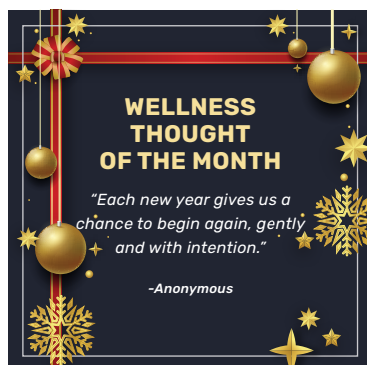


THIS MONTH'S LITTLE SOMETHING -FOR EVERYONE

A Fresh Start for the New Year



January encourages us to slow the pace after the busy season, reset our routines, and move forward with clarity and care. Small, mindful steps can help create balance and renewed energy for the year ahead.

YOUR MONTHLY WELLNESS CHALLENGE

Complete any 3 – Gentle Reset for January

- ★ Start one morning this week without rushing. Take five quiet minutes for yourself.
- ★ Add a short daily movement such as stretching, walking, or light yoga.
- ★ Drink an extra glass of water each day for one week.
- ★ Write down one intention or goal for the month.
- ★ Tidy or organize one small space to create a sense of calm.

FOR THE TEAM

Performer of the Quarter Update

Nominations for **October–December** are now open. This is your chance to recognize a teammate who has gone above and beyond in their role.

The last day to submit nominations is January 23, 2026.

CARF Update

Kindale secured a **Three Year Accreditation from CARF** – Thank you Team.



TO DONATE



SCAN ME

Kindale Developmental Association
2725A Patterson Ave, Armstrong, BC V0E 1B0 | P: 250 546 3005 | F: 250-546-3053 | www.kindale.net

KINDALE NEWSLETTER

JANUARY 2026

WWW.KINDALE.NET

Happy New Year

DEAR JANUARY!

A new year is here, bringing fresh beginnings, renewed energy, and a sense of possibility.

January invites us to pause, reset, and step forward with gratitude for what we have accomplished and hope for what lies ahead.

Wishing everyone a calm, positive, and meaningful start to the year at Kindale.



LEADERSHIP REFLECTION FOR THE MONTH

Our programs and homes are easing into the New Year with warmth and connection. As we move into the New Year, we continue building on our strengths, supporting one another, and carrying our shared values forward with confidence and care.

We are also proud to share that Kindale has been awarded a three year accreditation from CARF. This highest achievement is not the result of one person's efforts, but the strength of a truly dedicated team, the Kindale Team. Thank you to each and every member of the Kindale team for your commitment, collaboration, and hard work.

Wishing everyone a month filled with balance, renewed motivation, and meaningful connections as we begin the year together.

TOGETHER, WE TRULY
DO MAKE A DIFFERENCE!



BENITA (B) ELLIOTT
EXECUTIVE DIRECTOR



Kindale