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Happy New Year!

We are only a few weeks in to 2021 but already it is apparent the need for our work of systems change has not lessened. Between the pandemic, climate change and challenges to democracy, it may be easy to forget that housing insecurity, food insecurity and the opioid crisis are still happening in our own region.

Crises often bring our communities together, and we hold space for hope, joy and connection in spite of, or perhaps because of, the global challenges facing us. Please check below for an opportunity to take part in an upcoming short 5-week Mindfulness course, which may be exactly the refreshment you need.

We are actively searching for a new Executive Director. **Placemaking 4G** is conducting our search. Please share this posting with your network! We are accepting applications until January 29.

[LEARN MORE](#)



Wayside Launch

Wayside Learning Community will formally launch on February 1. Wayside comes to Inspiring Communities with a lot of positive energy from its beginnings. For a glimpse of the original intentions of Wayside, and our planned future, check out this video:



Create Wayside
Profile

Register for the
Mindfulness Course

If you have not yet registered on Wayside, we encourage you to do so now! If you have, [sign in here](#).

Sign up for the Mindfulness course now to ensure your seat. Cost is \$75, payable via PayPal. If cost is a barrier, [let us know](#).



Learn Mindfulness on Wayside

- Do you wish you were calmer and less reactive?
- Do you long to be able to focus better at work, and to stop thinking about work when your workday is done?
- Do you struggle with a technology-induced short attention span?
- Do you wish you had the space to think about decisions more?

A mindfulness practice will help you address these challenges. Join instructor Alan Sloan as you gain the skills to undertake a daily practice in the company of other changemakers in Atlantic Canada.

The Foundation Course in Mindfulness opens on waysideinitiative.ca on February 1 and runs for five weeks. Five pre-recorded modules are broken into digestible short videos, along with exercises to do between sessions. In addition, Alan will host three live (via Zoom) sessions:

- February 1, 1-2 pm: Opening session
- February 19, 1-2 pm: Midpoint check-in
- March 9, 1-2 pm: Concluding questions

Registrations will be accepted up to the end of January. The course is offered at \$75 to ensure broad accessibility. If cost is a barrier for you, please contact us at hello@waysideinitiative.ca.

Register Now!



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