



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

Family Day- Feb 17,2020

Honour the Importance of Family

Attachments, kinship, and family tell us who we are and where we come from. They give us a sense of dignity, a sense of belonging, right from birth. Family units go beyond the traditional nuclear family living together in one house. Families are extensive networks of strong, connective kinship; they are often entire communities. Family wellbeing also requires that the family have the capacity to provide an environment that supports children to fulfill their cultural and spiritual needs in addition to their basic developmental, health, educational, social and housing needs

Indigenous people have found power in their relations and are today looking to the past to find solutions with which to overcome the legacy of colonialism. Many of the social problems can only be solved by a reaffirmation and reestablishment of the power of Indigenous families and kinship networks. Although there is no one single solution, there is a common theme: all my relations.

The four sections of the medicine wheel also symbolize the four stages of human life, Which is an importance to our family structure.

The eastern section represents the beginning of life, birth and early childhood. It is a time of innocence and purity. The east is where people come from. The east represents new life being brought into the world.

The southern section represents youth and adolescence, a time of growth and the beginning of knowledge. It is a time of learning and represents the mental development of self.

The west is the time of adulthood and parenthood, when responsibilities and nurturing are one's main occupations. The west represents the emotional self and meeting the fulfillment of life as we find our meaning and place.

Finally, the northern section of the wheel represents elders, grandparents and death. The white symbolizes the hair of the elders and their years of learning. This is the place of wisdom and of imparting the knowledge gained from a lifetime of living in the physical world to the younger generations. It is a time of reflection, rest and increased understanding of the aspects of the spiritual world.

Christmas Hamper Program

AKG would like to say Chi Megwetch for the wonderful support this holiday season. You have helped to make our Christmas Hamper Program a success.

Cobourg YMCA, Alderville Community Energy Champion Program,
Bethesda House Women's Shelter, Spark Toys
Port Hope United Church, Dream Catcher, Shirley Kingston
Anonymous Donor of food, Northumberland OPP
Shoe Box Project, Anonymous Donor of gifts,
Scott & Amy Wakeford ,Jack & Cheryl Maynes, Medicine Wheel,
Alnwick/Halimand Fire Dept, Port Hope United Church, Sandra Knowles
Marilyn Willis, David MacDonald, Melissa McDougall, Myrna Brown, Totem Pole and many various Donors
AKG appreciates all the wonderful

community support!



Stages of Life-

Kelly J. Beaulieu, B.A., BSc Ag

"Warm Welcome"—We would like to extend a warm welcome to
****Tosha Mattes, Part-Time Residential Counsellor***
****Christa Lewis, Relief Residential Counsellor***
for joining our Team. You ladies are a wonderful asset to this agency!





Love: Zaagidiwin

To love is to know peace.

Love is found at the core of all of the 7 Grandfather Teachings. The Migizi (Eagle) carries the teachings of Love because he has the strength to carry all of the teachings and flies closest to the Creator. The Eagle has the sight to be able to see all the ways of being across great and long distances.

Viewing our inner self from the perspective of all of the teachings is to know love and to love yourself fully and truly. To know Love brings you into balance by being at peace with yourself, balanced in life, and with the Creator.

Eagle pairs stay together for life. Because of this they represent love and loyalty. Being loyal to someone means to be consistently honest, kind, respectful and true to them.

What is a Loyal Friend? Loyal Friends...



- Think of each other's feelings
- Don't say mean things about each other behind their backs
- Strive to keep the promises that they make
- Stand up for one another
- Keep secrets secret (unless it is best to tell a trusted person for safety reasons)



Think on it! Love yourself enough to question and learn!

I would LOVE to try:

I would LOVE to let go of:

I would LOVE to learn more about:

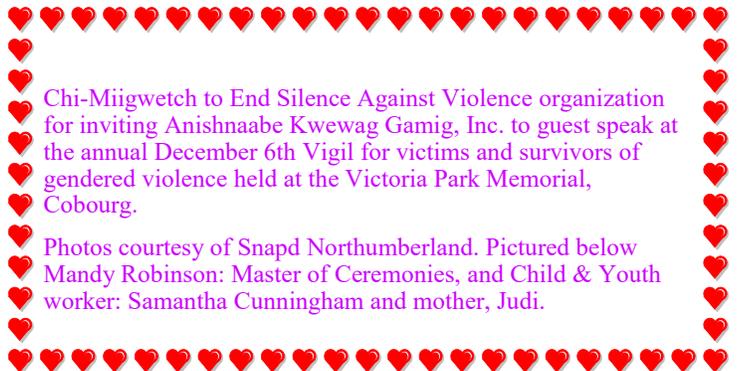
I feel LOVE when:

Happy Valentine's Day!

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 (905) 352-3898 ext 3



Chi-Miigwetch to End Silence Against Violence organization for inviting Anishnaabe Kwewag Gamig, Inc. to guest speak at the annual December 6th Vigil for victims and survivors of gendered violence held at the Victoria Park Memorial, Cobourg.

Photos courtesy of Snapd Northumberland. Pictured below Mandy Robinson: Master of Ceremonies, and Child & Youth worker: Samantha Cunningham and mother, Judi.

