



Hello all Participants,

April 30<sup>th</sup> 2020

On behalf of the coordinators, staff and volunteers, I would like you all to know that we miss you and we are thinking of you during this time. We hope you are healthy and staying home.

As you may know, it is a very odd time in the world right now. You can no longer go to school or work, you can't hang out with friends and go to all your social activities, like GACSN. Your routine has changed and that may make you feel sad, confused or frustrated and that is okay. Try your hardest to stay positive and smile. One way that always brightens up a day is to have a dance party. Turn on your favourite songs and dance those wiggles and worries out!

*What are some fun things you are doing to keep busy at home?*

*Have you done any crafts?*

*Are you playing board games or video games?*

*Have you been getting outside to play in the nice spring weather?*

*Are you staying connected with your friends over video chats?*

Let us know what you've been up to; we'd all love to hear from you!

The GACSN team misses you and we can't wait to be back at program. We are excited to go swimming and do fun activities with you again soon! Until then, stay **CREATIVE** and **HAPPY!**

Keep SMILING,  
Danielle and the GACSN team.

\*\*Let me know what you've been up to and I will pass it along to the team!

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