

# June 2026



Positive messages are powerful tools to build a child's confidence, resilience, and emotional intelligence. The most impactful phrases focus on acknowledging their hard work, embracing mistakes as learning opportunities, and validating their feelings

## Building their confidence and effort:



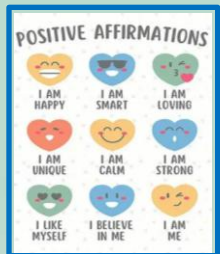
- "I am so proud of how hard you worked on that".
- "Mistakes help your brain grow".
- "You can do tough things".
- "I love watching you figure out things by yourself"
- "Your ideas and your voice matter".

## Navigating big emotions:



- "It is ok to feel sad/frustrated, I am right here with you".
- "Big emotions are completely welcome here"
- "Let's take a deep breath together and try again".
- "That was a really hard moment, but you did your best".

## Inspiring words and reminders:



- "You are stronger than you think".
- "Believe in yourself ~ you're amazing".
- "Try to be a rainbow in someone's cloud".
- "A little progress each day adds up to big results".

Thank you to all of our wonderful Foster Families. You are such an important part of your foster child / youth's life. It takes a Village to raise a child and Carpe Diem's village is truly the best!



# CHRONICLES

## Kim's Korner...

Just a reminder to look in the mirror and see the awesome person staring back at you. Now go and get yourself a tea or coffee and take some time to sit and smell the roses as they say. Not sure who they are...but I like the way "they" think!

HAPPY  
FATHER'S  
DAY

## DATES TO REMEMBER:

**Canada's  
Wonderland**

Canada's Wonderland

Tuesday June 9, 2026

Ticket Pick up 10:00 – 12:00



Strawberry Picking

June Dates - TBD

WAKE UP SO I CAN WISH YOU  
A HAPPY FATHER'S DAY!



HEY BRO, HAPPY FATHER'S DAY!



KEEP UP THE GREAT WORK.

WHEN DAD'S JOKE ISN'T  
FUNNY BUT YOU ALSO NEED  
SOME MONEY



## ON - CALL

In the event that the pager is not working properly, please refer to the schedule below for the on-call list and dial the on-call worker directly. Thank you!

|               |                |              |
|---------------|----------------|--------------|
| June 1-7      | Sarai Garcia   | 437-298-1227 |
| June 8-14     | Nicole Peck    | 416-779-3856 |
| June 15-21    | Sarai Garcia   | 437-298-1227 |
| June 22-28    | Janai Thompson | 437-453-2584 |
| Jun 29-July 5 | Sarai Garcia   | 437-298-1227 |

KEEP  
CALM  
I'm  
ON  
CALL