

THIS MONTH'S LITTLE SOMETHING -FOR EVERYONE

"Courage starts with showing up and letting ourselves be seen." — Brené Brown



YOUR MONTHLY WELLNESS CHALLENGE

Complete any 2 of the following:

- Practice Mindfulness: Spend 5-10 minutes daily on mindful breathing or observation.
- Connect Socially: Reach out to a friend or family member for a meaningful chat.
- Take a Digital Break: Unplug from screens for an hour (e.g., before bed or during meals).
- Enjoy a Relaxing Hobby: Dedicate time to an activity you love, like reading or listening

What's Happening: [Join Our Self Advocacy Group](#)

Are you interested in learning about self-advocacy and find ways to improve our community? Once a month at Kindale Lydia Boss Office, 2725A Patterson Avenue, Armstrong BC
For more details contact tedekker15@gmail.com

FOR THE TEAM

Performer of the Quarter Update

Congratulations to all winners who won for the Quarter of (Jan – Mar 2026)

Next Performer of the Quarter Nomination Forms will be sent out electronically.

Look out for more updates soon.

Survey 2026

Kindale secured an overall satisfaction rate of 84%..



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

MAY 2026

WWW.KINDALE.NET

DEAR MAY READERS,

May invites us to embrace the beauty of inner well-being, especially as we come together to recognize Mental Health Awareness Week, celebrated from May 4 to May 10. This month reminds us that caring for our minds is just as essential as caring for our bodies.

Taking care of ourselves mentally can involve simple yet powerful actions like practicing mindfulness, connecting with nature, setting healthy boundaries, or reaching out to a trusted friend or professional when needed.



LEADERSHIP REFLECTION FOR THE MONTH

This month, I would like to extend a huge congratulations to all the winners of our Performer of the Quarter for January to March 2026! Your outstanding dedication and positive impact are truly inspiring.

We are also thrilled to share that Kindale has secured an overall satisfaction score of 84% for this year.

Looking ahead, the Person Served Survey will commence soon, and we kindly ask for everyone's support in helping us complete it. We are happy that our lovely persons served had a truly great Easter.

As we move through Mental Wellness Month, remember the importance of taking care of yourselves and prioritizing your mental health.

TOGETHER, WE TRULY
DO MAKE A DIFFERENCE!



BENITA (B) ELLIOTT
EXECUTIVE DIRECTOR



Kindale

