



**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**

### **Indigenous Peoples Day**

**June 21, 2020**

Let's celebrate our unique heritage, wonderful culture and traditions, and outstanding achievements of our Indigenous peoples.

This is a wonderful opportunity to celebrate and share knowledge about our values, customs, languages, and culture.



### **Anishnaabe Kwewag Gaming is launching a Covid 19 Fundraiser**

Due to all the missed fundraising supports, we have decided to ask the community for support.

As Covid 19 has impacted all our communities, it has greatly impacted our rural Shelter.

We are asking for help to cover our expanded outreach services and support women who are increasingly isolated due to self-distancing and self-isolating.

Support a Women in need, we are their safe home.

- ◆ \$10 donation will provide a woman with an Intake package (includes all toiletries).
- ◆ \$30 donation will provide a woman with an Intake package and meals for a day.
- ◆ \$50 donation will provide a woman with transportation to flee her partner.
- ◆ \$75 donation will provide a woman with transportation, Intake package and a warm meal.
- ◆ \$100 donation will provide a woman with transportation to an appointment with Staff advocacy and counselling services.
- ◆ \$175 donation will provide the cost of one woman and her child a night at the Shelter.

Miigwetch( Thank You) for your support! To donate call (905)352-3898, check our Website <https://akgshelter.ca/> or our Facebook Page <https://www.facebook.com/Anishnaabe-Kwewag-Gamig-Inc->

### **STRESS HACKS THAT CAN CHANGE YOUR LIFE**

Here are Stress Relief Hacks you can use right now...

Stay connected: in person or on-line

Treat yourself

Stay organized

Listen to music

Utilize Guided Visualization

Use Movement: try to exercise

Read a book

Remember to deep Breathe

Try to meditate

Give or receive a hug

Spend time with your animals

Attempt yoga

Aim to unplug. No technology.

Apply progressive muscle Relaxation

Get enough rest

### ***Need someone to listen during Covid 19 Pandemic?***

**Family Violence Prevention Worker can help...**

**Telephone individual counselling**

**On-line Women's Empowerment Groups**

**Safety Planning**

**Referrals to community resources**

**Family Court Support**

**If you have any questions regarding**

**AKG's Family Violence Prevention**



## Child Safety During Covid-19

The impacts and restrictions in place to protect children and their families during the Covid-19 pandemic have changed our daily lives and routines drastically. For many children, this has resulted in more quality time at home with parents and siblings; however, some children staying home are facing increased contact and exposure to domestic violence, sibling violence or child abuse or violence perpetrated towards them by a parent or caregiver.

Many factors have contributed to an escalation of violence in the home: financial strain, isolation, mental health challenges and limited access to supports. There is an increased level of stress for many parents: juggling worries about elderly relatives, working from home, home-schooling, working in essential services or child care responsibilities are just some of these factors. As well, an escalation of substance abuse by adults in the home has been witnessed.

It is important to note that there is support and help available. Many shelters are working within the context of developing Covid-19 protocols for safe access to much needed services. Given the physical distancing requirements, there is increasing access to remote supports and remote counselling as we rely more heavily on technology to meaningfully connect with those seeking support. As always, Violence Against Women (VAW) services are deemed essential if things are unsafe for yourself or your children at home.

Many children are struggling with the sudden changes in their immediate lives and routines, and they fear for the safety of themselves and their loved ones. Speaking with children about Covid-19 in an age appropriate and accessible manner is critical.

Remember that just like adults, children are likely to be exposed to an overload of pandemic information on television, social media and the Internet. This can perpetuate fears and raise anxiety levels.

In some cases, misinformation is also being shared with children by abusers in an attempt to control their behavior or frighten them. This can stop children from seeking the help that they need. If you have safety concerns about a child reach out to the appropriate services. Adults in children's everyday lives who are mandated to report suspicions of child abuse are mostly absent with the closure of schools, childcare centres and religious centres. Please speak up if you have concerns about the safety of a child. It could save a life.

Providing children with concrete information and facts about Covid-19 and limiting their access to the information overload can help children to understand what is happening and how they can stay safe and healthy.

Hopefully we begin to see things moving forward with more access to supports and restrictions lifting when it is safe to do so, but for now we must work with the tools that we have available.

Stay safe and healthy.

*You Are Not Alone*

**Anishnaabe Kwewag Gamig, Inc.**

**Crisis/Support Lines:**

(905) 352-3708

1-800-388-5171

---

## Father's Day Sunday June 21<sup>st</sup>, 2020

With Father's Day coming up during this Covid 19 pandemic, families are finding innovative ways to spend the day together while in self-isolation

- ♥ Skype or Face time with father
- ♥ Telephone call
- ♥ Porch drop off a meal
- ♥ Drive by Parade style
- ♥ Window meeting



**First Day of Summer**

**Saturday June 20th, 2020**