



We know there is a lot calling for your attention these days, and the feeling of rushing from one place to another without much time for a breath in between.

So we're taking this moment to intentionally pause for that breath. A moment to thank each of you, and all of you collectively, for being part of local actions and a global movement that is making a real difference, powered by love for our kids and generations to come.

September provided a very visible expression of that love -



We know, though, that love can also look like this -



What we do every day and what we do as part of big movement days, counts. Thank you.

Feeling inspired?

Great - because there are plenty of opportunities for you to keep building this movement, and we hope something from the list below will resonate with you and how you demonstrate care and

concern for our kids. Remember that every action counts and no one can do all the things - start with what you can do.

So, if the cooler fall weather has made its way to where you are, settle in with a comfy sweater and a cup of something warm and read on ...

## October events

### Protecting our Pensions and the Planet

**Thursday, Oct. 12, 4pm PT/ 5pm MT/ 6pm CT/ 7pm ET/ 8pm AT**

Join us for an info-session with [\*\*Shift Action\*\*](#) to learn more about how Canada's largest pension plans, including the CPP, continue to risk our retirement savings on fossil fuels despite the worsening global climate crisis. Learn how we can engage our pension funds to protect our pensions and our planet by investing in a just and livable future.

### National School Action Drop-In Call

**Tuesday, Oct. 17, 4pm PT/ 5pm MT/ 6pm CT/ 7pm ET/ 8pm AT**

This is the first of monthly informal sessions hosted by Ruth from the FOK network support team. Open to all parents interested in taking climate actions at their school, or already doing so! Drop in to share ideas and get support.

### Anti-Racism Series

**Beginning Friday, Oct. 20**

We're honoured to host this series developed and presented by [\*\*Moms Against Racism\*\*](#). In response to requests from local FOK teams for more support and training on integrating anti-racist values and practices into their community organizing, including how to build more inclusive and diverse teams, sessions are open to all local team members and individuals in the FOK network (that means you!)

**Participants are asked to commit to attending all three sessions.** Being part of a cohort of learners will help us support each other in applying what we learn across our teams and network in real time.

**Session 1: Systemic Racism in Canada: The history parents need to know**

**Friday, October 20**

10am PT / 11am MT/ 12pm CT / 1pm ET / 2pm AT (1 hour)

**Session 2: How Racism Shows up in Your Teams**

**Friday, November 17**

10am PT / 11am MT/ 12pm CT / 1pm ET / 2pm AT (1 hour)

### Session 3: Using Your Power and Privilege to Dismantle Racism

**Saturday, January 20, 2024**

10am PT / 11am MT/ 12pm CT / 1pm ET / 2pm AT (2 hours)

#### **National Meet & Greet**



**Saturday, Oct. 21, 11am PT/ 12pm MT/ 1pm CT/ 2pm ET/ 3pm AT**

A welcoming, friendly space to learn more about For Our Kids and meet other parents on their climate journeys. Please share this invitation with others you feel would like to join!

You can always find more ideas and opportunities to take action on our [\*\*Take action\*\*](#) page.

Like [\*\*sending a postcard to your MP\*\*](#) to say you support strong regulation of emissions from the oil and gas industry. Regulations that will place a cap on those emissions is expected by the end of November, and it's one of our best opportunities to significantly reduce emissions.

That's it from us!

**Thank you for everything you do. Stay well.**

Jinhwa, Gabrielle, Lella, Lorna, Natalie, Ruth

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For Our Kids parents and teams live, work, meet, and act in communities that exist on land that has been taken from First Nations, Métis and Inuit peoples across Turtle Island, whether through unfulfilled treaties or outright occupation of territory. We recognize the harm and injustices resulting from colonization and we commit to working toward safe, inclusive, just, equitable and healthy communities for all.