



PRESS RELEASE
FOR IMMEDIATE RELEASE

THE BLUE METROPOLIS HOLIDAY SPECIAL *WRITERS AS GIFTS: THE SPIRIT OF SHARING*

Montreal, December 15, 2020 – For millions of people, the holiday period is a very special time of year. It's a time to celebrate and enjoy ourselves, but it's also a time to pause and focus on the fundamental values that we share with thousands of other Quebecers and Canadians, no matter their religion or beliefs. We aspire to live according to these values each and every day, and to spread them around us: values such as generosity, sharing, mutual aid, goodwill, compassion, respect, friendship, and an openness of heart and mind.

This year, however, the health crisis has cast a shadow over our celebrations, and we will have to draw on our inner resources in order to keep our spirits up. All the same...

Blue Metropolis has asked eight children's authors from a variety of perspectives to each write an original text on this important topic and to read it for us. You will find **Marie-Célie Agnant, Gabriel Anctil, Catherine Austen, Katia Canciani, Louis Émond, Lydia Lukidis, Anne Renaud, Christine Sioui Wawanoloath** at www.bluemetropolis.org, under **Writers as Gifts** on our **Youth platform**.

Mental health and literature for all ages

On this platform, you will also find a host of reading recommendations for young and old on topics related to these values that are good for both heart and soul. And while you're there, why not take the opportunity to take a look at the sections on **Well-being for children** and **Well-being for teens**? You'll find dozens of recommendations of titles that will lift your spirits, along with suggestions for freewriting activities, since we know that writing also helps us to cope with anxiety and negative emotions. Because feeling good about yourself and regaining serenity and a sense of self-esteem are also fundamental values that are uplifting for you and those around you.

Contact : Linda Amyot, Director, Children's Programming
Céline Fernandes, Associate Director, Programming and Communications and Manager,
Special Projects
514 932-1112
programmation@metropolisbleu.org

Media relations: Shelley Pomerance
514-270-1199
shelley.pomerance@bluemetropolis.org

MERCI AUX PARTENAIRES MAJEURS DE LA PROGRAMMATION POUR ENFANTS ET À CEUX DE NOS PROGRAMMES ÉDUCATIFS 2020-2021
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