



# QUARTERLY NEWSLETTER

JANUARY 2026

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## A new year has begun.....2026

January is the perfect time to reflect on where you've been and where you are going. When you have a moment this week, sit down with a pen and journal to write down the experiences you are grateful for and the moments of growth. So many people don't want to look back and can't wait to move on, but they are losing out on opportunities of gratitude and learning. In all times of despair, challenge and frustrations, there are hidden lessons for all of us. If it weren't for the unfortunate times in our lives, we wouldn't be able to appreciate the good times. But it's in these low times in our lives, where we need to look at: Why is this happening "for" me not "at" me? Life is always teaching us and helping us to grow. Now that you have overcome these times, you can look back with different eyes and see the silver lining.

*"JANUARY LOOKS  
FORWARD TO THE NEW  
YEAR AND BACK TO  
THE OLD YEAR. HE  
SEES PAST AND  
FUTURE."*

— M.L. STEDMAN

# January Events!

JANUARY 2026



**THE  
ROOTLOVE  
METHOD**

Thursday January 15<sup>th</sup>  
7:00pm  
or  
Sunday January 25<sup>th</sup>  
10:00am

Limited to 4 participants

\$75+HST

TOORLOVE



**Sound Bath**  
GROUP CLASS

JOIN NOW

SATURDAY  
JANUARY  
24TH

11:00-12:30pm

\$50+HST

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RSVP to book a mat! @rootlove\_pec or rootlovepec@gmail.com

## A SPECIAL OFFER FOR JANUARY

RootLove has tailored special creative events just for you! This month, book your family and/or friends to spend time in the Art Studio/Gallery for an afternoon of entertainment! Limited to groups of 6-10 people.

This month's creative event is:

### **Love is an action word.**

In these times of division, conflict and tragedy, hope can seem fleeing. Yet there is, light. In the words of the poet, "Give thanks for the darkness for it lets the light in."..... and the healing begins.

Duration: 3 hours

Film, spoken word and food is included.

Pricing: \$65+HST per person (min group of 6)



**LOVE  
IS  
AN  
ACTION WORD**

with love anything is possible including  
reconciliation

# Coming up in February

JANUARY 2026

## A WINTER WELLNESS EXPERIENCE FOR YOUNG WOMEN

Last year our Winter Wellness Experience was a huge success so we decided to host it again! This RootLove experience gives young women age 13-18 years an opportunity to disconnect from technology and connect within themselves and with other like-minded young women. I can see clearly in my mind as I reflect back on these special weekends. It brought me such happiness and gratitude to see such magic unfold at RootLove. I will always cherish the camaraderie, story sharing, creativity and bonding within the girls. The smiles and laughter made this day such a memorable one. I am looking forward to seeing more magic on Saturday Feb 21<sup>st</sup> and 28<sup>th</sup>!

**WINTER WELLNESS EXPERIENCE**  
for young women

Mindfulness.      Confidence.      Gratification.

**10 AM**  
*Meet and Greet  
Leo and Stewart*

**10:30AM**  
*Nature Trail Hike*

**11:15AM**  
*Creative Time  
"Painting" in the  
Art Studio*

**12:15pm Lunch**

**1 PM**  
*Life Coaching  
Workshop on "Self  
love and happiness"*

**2 PM**  
*"Potting" in the  
Plant Therapy  
Studio*

**3PM**  
*Sound Bath in the  
Healing Studio*

Visit [www.rootlovepec.com](http://www.rootlovepec.com) for more info!

**TOORLOVE**

# WINTER WELLNESS EXPERIENCE

A day filled connecting with animals, art, plants, nature, others and within! A much needed day to disconnect from all electronics and social media! ❤️

**WHERE** ***RootLove Healing Sanctuary,***  
*Prince Edward County*  
*<https://www.rootlovepec.com>*

**TIME** *10am-4pm*

**WHEN** *Saturday February 21st* *Grade 7-9 girls*  
*Saturday February 28th* *Grade 10-12 girls*

**COST** *\$250+HST per person*

***Sign up Now!***  
*Contact Amie @ 647-300-5642, @rootlove\_pec or*  
*[rootlovepec@gmail.com](mailto:rootlovepec@gmail.com)*



\*\* Research continues to highlight the importance of both physical and mental health in educational settings, it is clear that prioritizing health and wellness education is an essential step toward fostering well-rounded, empowered young women.

# Kindness is key

JANUARY 2026

As we enter into a new year and think about what to do differently this year, it would be good to think about *kindness*. We are living in a world where we are bombarded by seeing and hearing so much negativity and wrong doings. This can really can play havoc on our mental and emotional health. Instead of getting consumed by the abundance of information around us, we should switch our attention to “kindness is key” rather than spend hours scrolling online or watching the news. It would be wise to stop and ask yourself, “What can I do today to be a better person? How could I strengthen my relationships? How can I do my part in making the world more harmonious?” It can be as simple as a small gesture.....holding the door for someone, smiling when you make eye contact with a stranger. Just by smiling to someone, you are causing positive emotions to be released in the receiver. This phenomenon is called emotional contagion, which foster social connection and wellbeing. Most people are not aware how the little things can go such a long way. Acts of kindness boost happiness and joy and will also have the same effect on the receiver. Kindness is key and if we can all find some time in our days to spread what is contagious, the world would be a better place.



Did you know?

Being kind to others starts with being kind to yourself!

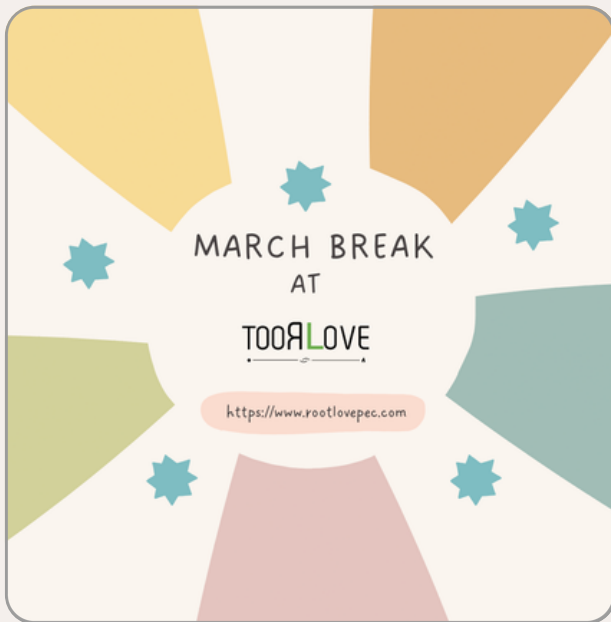
## A few practices that will help:

1. Be self compassionate
2. Focus on the positives about people and situations
3. Practice self care
4. Take breaks and ask for help

# March Break!

JANUARY 2026

Are you planning a staycation and looking for something to do in the County? We have many experiences available that might be exactly what you are looking for! We have a little bit for everyone.....take a look below!



### Offerings available:

- family experiences
- private experiences
- sibling experiences
- friend group experiences

Fun. Creative. Relaxing. Adventurous.



@rootlove\_pec

<https://www.rootlovepec.com>

**PAINTING**  So much to see.

**FARM ANIMALS**  So much to do.

**POTTING**  A little bit of everything.

**Yoga**  **MUSIC**  **Meditation**  **Spoken word**  **NATURE TRAIL WALKS**  **SOUND BATH** 

# Eco Thinking

Its time, in fact long over due for us to think outside of the conventional box regarding how we design build and exist. Should we choose to continue in our approach to building we will end up in the proverbial box 'Coffin' as a species. Call it eco or sustainable or green design and building it is a holistic approach to creating structures and products that minimize radically the negative impact on our shared environment.

The principals of this building approach are as old as time. Its priority is managing resource efficiency; energy water and materials. This promotes occupant and environmental health and happiness by using non toxic materials and integrating with natural systems for long term ecological balance and living well being. It moves beyond simple *put the recycle out to the curb* and becomes a fundamental way of thinking, designing, building and living . By healing the environment we in essence heal our selves while integrating with nature.

The myth of exuberant costs is not reality based. In fact such building processes are not only competitive but often less than conventional building practises. As for the aesthetic beauty of such structures and their inherent functionality, they are as seamless as they are sublime .

If you are intrigued by such structures, come visit us at RootLove for an educational tour and experience being in an eco conscious dwelling.

# Winter at RootLove

Embracing the beauty of winter has such an impact on our wellbeing. As I look out the windows or walk the property trails, all I see and hear is beauty. When the property is lit up with white fluffy snow or the tree branches are covered in ice, all I feel in my soul is lightness. The crisp air we breathe in as we walk the trails reminds me how grateful I am to be alive and enjoying each new breath that comes into my lungs. Hearing the crunch of the snow under my boots reminds me of my youth walking up the hill with my wooden sled. The sounds of the stream trickling in the background is one of my favourite sounds. Everything stops, my mind goes quiet and my hands start to tingle. As a little girl, I used to spend hours sitting near a brook in front of my house in New Brunswick decorating the ledge with flowers and rocks. This was my happy place, away from the noise in my house, alone with just nature. Who knew nature was teaching me a lesson so early in life. Nature is healing. Nature is magic. As I grew older, I developed a love for birds. The variety of shapes, sizes, colours and songs peaks my curiosity and fascination. I have such a love for animals and here I am so fortunate to live in Point Peter, the first migratory point of all birds. The red feathers from the cardinal, the blue from the blue jays, the markings of the wood peckers, the yellow from the golden finch and many more pop beautifully against the white canvas. The dance of the birds flying back and forth from the tree branches to the ground to the feeders, is balletic. A dance I could watch for hours. With a squirrel or two, sneaking in to feed or watch from the trees. I can also get lost in the trails being mesmerized by the highway of bunny, deer, bird, beaver and coyote tracks. These little and big prints in the snow excite me as it reflect the life on our property. Everyone and everything is on an adventure here at RootLove. So much magic in the air and on land. Four legged and two legged beings.