



Hello January! Happy New Year! Start 2026 right by setting healthy living goals and practicing self care 🌸🌿📖

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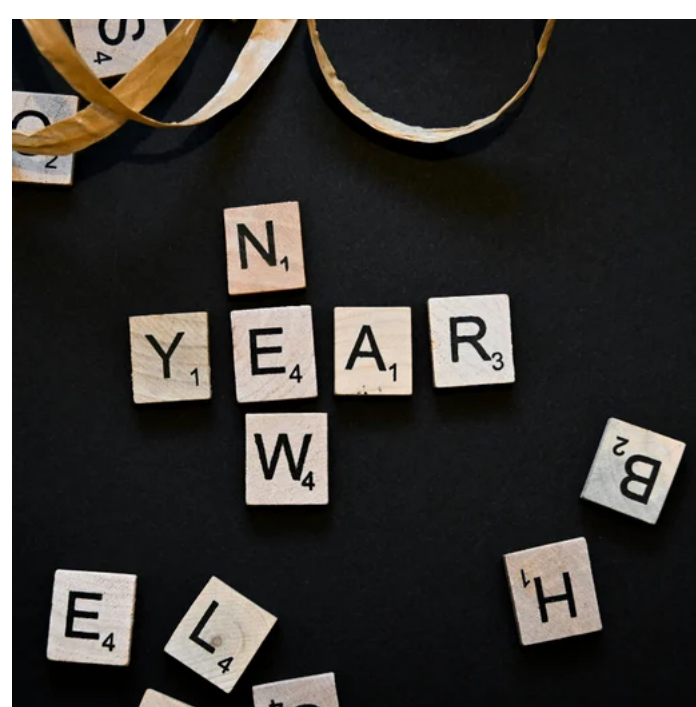
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Help us build our **FIRST** innovative green school in Ontario!

Who are we doing this for?
The children!

Blogs of The Month

Why New Year's Resolutions Matter More Than Ever



New Year's resolutions are about being intentional and making time even on busy days. They can become tools for long-term change in our lives instead of short-lived wishes.

[Written by Maaya Chander](#)

[Read more](#)

New Year, New You: Setting Goals For Healthy Living

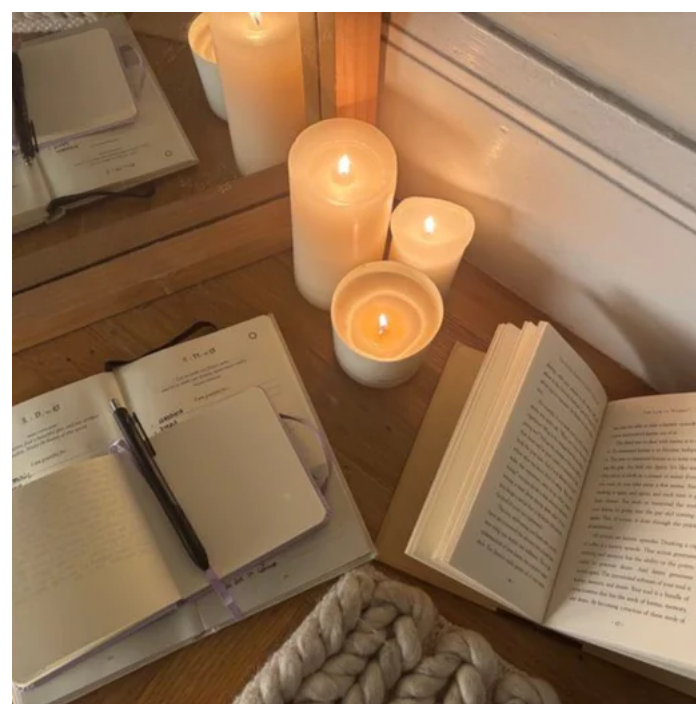


Every new year brings a fresh start. Trying to be healthier in 2026? Healthy living isn't about extreme changes. It's about small, consistent habits that support your body and mental health.

[Written by Reshmika G.](#)

[Read more](#)

Navigating Canadian Winters as a Newcomer

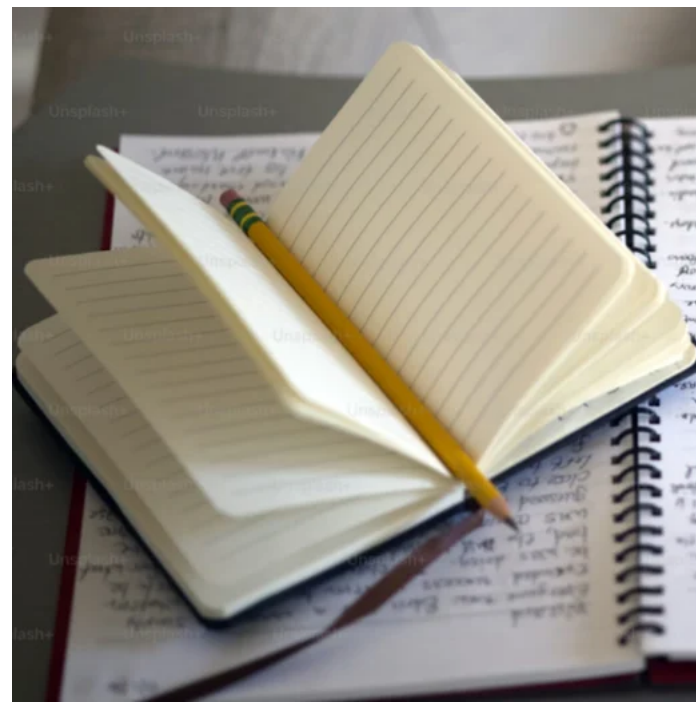


Life moves quickly, filled with plans and daily tasks. While that momentum can be energizing, it leaves little time for rest. The holidays are a time for Canadians to collectively slow down.

[Written by Shreya P.](#)

[Read more](#)

Journaling for a Better Mood During Cold, Dark Months



The dark, cold days of winter can negatively affect your mood and mental health. Learn how journaling can help you connect with your emotions and become more resilient.

[Written by Maanasa Chander](#)

[Read more](#)

Book of The Month

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BOOK OF THE MONTH

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Together, creating lasting impact

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Nikole's Quote of the Month

"Happy New Year! 2026 adds up to 10 — and 1+0 = 1, a symbol of new beginnings. Wishing you peace and love."

— Nikole B.

