

You're invited to a virtual presentation on Zoom

Children's Mental Health & Resilience in these Unpredictable Times

with speaker, Mary Gordon
"Roots of Empathy" & "Seeds of Empathy"

Monday, September 27 at 12 noon

Daytimers at Humber Valley United Church invite you to join us for our fall-season launch on Monday, Sept. 27 at 12 noon via Zoom. Our September luncheon will feature Mary

Gordon, an award-winning social entrepreneur, educator, best-selling author, parenting expert, and child advocate, who has created an international children's charity, Roots of Empathy (ROE). Mary's presentation, "Children's Mental Health and Resilience in these Unpredictable Times" brings a message of hope and inspiration. This online Zoom presentation will be of interest to a wide range of ages, from parents, educators and everyone who is interested in the challenges facing our next generation of children.

You can register for our Zoom meeting and join in by



video call or telephone. Locally situated participants are invited to enjoy our delicious and nutritious lunch delivered right to your door with individually

wrapped foods for your safety. Please register by Wednesday, Sept. 22 for local delivery. Lunch delivery will take place on Monday, Sept. 27 between 10-11 am.

M E N U:

- Butternut Squash Soup
- Breadsticks
- Cheese packet
- Apple
- Butter tart
- Tea

A freewill donation will be gratefully accepted, and if you would like to share a lunch kit for a senior in our local community, you're invited to participate in our *Receive One - Share One* program with a donation of \$5.

We look forward to enjoying our meal & presentation together on Zoom!

To receive lunch or opt for presentation only [REGISTER HERE](#)
or Contact: Anne Pietropaolo,
Seniors Program Coordinator, or
Beverley Conner
416 231 2263 x31 anne@hvuc.ca

Humber Valley
UNITED CHURCH
www.hvuc.ca