

Building community through acts of kindness and volunteerism

with author and journalist
Janice Landry





Agenda

45 minutes in total:



The little thing that inspired the book

4 examples of acts of kindness

The experts weigh in on volunteering
and/or helping others

Come up and say hello (meet and greet and
book signing time at the end)





EVERY LITTLE THING

*How Small Acts of Kindness
Make a Big Impact*

JANICE LANDRY

My new book
is thinner and
smaller than
my other
books - on
purpose

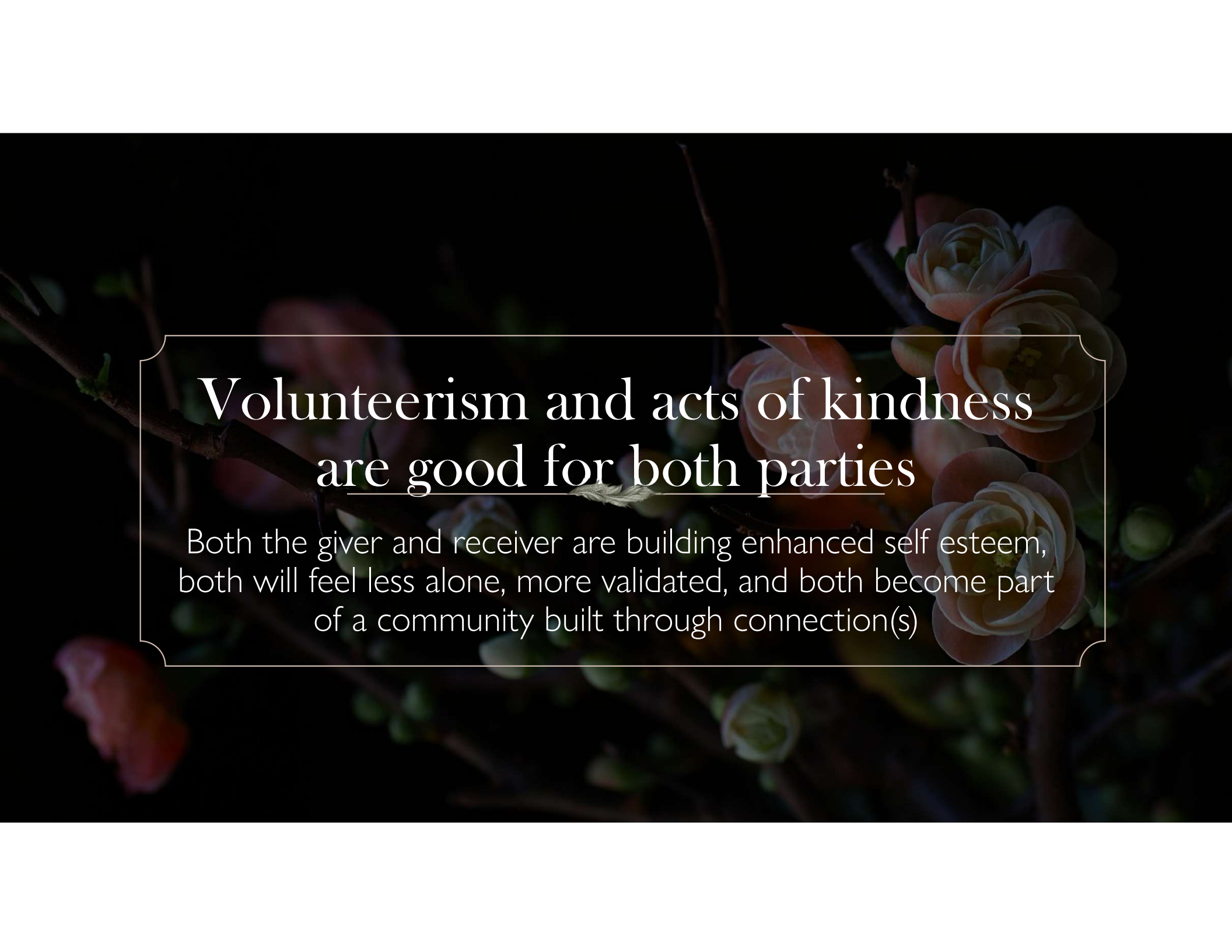
A blacklegged tick bite led to my 2023 Lyme disease diagnosis – I am okay now





Volunteers put a face on acts of kindness happening in real time

- Volunteerism and acts of kindness help us shift from a negative world view to a positive world view – there are still good people out there
- Volunteerism and acts of kindness don't have to cost anything but your time and imagination
- Volunteerism and acts of kindness can happen in micro moments and help create “little wins”
- What is a little win? Grocery store interactions are a great example



Volunteerism and acts of kindness are good for both parties

Both the giver and receiver are building enhanced self esteem, both will feel less alone, more validated, and both become part of a community built through connection(s)

“It all starts with you.”

Kyle Turner (left)
is my former
student from
MSVU

His small but
powerful act of
kindness

Kyle's family all
help people in
various ways —
he learned from
what he saw

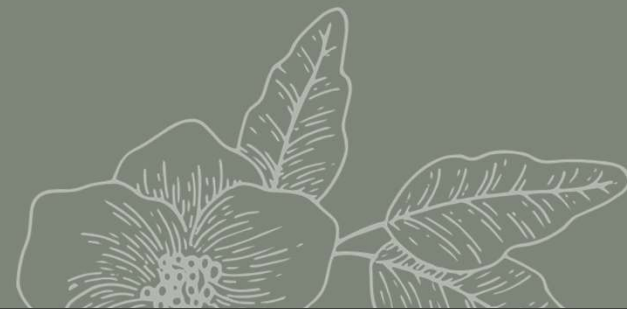




Robbie Laughlin volunteers with the non-profit, The Loose Ends Project



Jane Reilly volunteers with the non-profit, Team Rubicon Canada



Jane helped here at home in Nova Scotia/PEI following recent devastating fires and floods

The cover of *Every Little Thing* is inspired by her interview



Mental health experts say – start early

My elementary French teacher, Mme. Curtis (in yellow)

- Experts say:
- Many people become “helpers” because they may have lacked them in their own life
- Children who have **even one adult, yes, just one**, and it does not have to be a family member (coach, teacher, guidance counsellor, parent of a friend, clergy, etc.) who genuinely “have their back” and believe in them will become more resilient as adults
- Even if you lacked helpers, you **can still be one for someone** else. It’s validating, uplifting, powerful, and healing for both/all parties involved
- It’s never too late to build self-esteem or become a helper



Thank you, our volunteers!
Keep aiming high!



You are rockstars.
You **ARE** making a difference.

www.janicelandry.ca

