



Roots of Empathy
Racines de l'empathie

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MARY
GORDON

President and Founder
Roots of Empathy

“Emotional literacy is frequently described as the ability to recognize, understand, cope with and express our emotions in appropriate ways. When we add empathy in the mix and put it in the social contexts within which we all live, we have the basics for morally responsible behaviour. It prompts us to speak against injustice, and not only when laws have been broken but also when someone’s actions are just unfair.”

Lincoln Avenue Public School



Volunteer instructor Amy Slack taught Ms. Bell’s Grade seven class this year. Mom Mairi and Baby Nevaeh engaged students from their first visit. The baby visits were a lever for many discussions including topics such as Fetal Alcohol Spectrum Disorder and the dangers of smoking during pregnancy. Students are comfortable discussing all aspects of parenting and learn new respect for the wonderful but often challenging job of raising a child. At the end of the year students hosted a celebration to thank Nevaeh and her mom. One student said, “Thank you for bringing so much love to Lincoln Avenue.”



**“Thank you for
bringing so much
love to Lincoln
Avenue.”**

What Can Roots of Empathy Teach the World?

“To be a better place”



“I learned about feeling my feelings on sad and happy”



“It could teach the world to know how to keep babies safe”



LYLE S. HALLMAN
FOUNDATION

THE KITCHENER
AND WATERLOO
COMMUNITY
FOUNDATION

Are you a proud parent with a baby who will be 2 – 4 months old in October?

You and your baby could be a Roots of Empathy family!

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