

work. learn.
play.



Important Dates

Jun 24: Saint-Jean-Baptiste

Jul 1: Canada Day

Aug 3: Civic Holiday

September 7: Labour Day

We've all come to realize how precious life really is and how living in the moment is the only way to be – enjoying the warmer months ahead is one great way to do this.

This summer will look a lot different for many of us, but can be full of great memories just the same. Although public events have been cancelled until August 31st (at least!), we hope you use this latest edition of *work. learn. play.* as a starting point for planning closer-to-home activities and family time.

The past few months has also been a time for self-reflection for many and this will continue in the months ahead. Let us know if we can be of support through coaching or virtual team development sessions.

Summer wishes for health & wellness.

Tara & Kevin
Founding Partners, Clariti Group



play

(safely!)

Campfire Nights – Saunders Farm.
saundersfarm.digitickets.co.uk/tickets?branches.branchID=318

Capital Pride – August 21st to 30th.
<https://capitalpride.ca/>

C'est Bon – virtual cooking classes.
cestboncooking.ca/virtual-cooking-classes

Festibière de Gatineau – June 13th,
facebook.com/events/688615625260250

Ottawa Farmers Markets –
ottawafarmersmarket.ca

Ottawa Golf - ottawagolf.com/ottawa-course-map.html

Summer Solstice Indigenous Festival – now until June 30th. summersolsticefestivals.ca

Taken: The Swiss Account – Escape Manor.
escapemanor.com/taken

Yaymaker Creative Events - yaymaker.com



UPCOMING LIVE EVENTS (please note that, if required, dates may be rescheduled or events may be cancelled):

Ottawa Magazine's Best Restaurants 2020
– July 21st, Lansdowne Park.
eventbrite.ca/e/ottawa-magazines-best-restaurants-2020-tickets-77027690897?aff=ebdssbcitybrowse

Fanaticcon – August 9th, Ottawa Conference & Event Centre. eventbrite.com/e/fanaticcon-tickets-77756075515?aff=ebdssbcitybrowse



Virtual Canada Day!

Virtual Celebrations with Canadian Heritage – there are many ways Canadians at home and abroad can celebrate the nation's 153rd birthday from the safety of their own homes.

RSVP at
facebook.com/events/250110859586932/

Canadian Heritage will also be releasing downloadable celebration kits online, starting June 15, so that all communities can participate online.

stay safe

COVID Updates: Canada - covid-19canada.com

Government of Canada Travel Advisories - travel.gc.ca/travelling/advisories

Ottawa Public Health - ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx

Public Health Ontario - publichealthontario.ca

Public Health Agency of Canada - canada.ca/en/public-health.html

World Health Organization - who.int/emergencies/diseases/novel-coronavirus-2019

virtual tours



Bank of Canada Museum - bankofcanadamuseum.ca/explore

Bytown Museum - bytownmuseum.com/virtual-tour

Canadian Museum of History - historymuseum.ca/exhibitions/online-exhibitions

Canadian War Museum - warmuseum.ca/museum-at-home

Canadian History Hall – Canadian Museum of Nature. historymuseum.ca/history-hall/virtual-tour/

Diefenbunker - diefenbunker.ca/en

House of Commons - ourcommons.ca/About/BuildingTheFuture/WeStBlock/VirtualTours/chamber/en/

Ingenium Channel - ingeniumcanada.org/channel

Isolation Museum - isolationmuseum.com

National Gallery of Canada – gallery.ca/visit/tours-and-guides/public-sculptures-and-gardens

Ottawa Art Gallery - oaggao.ca/virtual-oag

Rideau Hall
https://archive.gg.ca/rh/vr/index_e.asp

Virtual Museum of Canada - virtualmuseum.ca

Watson's Mill - watsonsmill.com/3d-tour

watch/listen

NAC's Canada Performs – live online performances. nac-cna.ca/en/canadaperforms

Music Together - livingroom concert series supporting Ontario artists. musictogether.ca

Support restaurants and small businesses that provide awesome activities and things to do for locals and visitors to Ottawa by ordering online and/or purchasing gift certificates that can be used in the future when the crisis has passed:

Keep Ottawa Awesome - hauntedwalk.com/keepottawaawesome/

FanSaves Helps - fansaveshelps.ca

Shop Ottawa - shopottawa.com

Edible Ottawa – edibleottawa.ediblecommunities.com

Local Eats Ottawa - localeatsottawa.com

Savour Ottawa - savourottawa.ca/buy-local-food-guide

Together Apart - together-apart.ca

Ottawa Markets - ottawamarkets.ca/online-store

move

City parks, trails & natural areas – ottawa.ca

Easy Summer Hikes – narcity.com

Escape Bicycle Tours & Rentals – long term bike rentals. escapebicycletours.ca

NCC Parkways - ncc-ccn.gc.ca/news/covid-19

Tamarack Ottawa Race Weekend – now virtual, register to run your chosen race between now and Sept. 7th. runottawa.ca



Summer Reads

(click for summary)

[Meaningful Work](#)

[How to Have a Good Life](#)

[The Power of Moments](#)

[Emotional Agility](#)

[Altered Traits](#)

Engaging TED Talks



Alex Rosenthal:
[When Is a Pandemic Over?](#)

Uri Alon:
[A COVID-19 "exit" strategy to end lockdown and reopen the economy](#)

Julia Shaw:
[How to Support Witnesses of Harassment & Build Healthier Workplaces](#)

Anne Marie Albano:
[How to raise kids who can overcome anxiety](#)

virtual learning



Wellness Wednesday: Returning to Work – Understanding & Managing COVID-19 Related Anxiety – presented by Ottawa Board of Trade, June 10th, 1pm. Complimentary. Register [here](#).

Work Refusals: What Employers Need to Know – presented by excelHR and Emond Harnden, June 11th, 11am. Complimentary. Register [here](#).

Supporting Mental Health in the Workplace: Why and how to pick the right program for your people – presented by Invest Ottawa with Hub International, June 12th, 10am. Register [here](#).

Canada's Return to the New Workplace – presented by Employment Law Alliance, June 17th, 2pm. Complimentary. Register [here](#).

Tomorrow Starts Now: COVID-19 & Beyond – presented by Gallagher, June 19th at noon. Complimentary. Register [here](#).

The Future of Work: Leveraging IT for Culture & Engagement – presented by Ottawa Chamber of Commerce, June 23rd, 11am. Complimentary. Register [here](#).

Creating a Culture of Health & Wellbeing – presented by Invest Ottawa with Cowan Insurance, June 25th, 10am. Complimentary. Register [here](#).

Trillium Summer Summit – presented by CSAE, July 16th to 24th. Register [here](#).

On-Demand Employment Law Webinars – presented by HRP, a variety of CPD-eligible, on-demand webinars including such topics as labour codes, harassment, terminations for cause, and many more. Prices vary. Access [here](#).



Clariti Group works with individuals and employers in the areas of career transition, leadership and team development, knowledge capture and transfer, and workplace investigations and restoration.

www.claritigroup.ca

Our mission is simple - to help individuals and teams achieve:

613.656.2010

info@claritigroup.ca

clearly **great** careers.
clearly **great** workplaces.