



The Crisis/Support Line is available 24/7 to Women, Men and Youth who are seeking information or support for themselves, friends, family or neighbors. All calls are confidential.

1-800-388-5171

Ten Tips on a No Gift (or few gift) Holiday Season!

Shake up what it means to “give” this holiday season. It’s always beneficial to speak with children and teens about gratitude and to practice gratitude and generosity in our own adult lives. The following are some tips on how to have a limited gift holiday season and still have fun!

- ♥ Ask kids to choose something they want and something they need this holiday season. They will be active participants in what they are receiving and you’ll avoid spending money on things that might not have a lasting effect.
- ♥ Ask children what “experiences” that they would like to do with you. It could be something as simple as taking walks together, going to a museum or planning a small family trip. Nothing is more meaningful than time spent making a memory that will last longer than a gift. This can also be altered according to your budget.
- ♥ Research a charity together and make a donation. This will be time spend and will help to enforce strong values of giving back.
- ♥ Volunteer as a family
- ♥ Visit Light shows in town or drive around your neighborhood to check out lights.
- ♥ Check out community Christmas sales and bazaars for special handmade gifts.
- ♥ Bake or make a meal for police, first responders or a children’s hospital.
- ♥ Pop popcorn and watch a Christmas movie as a family on Christmas Eve.
- ♥ Visit a nursing home.
- ♥ Gift a book to open each night leading up to Christmas and read them together. This helps kids to be excited about reading and according to budget you can start on December 1st or start a week

Reminder ***Christmas Hamper Program*** ... We are running the Christmas Hamper program again this year. Would you like to donate this year? Contact our Family Violence Prevention Worker Sherry, (905)352-3898 ext 3.

Donations

AKG would like to say Chi Megwetch to Mr. & Mrs. James Hodgson from Nish Tees in Peterborough for their donation to the shelter. The proceeds from Orange Shirt Day in September was donated to the Shelter. Orange Shirt day is to Honour those whom attended Residential Schools.

Alnwick Halimand Firefighters Association will be donating their Annual Christmas Breakfast proceeds to AKG this year.

AKG appreciates all the wonderful community

Need someone to listen?

Family Violence Prevention Worker can help...
Individual counselling
Women’s Empowerment Groups
Safety Planning
Referrals to community resources
Family Court Support

If you have any questions regarding AKG’s Family Violence Prevention Worker services please call

Here comes Santa Claus, here comes Santa
Claus right down Santa Claus Lane
Vixen and Blitzen and all his reindeer pullin' on
the reins

AKG Staff would like to wish you and your family a Merry Christmas and Happy New Year!



12 Days of Christmas Wellness Challenge



1 donation item to the food bank

2 flights of stairs and 1 donation item to the food bank

3 things you are grateful for today (write them down), 2 flights of stairs and 1 item donation to the food bank

4 glasses of water, 3 things you are grateful for today (write them down), 2 flights of stairs and 1 donation item to the food bank

5 minutes of stretching, 4 glasses of water, 3 things you are grateful for today (write them down), 2 flights of stairs and 1 donation item to the food bank

6 servings of fruits/vegetables, 5 minutes of stretching, 4 glasses of water, 3 things you are grateful for today (write them down), 2 flights of stairs and 1 donation item to the food bank

7 times you will stand up and move, 6 servings of fruits/vegetables, 5 minutes of stretching, 4 glasses of water, 3 things you are grateful for today (write them down), 2 flights of stairs and 1 donation item to the food bank

8 push-ups (from toes, or knees, or off the wall), 7 times you will stand up and move, 6 servings of fruits/vegetables, 5 minutes of stretching, 4 glasses of water, 3 things you are grateful for today (write them down), 2 flights of stairs and 1 item donation to the food bank

9 kind words, 8 push-ups (from toes, or knees, or off the wall), 7 times you will stand up and move, 6 servings of fruits/vegetables, 5 minutes of stretching, 4 glasses of water, 3 things you are grateful for today (write them down), 2 flights of stairs and 1 donation item to the food bank

10 minutes of power walking, 9 kind words, 8 push-ups (from toes, or knees, or off the wall), 7 times you will stand up and move, 6 servings of fruits/vegetables, 5 minutes of stretching, 4 glasses of water, 3 things you are grateful for today (write them down), 2 flights of stairs and 1 donation item to the food bank

11 deep belly breaths, 10 minutes of power walking, 9 kind words, 8 push-ups (from toes, or knees, or off the wall), 7 times you will stand up and move, 6 servings of fruits/vegetables, 5 minutes of stretching, 4 glasses of water, 3 things you are grateful for today (write them down), 2 flights of stairs and 1 donation item to the food bank

12 squats, 11 deep belly breaths, 10 minutes of power walking, 9 kind words, 8 push-ups (from toes, or knees, or off the wall), 7 times you will stand up and move, 6 servings of fruits/vegetables, 5 minutes of stretching, 4 glasses of water, 3 things you are grateful for today (write them down), 2 flights of stairs and 1 donation item to the food bank

Partridge
In a Pear Tree
Two Turtle Doves
Three French Hens
Four Calling Birds
Five Gold Rings
Six Geese A Laying
Seven Swans A Swimming
Eight Maids A Milking
Nine Ladies Dancing
Ten Lords A Leaping
Eleven Pipers Piping

TWELVE
DRUMMERS
DRUMMING



MInowaangoziWIn kIshkI bboon!
Happy New Winter