

**FOR IMMEDIATE RELEASE**

## **This Friday: Kindness spread on a mass scale around Guelph**

“How do we change the world? One random act of kindness at a time” – *Morgan Freeman*

Schools, adults, community groups, organizations of all shapes and sizes will be demonstrating what kindness means to them this Friday November 6<sup>th</sup> throughout the Guelph community.

If you find yourself on the streets of Guelph this Friday, you will no doubt encounter a kindness act in the making. From The Letter M’s free breakfast table downtown, to a free Guelph Mercury newspaper when you ride the bus, to free hugs and hot chocolate at The University of Guelph. You may be strolling along Cork Street and help yourself to a lollipop because kindness truly is sweet. Kindness may take the form of a coffee paid for you by a stranger. You may see kindness in the appreciation from a co-worker. Maybe a door will be held open for you; you may receive a phone call from an old friend. Perhaps you will notice oversized sticky notes on the street corner with kindness quotes that encourage you to act out in kindness toward someone else.

If you were a fly on the wall in one of our schools, you would see students exchanging “pay it forward” kindness cards, collecting food for donation, reading books about kindness, listen to morning announcements that encourage students to include kindness in their day, and see lesson plans based around the kindness character trait.

Stay tuned on social media all day Friday, where the community will be “caught in the act of kindness” and where we will be sharing kindness stories through images, video, and inspiring words – and we’ll continue to share the kindness throughout the month of November. Help us spread kindness by joining us on Facebook (Guelph Community Foundation) and sharing our Facebook posts or retweeting all day long!

Everyone is invited to post their own acts of kindness on Facebook and Twitter, using **#RAKGuelph @GuelphCF** so that we can sort the messages and allow everyone to see the impact of what’s going on around the community on Friday November 6<sup>th</sup>.

Together, we can change the world, one random act of kindness at a time”.

It’s true that kindness is better when shared. Random Act of Kindness Day in Guelph is organized by The Guelph Community Foundation, but draws leaders from the community to assist in the planning. This year’s team included Marty Williams at Downtown Guelph, Brendan Johnson at Guelph Neighbourhood Support Coalition, Kirsten Bester at Guelph Public Libraries, Sarah Taylor at University of Guelph Student Connections, Geetha Van den Daele at Fresh Insights and Lianne Carter Ladner, Bev Watters and Chris Willard from The Guelph Community Foundation.

## MEDIA LIST – TO CATCH KINDNESS IN THE ACT

### LIST OF CONFIRMED PARTICIPANTS:

Organization	Plans for RAK	Location	Timing
<b>UNIVERSITY OF GUELPH</b>	Free giveaways (hot chocolate, flowers, hugs), RAK photo boards, henna tattoos, chalk quotes around campus	University of Guelph campus, by the canon at Raithby Porch	Between 10:00 AM - noon
<b>GUELPH PUBLIC LIBRARIES</b>	Main library is giving away free books and “Paper Bag Princess” bags, branches are giving away bags and bookmarks	Public Libraries in Guelph	While supplies last
<b>HOPE HOUSE</b>	Baking and distribution cookies		
<b>SMITHVALERIOTE LAW FIRM</b>	Randomly paying parking tickets	Guelph General Hospital	9:30-11:30 AM
<b>LETTER M MARKETING &amp; CAPISTRANO BISTRO CAFE</b>	Free breakfast bags (juice, muffin, apple)	Downtown Guelph, in front of Old Quebec Street Mall entrance	8:00 – 9:30 AM
<b>MERIDIAN CREDIT UNION</b>	Pancake breakfast for students and staff at Brant Avenue Public School	Brant Avenue Public School	8:00 pancake cooking 9:00 breakfast delivered to classrooms
<b>ELORA BROWNIES</b>	Kindness cards to be opened at Elliott Seniors Home	Elliott Community Seniors Home, Guelph	
<b>GUELPH TRANSIT &amp; GUELPH MERCURY</b>	1,000 free newspapers given away on Guelph Transit buses	Guelph Transit buses throughout Guelph	Starting at 6 AM (while quantities last)
<b>GUELPH TRANSIT</b>	Free water bottles and Frisbees	Guelph Central bus station	Morning
<b>THIS IS GUELPH (HOST: BANG)</b>	Free coffee and counselling	In the square, downtown Guelph	In the morning
<b>MAGIC 106.1 and CJOY RADIO</b>	On-air mentions, delivering over 100 pizzas to local businesses, surprising citizens by paying for coffee, gas and groceries	Throughout Guelph	Throughout the day
<b>PLANET BEAN, IN PARTNERSHIP WITH GUELPH LIBRARIES AND MERIDIAN CREDIT UNION</b>	Watch for tweets throughout the day to find out when coffee will be donated by Guelph Libraries or Meridian Credit Union	Planet Bean Coffee	Watch for tweets to announce times
<b>St. RENE-GROUPIL SCHOOL</b>	Every class is collecting different food items and donating to Sister Christine		
<b>THE GUELPH COMMUNITY FOUNDATION</b>	Oversized “sticky notes” with kindness messages	Throughout the downtown	All day
<b>THE GUELPH COMMUNITY FOUNDATION</b>	“kindness is sweet” lollipop shop and rest area and MAGIC/CJOY playing	Outside, in front of 46 Cork Street East	All day (while supplies last)
<b>COMMUNITY OF HEARTS</b>	Free hot chocolate	Old Quebec Street mall	Mid-morning
<b>SUTHERLAND KELLY</b>	Free legal advice for students	University Centre, U of G	In the morning

<b>SEVERAL PUBLIC AND CATHOLIC SCHOOLS</b>	Kindness posters, cards, kind deeds, kindness themed lesson plans and books, donating food	Holy Rosary Catholic School St. Paul Catholic School St. Peter Catholic School St. James Catholic School Elora Public School Guelph Community CS Salem Public School Brant Avenue Public School Central Public School Wellington County DSB St. Mary Mount Forest St. John Bosco Secondary Bishop Macdonell School	Throughout the day
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