Overcoming Imposter Syndrome with Sarah Pearson PhD (c), MMT, DipSC, RP

Date and Time: Wednesday, November 9 12:00 p.m. - 1:00 p.m.

Imposter syndrome... it's that nagging feeling that you're not really as good at things as people think you are, or that it's only a matter of time before you're found out. If this sounds familiar, you are not alone!

Imposter syndrome is an occupational hazard in workplaces and beyond. But feeling like we don't quite belong where we are can have a damaging effect on us longer-term and can impact many areas of our lives.

In this workshop we will explore the different types of imposter syndrome, what may be causing them, and what the research shows can help us move beyond it. We'll look at how gender, race and other identities contribute to imposter syndrome, and how to make small changes in the way we relate to others and ourselves that can create more supportive, connective workplace environments and communities.

If you find yourself dealing with imposter syndrome in some area of your life, or know people who do, this workshop is for you!

Register here!

Sarah Pearson, PhD (c), MMT, DipSC, RP

Sarah is a registered psychotherapist working in the KW region. After spending close to a decade working in a hospital setting in psychiatry and oncology, she now services her community through private practice. She helps run an in-house mental health program at the Perimeter Institute, and teaches as an adjunct instructor at Wilfrid Laurier University. In her spare time, she's finishing up a PhD in Social Work, figuring out her rooftop garden situation, and looking for wild places to swim.

www.sarahpearson.ca

Thursday, November 10, 2022

Cancelled Zoom Talk: “Missing Memorials? How Canada has commemorated the Second World War”

Date and Time: Thursday, November 10 07:00 p.m. - 8:00 p.m.

The war memorials that dot the communities across the country are the sites of the most important public ceremonies of the civic calendar. They hearken back to our history, they help us remember our war dead, and they help us envision the future. But they have histories of their own.

Join us virtually for this talk by Thomas Littlewood PhD (c) which presents new research that reconsiders our understandings of these memorials, when they were built, and what they mean.

The Zoom link will be sent to all registrants two days prior to the talk. Please be sure to check junk mail if you do not receive the link, or email us at mcdougall@regionofwaterloo.ca

Register here!

Please note that due to privacy concerns this talk will not be recorded.

Bio

Thomas Littlewood is a PhD candidate at the University of Guelph. His research considers how Canada has commemorated the
Saturday, November 12, 2022

**Mijim: Indigenous Knowledge puppets with Scott Norton**

Date and Time: Saturday, November 12 12:00 p.m. - 4:00 p.m.

Address: Schneider Haus National Historic Site: 466 Queen St S, Kitchener, ON N2G 1W7

Scott Norton is an Anishinabbe man residing in the Waterloo region. He is the facilitator for an Indigenous organization Ganawendan (take care) that focuses on cultural sensitivity training. He also facilitates these workshops for different schools throughout the region. These animal puppets and other traditional dolls, are incorporated in the workshops and used to help the younger children understand the teachings and language of the Anishinaabe peoples.

This event is included with admission.

Friday, November 18, 2022

**SOLD OUT Schneider Haus PD Day Camp**

Date and Time: Friday, November 18 08:30 a.m. - 4:30 p.m.

Address: 466 Queen Street South Kitchener, ON

Our popular PD Day camps are back! Unplug and join us for a day of engaging activities, with plenty of time outdoors! Programming provides a mix of free and structured play, allowing children to explore, bake, create, build, dig, discover, and make new friends.

Campers must bring a lunch. Snacks will be provided.

Age range: Children from 5 to 10 years old.

Times: Drop off - 8:30 to 9:00 a.m. & Pick up – 4:00 to 4:30 p.m.

Cost: $50 per day per child

Register Now

**PD Day Mijim Craft with Issac and Lori**

Date and Time: Friday, November 18 12:00 p.m. - 4:00 p.m.

Address: 466 Queen St S Kitchener, Ontario, N2G 1W7

Join us November 18th to see our brand new exhibit Mijim where traditional foodways help to nourish mind, body and soul. Included in the price of admission, kids are invited to participate in our Mijim craft, facilitated by artists included in our exhibit, Issac Two White Feather and Lori Lafond. Kids ages 5 to 7 will learn how to make turtle smudge boxes, and ages 8 to 10 will make medicine pouches, with guidance and teachings from our artists. We hope to see you there!

Saturday, November 26, 2022

**SOLD OUT Indigenous-Led Moccasin Making Workshop with Susan Hill**

Date and Time: Saturday, November 26 12:00 p.m. - 4:00 p.m.

Address: 89 Grand Ave. S. Cambridge, ON, N1S 2L7

Have you ever wondered what it takes to make moccasins? Do you want to have your own customized moccasins that you put together yourself? This workshop will teach you the skills and techniques to make your own moccasins. Registration is required, and only a limited number of spots are available. Contact us for more information.
yourself? If so then make sure to join us for a moccasin making workshop with Haudenosaunee artisan Susan Hill.

In the space of 4 hours, using cut-to-measure pieces of buffalo and moose hide (hides will be either black, brown or tan, depending on availability) Susan will walk you through the process of piecing and sewing your moccasins together. Make a pair for yourself, or for someone you care about (what a GREAT Christmas gift these would make!).

When you register, please be sure to indicate your shoe size so the moccasin components can be pre-cut to size.

Bio

Susan Hill is a Haudenosaunee artisan and member of the Cayuga Nation living in Ohsweken on Six Nations of the Grand River Territory. She is self-taught in making moccasins and was mentored by her mother Millie throughout her years of beading. Susan is the sole proprietor of Hill's Creations with over 25 years of experience.

Please note:

When you register, please be sure to indicate your shoe size so the moccasin components can be pre-cut to size.

Reservations are required as space is limited.

Register here!

In order for Susan to prepare materials for the workshop, REGISTRATION CLOSES ON NOVEMBER 12TH!

Sunday, November 27, 2022

SOLD OUT “Death by Chocolate” Tea by the Grand

Date and Time: Sunday, November 27 11:00 a.m. - 12:30 p.m.

Address: 89 Grand Ave. S. Cambridge, ON, N1S 2L7

This event is now SOLD OUT. Still looking for a tea? Join us for our Christmas Tea on December 10.

Calling all Chocoholics!

Join us for an indulgent tea experience featuring one of the most beloved flavours of all time: chocolate.

We’ll be serving decadent chocolate treats and drinks, alongside a couple of McDougall Tea classics and bottomless tea, of course.

If you have a sweet tooth, this event is for you!

Please note:

To assist staff with event set-up: If the members of your party are purchasing tickets individually, rather than as one group, please email us in advance of the tea, so we can be sure to seat all the members of your party together mcdougall@regionofwaterloo.ca

If you have concerns related to food allergies/intolerances, please contact us before purchase at mcdougall@regionofwaterloo.ca

Reservations are required and space is limited, so reserve your spot now!

Register here!