

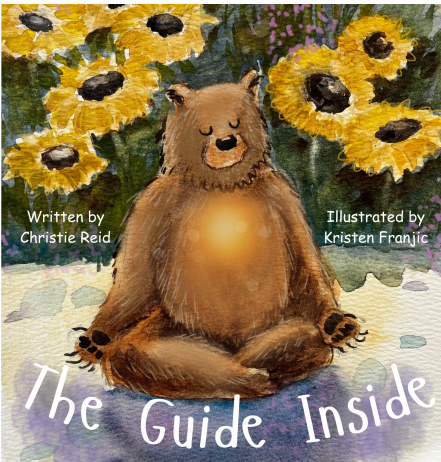


Saplings Superheroes

November 7, 2026

About Our Special Guest

Christie Reid is a writer, former teacher, and counsellor-in-training who believes the greatest wisdom lives within. Through *The Guide Inside* and her mindfulness-based storytelling, she invites readers of all ages to listen inward, soften, and come home to themselves.



About the Book

The Guide Inside is a beautifully illustrated mindfulness story that invites children to journey through the forest, rivers, and meadows to discover the wisdom within. Through gentle, poetic verses, readers meet curious animal friends such as the Bunny, who learns self-compassion and curiosity; the Frog, who shows how to let feelings flow; the Fox, who practises breathing to find calm; the Owl, who offers a wise perspective; and the Bear, who grounds us in strength and safety. Together, they model skills inspired by mindfulness and DBT practices, such as self-soothing, emotion regulation, distress tolerance, and wise mind awareness, all presented in language that feels warm, safe, and accessible to children.

Join us at the Salvation Army Citadel, 1320 Gordon St,
Guelph, from 2-3pm. Email lisa@onethousandtrees.com to register.