

"If you want a child's mind to grow, you must first plant a seed."

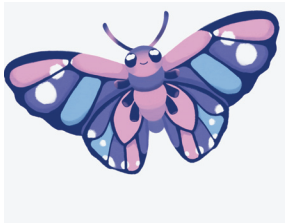
*P*lanting *E*mpowerment *G*rowth

NEW
IN GUELPH!

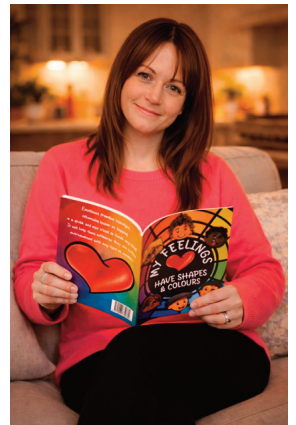
Saplings Kids Club

for elementary school-aged children

Kirtida Kitchen, 245 Edinburgh Rd S, Guelph
Sunday, January 11, 10am to noon



Special Guest: Louise Warren
Author, *My Feelings Have
Shapes and Colours*



THE AUTHOR



Louise Warren is a Canadian author who lives in northern Ontario with her family. She has studied many things involving thought process and emotions including becoming a Reiki Master and a Certified Hypnotherapist who specialized in Past Life Regression. She has taken a course on Neuro Linguistic Programming, and has attained her level one in Emotional Freedom Techniques (EFT). She is on a continuous, never-ending journey to understand herself, emotions and the way they affect our lives, as well as unravel the mystery of perception.

Her current projects include: a series for children about emotions, a guide to navigate the waves of life that she has written for her children, as well as the creation of a website for help of all kinds for all kinds!

www.unlockinginnerwisdom.com



Saplings Kids Club

General Information

As beloved humanitarian and animal rights activist Jane Goodall once said, "Young people, when informed and empowered, when they realize that what they do truly makes a difference, can indeed change the world." It is with this sentiment in mind that the Saplings Kids Club came to fruition.

The goal is simple: to provide children with an opportunity to meet children's authors, make new friends, create a craft related to the topic of the month, and learn something new every month.

Sessions will be held on Sunday mornings from 10am to noon, usually the 2nd Sunday of the month*, at Kirtida Kitchen Dining and Banquet Hall, 245 Edinburgh Road South, Guelph. Parents/guardians are required to remain on site, but can sit at a table separate from the kids club members. Coffee will be available. (Of course, parents/guardians are welcome to take part in the activities if they choose!)

Craft time will take place after the formal presentation, when children will create a craft related to the book/theme of the month. When crafts are completed, children and parents/guardians are able to purchase Kirtida Kitchen's awesome buffet lunch. (Children's buffet is included in the monthly fee.)

The cost per session is just \$10, and includes all craft supplies, buffet lunch, and a copy of the book of the month.

Pre-registration and payment is required, by no later than the Friday preceding each meeting date. Email lisa@onethousandtrees.com to register, or if you have any questions.

*Dates for 2026 (dates for February through December will be confirmed by the January session.

January 11
February 15
March 8
April 12
May 3 or 17
June 14

July 12
August 9
September 13
October 4
November 8
December 13