

BIG IDEAS



IMPORTANT DATES IN JUNE

Pride Month & National Indigenous History Month

June 4-6: Shavuot (Judaism)

June 5: World Environment Day

June 8: World Oceans Day

June 10: Action Anxiety Day

June 14: World Blood Donor Day

June 19: Fathers Day

June 21: National Indigenous Peoples Day

June 21: Summer Solstice



FACTS & STATS

- Canada is home to approximately one million people who identify themselves as part of the 2SLGBTQ+ community!
- The first Pride Parade took place in New York City on June 28, 1970. The Stonewall Inn Riots were the reason why we have Pride today!
- Toronto has the largest Indigenous population in Ontario and the 4th largest in Canada!
- The Medicine Wheel is an important aspect of Indigenous Culture. [Click here](#) to learn why!



EXPRESS SELF-CARE/LOVE WITH THESE QUOTES!



PRIDE WEEK

I LEARNED A LONG TIME AGO THAT I WASN'T GOING TO GET ANYWHERE TRYING TO BE SOMETHING I'M NOT.

-Larverne Cox

To be yourself is truly a revolutionary act, and I think more and more people should try it, because it's gotten me a pretty cool life.

LENA WAITHE



"The important thing is not the object of love, but the emotion itself."

- Gore Vidal



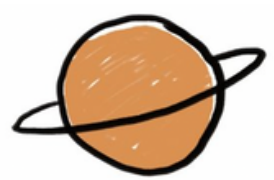
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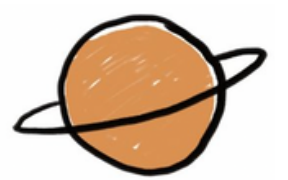
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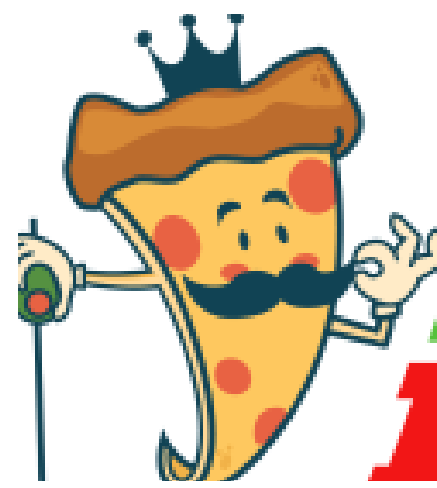


EXPAND POSSIBILITIES AND TAKE A TRIP TO...



Explore the national marine sanctuaries by taking a 360 view!

Want to learn more about Sea Conservation?
Check out: Sea Shepherd



VAUGHAN PIZZA FEST

Do you love pizza? Visit the largest Pizza Festival in North America taking place from June 17th-19th!

What are you if can't decide what kind of pizza to get?
You're indeSLICEsive.



Are you vegetarian or vegan and love to try new foods?

Visit Port Credit Memorial in Mississauga for the annual Vegetarian Association Festival

SATURDAY JUNE 25th 2022



FREE Admission! 10am - 6pm
Port Credit Memorial Arena



4Ocean

The first way we can eliminate plastic is to start by cleaning it up. Watch 4Oceans message on how they've committed to making our oceans cleaner.



DAVID SUZUKI FOUNDATION
One nature.



Click here to visit the David Suzuki Foundation to connect with nature. Fill out the form to take the Suzuki Superhero Challenge. You'll receive four fun activities you can do outdoors that teach environmental responsibility.



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CHALLENGE YOUR GROWTH AND LEARN WHAT PRIDE LOOKS LIKE IN YOUR COMMUNITY

York Pride

Peel Pride

Check out the events taking place in Mississauga and Brampton during Pride Month!



SHARE POWER AND COLLABORATE ON THESE ACTIVITIES



WORD SEARCH

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

Anicinabec (Algonquian): All First Nations people
Chiniskumitin (Cree): thank you
Gitwinksihlkw (Nisga'a): people of the place of the lizard
Ikajurtaul (Inuktitut): help me
Kinauviit (Inuktitut): What's your name?
Kishnamawachik (Michif): youth
Laxkwalaams (Tsimshian): place of the wild roses
Lustagooch (Mi'qmaq): five-branched river
Mani-Utenam (Montagnais): Mary's village
Matimekush (Montagnais): little trout
Mooskudoboogwek (Mi'qmaq): that which makes foam
Natashkuan (Montagnais): where we hunt bear
Nawsyoon (Michif): nation
Onitariio (Huron): magnificent lake
Rimouski (Mi'qmaq or Malecite): land of the moose
Sandakwa (Huron): eagle
Sohkiciwahsiipi (Cree): fast-flowing river
Sunaunaa (Inuktitut): What is it?
Wahdobekaung (Ojibway): where the alders grow

Click [here](#) to see some fun rainbow themed Pride Month arts and crafts activities!

Learn some words within Indigenous Cultures by looking for them in the above [word search](#)!



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CHECK OUT THIS RESOURCE THAT PROVIDES SUPPORT



Pflag is York Region's LGBTQ2 support, resource and education network – bringing together all members of the community.



See how you can support your friends and family from the 2SLGBTQ+ Community by [clicking here](#) or the above photo.

WHY BREATHING EXERCISES?

When we feel anxious, we sometimes don't breathe as deeply as we should. These short breaths can be bad for our bodies and our brains and make us feel more anxious. Practicing deep breathing can help to still your mind, calm your body, and control your feelings of anxiety.

BREATHING EXERCISES ARE A USEFUL TOOL TO CHECK-IN WITH AND CALM OURSELVES.



School Mental Health Ontario

Santé mentale en milieu scolaire Ontario

Find out more at

jack.org/covid

Check out the website jack.org to explore supports and resources for Indigenous Youth and education for allies.



See what steps you can take to become an ally to Indigenous Peoples of Canada by [clicking here](#).

FAMOUS PEOPLE APART OF THE 2SLGBTQ+ COMMUNITY



Tom Daley

Click [here](#) to hear his story



Demi Lovato

Click [here](#) to hear their story



Sam Smith

Click [here](#) to read their story



Ellen DeGeneres

Click [here](#) to hear her story



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