

## FAN/JOY'S SHOOTING STARS BOOK READING CIRCLES - INFORMATION TO PARENTS

You are receiving this letter as a parent whose child will attend one of Chef Pam's, MSW, RSW, reading circle for her new children book "Shooting Stars". We are excited to welcome your child for this activity and are hoping that they will enjoy it.

Our reading circles are the perfect experience for children to open up about their own COVID experiences, share them with their friends and peers and also explore their own self to discover their courage and "shooting stars". There is no cost for your child to attend, however we do ask that you support Pam's efforts to help children's mental health by sharing a post about the event on social media and tagging #chefpamfanjoy #feedingconnection and #cookingupchange. You can also support Pam's Junior Chef Life Skills Programs by purchasing a copy of the book yourself or making a donation which can be done at [www.chefpamfanjoy.com](http://www.chefpamfanjoy.com)

We kindly ask you to return the video release form attached to this letter to your organizational leader that is hosting the circle so that we can make your child's experience memorable. Should you have any questions about those, please contact the organization who has arranged the reading circles.

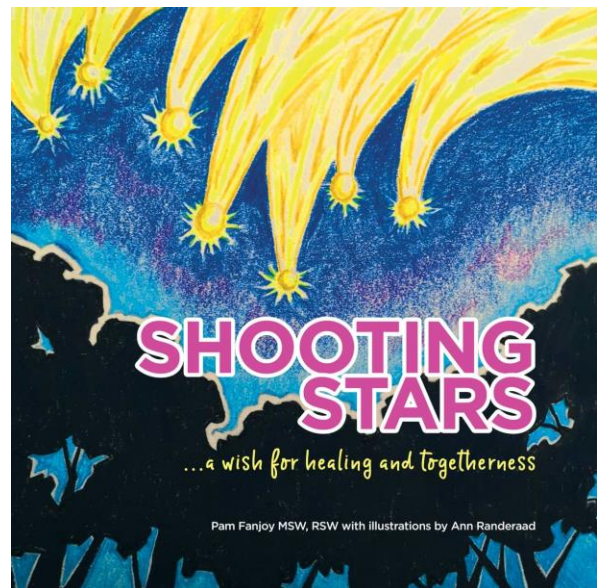
### *About the book*

---

#### SHOOTING STARS ...A WISH FOR HEALING AND TOGETHERNESS

*A children's book about Covid by Pam Fanjoy MSW, RSW  
with illustrations by Anne Randeraad*

When the excitement of March Break lead to the village playground being closed, this close group of school friends didn't understand how the new Corona-19 virus was turning life upside down! Washing your hands often, social distancing, wearing masks and empty grocery shelves suddenly had many of the children feeling very worried. Through the eyes of these children, a wise young boy named Seth becomes determined to find his own courage. With a magical sense that something larger than himself will light the way to make sure that the village heals, Seth finds his wisdom in the quiet, still space where there are shooting stars.



The book is available to purchase online here: <https://chefpamfanjoy.com/product/shooting-stars-childrens-book/>

## About the Author — Chef Pam Fanjoy

---

Building on a highly successful career as a clinical social worker, Chef Pam Fanjoy continues to help people & communities by integrating her culinary passion with her 25+ years of experience working with children, adolescents and families. Pam has a personal lifetime mission to foster joyful, healthy relationships by using delicious, healthy food to facilitate meaningful connection between others to nourish their, bodies, minds and souls. This restaurant is really a continuance of what Pam has always done — bringing people together. She helps them heal and celebrate life through developing a deeper understanding of their own needs and showing them how connection with others can improve their physical and mental well-being. Learn about Chef Pam's work with youth and families to enhance physical and mental health and well-being through her Junior Chef programs.



## About Fan/Joy

---

Fan/Joy is a culinary social enterprise founded by award winning Chopped Canada Champion, Youth & Family Therapist, and Clinical Social Worker, Chef Pam Fanjoy, MSW, RSW. We are cooking up change that lasts a lifetime as we feed our community through innovative culinary therapy programs and delicious, healthy, local food that improves the physical, mental and spiritual well-being of youth and families.

Learn more about Fan/Joy and our innovative Fan/Joy Junior Chef programs: [www.chefpamfanjoy.com](http://www.chefpamfanjoy.com)

FEEDING CONNECTION.

**FAN/JOY**

COOKING UP CHANGE.