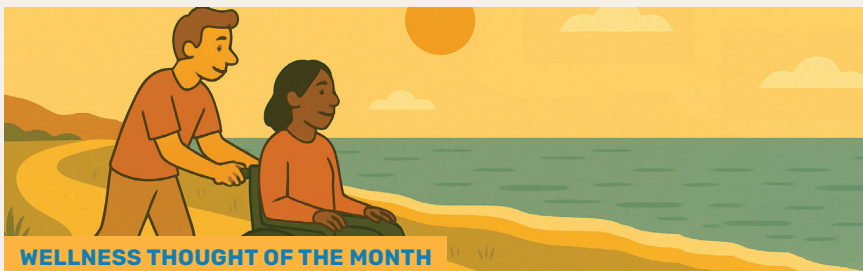


THIS MONTH'S LITTLE SOMETHING -FOR EVERYONE

Appreciate the Simple Joys of August



WELLNESS THOUGHT OF THE MONTH

"Sometimes the smallest step in the right direction ends up being the biggest step of your life."

August is the perfect time to recharge, reflect, and reconnect. Whether it's stepping outside for fresh air, sharing a laugh with someone, or making space for quiet moments, small actions can bring joy to yourself and those around you.



YOUR MONTHLY WELLNESS CHALLENGE

THIS WEEK'S WELLNESS CHALLENGE:

Complete any 3 of the following to embrace summer wellness and kindness:

- Take a walk and notice five things you're grateful for
- Offer a compliment to someone today
- Spend five quiet minutes outside without distractions
- Bring a smile to someone with a thoughtful message or call
- Pick up a small treat or drink and share it with a co-worker or friend

FOR THE TEAM - TRAINING OPPORTUNITIES- OPEN FUTURE LEARNING

Thank you for all the beautiful boards you created for the AGM. The level of dedication, hard work, and creativity that went into each one is truly appreciated.



We're also excited to share that the "Performer of the Quarter" recognition program was launched in July. The first round of nominations will begin in the last week of September. Let's keep the positive spirit alive and continue to encourage and inspire one another to grow and do our best.

Wishing you all continued success and a wonderful month ahead.

TO DONATE



SCAN ME

Kindale Developmental Association

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KINDALE NEWSLETTER

AUGUST 2025

WWW.KINDALE.NET

As August arrives, we find ourselves deep in the heart of summer. It is a time to pause, recharge, and soak in all the season has to offer. The days are still long and golden, but there's a gentle reminder in the breeze that a new season is just around the corner.

AUGUST IS FOR SUNSHINE AND CONNECTION

The first Monday of the month brings BC Day, a celebration of the province we call home. It is a perfect opportunity to appreciate the beauty of British Columbia, from coastal views and mountain trails to the vibrant communities that make it so unique. Whether you are out exploring or enjoying the comforts of home, BC Day invites us to reflect on the land, the people, and the spirit that connects us all.

Wishing you a safe, sunshine filled and restful August and a very Happy BC Day.



LEADERSHIP REFLECTION FOR THE MONTH

As we step into August, it is heartwarming to see how much joy this season brings. We are so happy to see the people we serve out and about, enjoying the sunshine, exploring the community, and making summer memories. Their smiles and laughter truly melt our hearts and remind us why we do what we do.

A big thank you to all our dedicated staff who make these moments possible. Your support, planning, and presence during outings make a world of difference. You help create days that are filled with happiness, connection, and belonging.

Thank you for all that you do each day. Here's to a joyful August filled with sunshine, laughter, and appreciation.

TOGETHER, WE TRULY
DO MAKE A DIFFERENCE!



BENITA (B) ELLIOTT
EXECUTIVE DIRECTOR

Kindale



WAYS TO DONATE:



SCAN ME

Give us a call at **250-546-3005** and our receptionist will take your donations and details.

Come in person **2725A Patterson Ave, Armstrong, BC V0E 1B0** to donate using debit or credit card or drop off a cheque!

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