

Westborough Connects Presents Kindness Week: A Community Celebration of Kindness in Westborough, MA

Westborough Connects is thrilled to be presenting Kindness Week for the fourth time. This year, Kindness Week will begin on November 13, 2021, the International Observance for World Kindness Day. Westborough Connects wants to shine a spotlight on the good in our community while encouraging and supporting the Westborough community to engage at a local level in a global campaign for a kinder world. Therefore, Westborough Connects will celebrate World Kindness Day for a week from November 13-19, 2021.

The "Kickoff to Kindness Week" community event will be held on Saturday, November 13, 2021. This event is free and open to people of all ages. The event will be held at the Westborough High School in Westborough from 1–4 PM. The "Kickoff to Kindness Week" event will begin with keynote speaker Susan Verde and immediately be followed by kindness-themed activities hosted by several Partners in Kindness, including a community drum circle presented by Drumhead Dave. In addition, attendees will be able to take home a "Take and Spread Kindness Toolkit" to use throughout the week.

Throughout the remainder of the week, Westborough Connects will partner with other Westborough organizations and businesses to create additional events and initiatives that promote community bonding around the theme of kindness. Additional resources, stories, and ideas related to kindness will be shared with the community throughout the week to encourage community members to celebrate and spread kindness. The week will conclude with a "Pay-it-Forward Friday" to promote the extension of community kindness beyond Kindness Week.

"Kickoff to Kindness Week" Events **preregistration is required**

Keynote Speaker on Saturday, November 13 – 1 PM (Westborough High School): The "Kickoff to Kindness Week" event will feature New York Times bestselling author and yoga & mindfulness instructor Susan Verde. Susan will be kicking off our annual Kindness Week with an exploration of empathy and community. She will be sharing the importance of cultivating connection and compassion in our challenging world. Susan will include a reading of one of her books as well as a loving-kindness meditation to have us feeling inspired to "Be the 'I' in KIND." This event is co-sponsored by Westborough Public Schools, Westborough Public Library, and Westborough Connects.



Drop-In Community Event on Saturday, November 13 - 2:30 PM to 4 PM (Westborough High School): Immediately following the keynote presentation, there will be drop-in activities from Partners in Kindness. Community-building and kindness-themed activities will be hosted by several Partners in Kindness, including Westborough Women's Club, Little Free Pantry of Westborough, Best Buddies, Westborough Public Library, Westborough Public Schools, Westborough Police Department, Hygge House Books, Realtor Stephanie Stuchlik, SPARK Kindness, Rotary Club of Westborough, and Westborough Connects.

Kindness Week Events & Daily Kindness Themes

"Kindness Week," Sunday, November 14 - Friday, November 19: Throughout the remainder of the week, there will be a daily kindness theme for all ages. Join us for Selfless Sunday, Making Monday, Take Care Tuesday, Chalk-the-Walks of Westborough Wednesday, Thankful Thursday, and Pay-it-Forward Friday. Local "Partners in Kindness" will be hosting activities and initiatives to provide our community members with various ways to connect. To stay up to date on all the details for Kindness Week, please sign-up for Westborough Connects' newsletter (www.westboroughconnects.org) and follow Westborough Connects Kindness Week on Facebook (@WCKindnessWeek) and Instagram (@WCKindnessWeek).



Why Participate in Kindness Week: Studies attest that kindness to others brings both physical and emotional benefits to both the person being kind and the person on the receiving end of the kindness. Knowing that being kind is essential to one's well-being, Kindness Week offers you fantastic opportunities to connect across the entire community. Westborough Connects believes that Kindness Week creates a ripple effect throughout our community and helps define our community. Kindness Week aligns with the Westborough Connects mission of building a more connected and kind community where everybody feels like they belong.

Financial Sponsorship for Kindness Week: Westborough Connects wishes to recognize and thank the following financial sponsors for their help in making Kindness Week possible. Reliant Foundation, Westborough Public Schools, Westborough Public Library, Central One Federal Credit Union, Realtor Stephanie Stuchlik, Pastoral Counseling Centers of MA, and Right at Home of Eastern Worcester County.

About Westborough Connects: Founded in 2017, Westborough Connects is a registered 501(c)3 nonprofit organization (EIN # 84-1751472) focused on building a more connected, resilient, and kind community where everybody feels like they belong. Often in partnership with others, Westborough Connects creates opportunities to support and celebrate the diversity, spirit, and character of Westborough through programs and events that are community-based, strengths-based, and dedicated to connecting people to resources and each other. Westborough Connects is a member of the SPARK Kindness Network. Visit us at <http://www.westboroughconnects.org>.

Event Contact

Kelley Petralia - kelleyconnects1@gmail.com

Preregistration is required for "Kickoff to Kindness Week"

<https://conta.cc/2ZvEM5m>

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