

"Be kind whenever possible. It is always possible." – Dalai Lama

Every February throughout Kindness Week, Kind Ottawa celebrates individuals and groups in the community for their outstanding kindness throughout the year. With this year's Kindness Week fast approaching, we want to recognize those in YOUR community that strive to make Ottawa a wonderful place to live.

This year, Kindness Week is February 16th to February 23rd

Our theme for Kindness Week 2018 is "Kinds of Kindness" to highlight the unique ways our friends in the community choose kindness throughout the year. If you know of an individual or group at your organization that is exceptionally kind and caring, we would love to present them with a Kindness Award!

To nominate an individual or group at your organization, please:

- Send an email to **Monique** at kindness@caringandsharing.ca by **February 9th, 2018** with the name(s) of the nominee(s) along with a brief description of why each nominee has been selected for a Kindness Award
- Ensure the spelling of your nominee(s) prior to sending in the nomination(s) (this is the spelling that will be used on the Kindness Award)
- Limit of 2 nominations per organization

Once your Kindness Award recipient(s) is confirmed:

- Monique will reach out to you with a confirmation that your nominee(s) will be receiving a Kindness Award
- Throughout Kindness Week, members of the Kindness Committee are available to surprise your recipient(s) with the Award(s) – Monique will schedule a time and place with you for the presentation to take place
- If you prefer to present the award yourself, we are equally happy to arrange a pickup of the Award (framed) from our office, or to mail it directly to you (unframed)

Help us spread kindness online! (Facebook/Twitter/Instagram: @KindOttawa)

Please feel free to email kindness@caringandsharing.ca with any stories or photos of folks promoting kindness in your community for us to share on social media! You can also tag us in your kind-related posts for a like and share 😊

Use the hashtag #KindsOfKindness to share your story during Kindness Week!

Kind regards,



Rabbi P. Reuven Bulka, C.M.
Chair of Kind Ottawa



Cindy Smith
Executive Director, the Caring and Sharing Exchange