyandra  North Etobicoke Outdoor Games Afternoon (2:00pm) Staff: Sasha, Carl  Zoom How to Romanticize Life Small Talk (3:00pm) Staff: Nabila  Zoom Wordle, Contexto, Boggle! (7:00pm) Staff: Elizabeth	17 Zoom This or That (11:00am) Staff: Nabila  Mississauga Kariya Park Walk (2:00pm) Staff: Elizabeth, Sasha  Brampton Colouring (2:00pm) Staff: Deyandra  Zoom Social (3:00pm) Staff: Nabila

<p><b>20</b> Zoom Check In (11:00am) Staff: Karen</p> <p>Brampton Peer Support (2:00pm) Staff: Carl</p> <p>Zoom Navigating Wearing Multiple Hats Small Talk (3:00pm) Staff: Nabila</p>	<p><b>21</b> Zoom Book Club #3 (11:00am) Staff: Carrie, Elizabeth</p> <p>Mississauga Mini-Indy Golf (2:00pm) Staff: Elizabeth, Sasha</p> <p>Brampton Dairy Queen (2:00pm) Staff: Christina, Nabila</p>	<p><b>22</b> Zoom Wellness Wednesday: Gratitude Without Pressure (11:00am) Staff: Christina</p> <p>Zoom Disability Pride Month Small Talk (1:30pm) Staff: Elizabeth</p> <p>North Etobicoke Peer Support (2:00pm) Staff: Carl, Sasha</p>	<p><b>23</b> Zoom Let's do Origami! (11:00am) Staff: Nabila</p> <p>North Etobicoke Mini Golf (2:00pm) Staff: Sasha, Carl</p> <p>Mississauga Art Gallery + Outdoor Zentangles (2:00pm) Staff: Elizabeth, Nabila</p>	<p><b>24</b> <b>Summer Jam</b> (11am – 4pm) <i>Office Closed</i></p>
<p><b>27</b> Zoom Discovery Discussion: Mental Illness &amp; Mental Well-being (1:30pm) Staff: Christina</p> <p>Mississauga Food Trucks + Outdoor Uno (2:00pm) Staff: Elizabeth, Sasha</p>	<p><b>28</b> Zoom Book Club #4 (11:00am) Staff: Carrie, Elizabeth</p> <p>Brampton Downtown Adventure (2:00pm) Staff: Christina, Elizabeth</p> <p>Zoom Chair Yoga (3:00pm) Staff: Carl</p>	<p><b>29</b> Zoom Wellness Wednesday: Creating Summer Self-Care Rituals (11:00am) Staff: Christina</p> <p>Zoom General Trivia (1:30pm) Staff: Nabila</p> <p>North Etobicoke Paint &amp; Chill (2:00pm) Staff: Sasha, Carl</p> <p>Zoom Diversity Hour: Microaggressions (3:00pm) Staff: Elizabeth</p>	<p><b>30</b> <b>International Day of Friendship</b></p> <p>Zoom International Day of Friendship Small Talk (11:00am) Staff: Nabila</p> <p>Mississauga Friendship Bracelets (2:00pm) Staff: Elizabeth,</p> <p>Zoom Peer Support (7:00pm) Staff: Carl</p>	<p><b>31</b> Zoom Pictionary (1:30pm) Staff: Christina</p> <p>North Etobicoke Sundae Social (2:00pm) Staff: Sasha, Nabila</p> <p>Zoom Social (3:00pm) Staff: Elizabeth</p>

# in-person activities

**All in-person activities require you to call the office and register.**

Check the back of this page for venue addresses.

The following chart displays all July 2026 **In-Person Activities**.

Date	Time	Activity	City	Location	Meeting Place	Address
Friday, July 3	2:00pm	Beaded Jewelry Craft	North Etobicoke	Rexdale Hub	Lobby	21 Panorama Court Ave, Etobicoke, ON M9V 4E3
Monday, July 6	2:00pm	Games Afternoon	Brampton	The Honourable William G. Davis Centre	Second Floor Large Room	60 West Drive, Brampton, ON L6T 3T6
Wednesday, July 8	2:00pm	Park Walk	Brampton	Chinguacousy Park	Snack Bar	9050 Bramalea Rd, Brampton, ON L6S 6H1
Wednesday, July 8	2:00pm	Outdoor Colouring	North Etobicoke	Rexdale Hub	Outside Front Entrance	21 Panorama Court Ave, Etobicoke, ON M9V 4E3
Thursday, July 9	2:00pm	Nintendo	Mississauga	Hazel McCallion Library	Open Hub	301 Burnhamthorpe Rd W, Mississauga, ON, L5B 3Y3
Friday, July 10	2:00pm	Humber Arboretum Park Walk	North Etobicoke	Humber Arboretum	Park Entrance	205 Humber College Blvd, Etobicoke, ON M9W 5L7
Monday, July 13	2:00pm	Mini Golf	Brampton	Chinguacousy Park	Snack Bar	9050 Bramalea Rd, Brampton, ON L6S 6H1
Tuesday, July 14	2:00pm	Peer Support	Mississauga	Hazel McCallion Library	Room 2B	301 Burnhamthorpe Rd W, Mississauga, ON, L5B 3Y3
Wednesday, July 15	2:00pm	Montgomery's Inn Farmers Market	North Etobicoke	Montgomery's Inn	Front Entrance	4709 Dundas St W, Etobicoke, ON M9A 1A8
Thursday, July 16	2:00pm	Outdoor Scavenger Hunt	North Etobicoke	Humber Arboretum	Park Entrance	205 Humber College Blvd, Etobicoke, ON M9W 5L7
Friday, July 17	2:00pm	Park Walk	Mississauga	Kariya Park	Park Entrance	3620 Kariya Dr. Mississauga, On L5B 3J2
Friday, July 17	2:00pm	Colouring	Brampton	The Honourable William G. Davis Centre	Second Floor Large Room	60 West Drive, Brampton, ON L6T 3T6
Monday, July 20	2:00pm	Peer Support	Brampton	The Honourable William G. Davis Centre	Second Floor Large Room	60 West Drive, Brampton, ON L6T 3T6
Tuesday, July 21	2:00pm	Dairy Queen	Brampton	Dairy Queen	Patio	133 Queen St E, Brampton, ON L6W 2A9
Tuesday, July 21	2:00pm	Mini Indy Golf	Mississauga	Mini Indy	Square One Cineplex	99 Rathburn Rd W, Mississauga, ON L5B 4C1
Wednesday, July 22	2:00pm	Peer Support	North Etobicoke	Rexdale Hub	Lobby	21 Panorama Court Ave, Etobicoke, ON M9V 4E3

Thursday, July 23	2:00pm	Mini Golf	North Etobicoke	Centennial Park	Green House	151 Elmcrest Rd, Etobicoke, ON M9C 3S2
Thursday, July 23	2:00pm	Art Gallery + Zentangles	Mississauga	Art Gallery of Mississauga	Front Entrance	300 City Centre Dr, Mississauga, ON L5B 3C1
Friday, July 24	11:00am	Summer Jam	Brampton	Chinguacousy Park	Shelter #1 (Near Park Lot #3)	9050 Bramalea Rd, Brampton, ON L6S 6G7
Monday, July 27	2:00pm	Food Trucks and Outdoor Uno	Mississauga	Celebration Square	Fountain	300 City Centre Dr, Mississauga, ON L5B 3C1
Tuesday, July 28	2:00pm	Downtown Adventure	Brampton	Gage Park	Gazebo	45 Main St S, Brampton, ON L6Y 1M9
Wednesday, July 29	2:00pm	Paint & Chill	North Etobicoke	Rexdale Hub	Lobby	21 Panorama Court Ave, Etobicoke, ON M9V 4E3
Thursday, July 30	2:00pm	Friendship Bracelets	Mississauga	Hazel McCallion Library	RM 2B	301 Burnhamthorpe Rd W, Mississauga, ON, L5B 3Y3
Friday, July 31	2:00pm	Sundae Social	North Etobicoke	Woodbine Mall	TD Bank Entrance	500 Rexdale Blvd, Etobicoke, ON M9W 6K5

## **Etiquette for Friends & Advocates Zoom Activities**

**WELCOME to the (name of activity). Thank you for your participation!**

1. Please position yourself and your camera properly, with your first name on the screen for attendance.  
**Staff will take attendance and monitor individuals joining & leaving during the activity.**
2. To eliminate distractions, if joining late or leaving early please don't announce yourself. **Staff will acknowledge your presence when appropriate.**
3. To ensure everyone is heard, let's speak one at a time. **Mute your microphone unless speaking, and raise your hand to speak.** If you're joining over the phone, press \*6 to mute your microphone and \*6 to unmute your microphone. Press \*9 to raise your hand and please be patient while we get to you.
4. **Limit distractions and multitasking.** Things like: cooking, cleaning, walking, etc. (Only attend if you are fully alert and able to participate with your full attention). Keep background noise to a minimum by turning off TV, radio, alarms, cellphones, etc. If you need to take a call, mute your microphone and turn off your camera until you're able to resume with your full participation. (If required, *Staff will mute microphones and turn off cameras*).
5. Please **dress appropriately** as if you were attending in person.
6. If someone is **not** following the Etiquette they may be removed from the activity with a follow up call from Staff.
7. This is a positive, safe, and inclusive space where everyone is valued and respected. Discrimination, criticism, or harassment of any kind including comments related to race, ethnicity, culture, age, gender identity, sexual orientation, ability, or beliefs will not be tolerated. This is a space to enjoy the activity and connect positively with others. Please focus on sharing uplifting and supportive comments, and refrain from discussing opinions on politics and/or religion. If you're not feeling well or are having a difficult time, we encourage you to call the office for support and rejoin when you feel ready.
8. **Let's all have a positive experience!** For those on the phone I will read who is here.