

Storytelling Through Dance

Brought to you in partnership with dance instructor, **Amanda Marini-Rhode**

A playful workshop for children 6 to 13 years of age where children learn to interpret, collaborate, and produce mini performances.

LEARN TOGETHER, WORK TOGETHER, SHARE

Amanda has Bachelor of Arts with Honours, specializing in dance and is also a public-school teacher.

Saturdays: March 2,9,16, 23 and on April 6, 1 pm to to 2:30 pm.
Drop-in program. Free program.

Journaling Club

We are a small group who get together to **work on our day planners, bullet journals and scrapbooks**. We socialize, and share ideas, tips & techniques.

Some supplies are available, you are welcome to bring in your own.

Sundays 1:30 pm - 4:30pm (until May 5, 2019)
Open to all adults, drop-in.

Convergence

DO YOU SEE THE WORLD THROUGH HIGH SCHOOL SCIENCE GLASSES?

New science is converging with ancient spirituality and opening new dimensions for us all to explore.

DO OUR THOUGHTS AND ACTIONS IMPACT THESE NEW DIMENSIONS?

Join **DAVID RAWNSLEY**, self-styled Quantum Messenger, to discover what you might be missing.

Sundays, March 24, 31, & April 7, 14 at 2 pm
Tuesdays, March 26, & April 2, 9, 23 at 6:30 pm

Free program, registration required.

Ditch the Diet

A TALK ON LOSING WEIGHT WITH EATING PSYCHOLOGY

Presented in partnership with **LORRAINE DRISCOLL**, Registered Holistic Nutritionist and Mindful Eating Coach. Lorrainedriscoll.com.

- Learn why traditional dieting fails? Why we self-sabotage and how does restriction perpetuate a restriction, binge and shame cycle.
- Learn how diets typically address what to eat but fail to address why and how we eat.
- Developing a mindful eating practice, skill power and strategies that address individual needs are at the root of a healthy relationship to food.

Monday, April 1 @ 7 pm
Free program. Registration required.

Tarot Classes for Beginners

Offered in Partnership with Workshop Facilitator **JANICE POLLARD**

WHAT IS TAROT?

Tarot is an incredibly powerful tool that gives you insight and perspectives on your own self. It reflects towards you your own thoughts, feelings, dreams, and wishes.

Learn about the history of tarot, major arcana, minor arcana; the significance of each suit and each individual card (20 minutes per week) and spend time reading the cards for your-self as well as for others

EVERY PARTICIPANT NEEDS TO HAVE THEIR OWN INDIVIDUAL TAROT DECK TO PARTICIPATE IN THE PROGRAM. They are not provided by the library nor the presenter. Bring your own Tarot Deck if you already own one. If you need to purchase a Tarot deck. (NOT oracle cards) they can be purchased at: The Purple Broomstick: 235 Guy Street. The course is using the deck called the Rider-Waite Tarot Deck. There are different Rider-Waite decks, so it is not important which one you buy.

MONDAYS, April 8, 15, and 29, May 6, 13, and 27, 6:30 pm to 8:15 pm

The course is free and is suited for adults 18 years of age and older.

Registration required. NO DROP-INS.

Learn How to Perform CPR on Adults

AND RECEIVE YOUR CERTIFICATION.

This is a FREE community partnership program with **CORNWALL EMS**, with training provided by their instructors. For individuals only, no groups. You must be 16 years of age or older.

Saturday, April 13, 2 pm to 4 pm (please arrive by 1:50 pm)

Only 20 spots. You must pre-register with the library.

The Tapping Solution

DISCOVER HOW YOU CAN USE EFT TO TRANSFORM YOUR LIFE AND KEEP YOU ON TRACK TO HEALTH ABUNDANCE AND EMOTIONAL WELLBEING.

EFT Tapping works to rewire the brain to bring both the body and mind back into balance!! Presented in partnership with: **VIRGINIA LAKE** of Action Laser and Tibetan Acupressure Compassionate Touch.

For more than 20 years, Virginia has helped clients with stress, anxiety, anger, sadness and fear to come clear about the issue and how to help themselves.

Hundreds of studies have been performed that show the effects of using Tapping on a variety of issues from reducing stress in the body, reducing physical pain, reducing PTSD symptoms, creating weight loss, and much more.

Tuesday, April 24, 6 pm

Free program. Registration required.