



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

Anxiety

Many people experiencing the symptoms of anxiety can begin to wonder if there is something really wrong with them. One typical fear is that they might be going crazy. Unfortunately, the reactions and comments from other people such as, 'just get yourself together' are not very helpful. Although you might feel alone in your struggle, the reality is that many people experience these moods either from time to time, or on a more regular basis. A combination of factors which result in an individual developing an anxiety disorder differ from person to person. However, there are some major factors that have been identified, which may be common to sufferers.

Biological Factors

A genetic factor has been linked to the development of anxiety disorders. For example, in obsessive-compulsive disorder, about 20% of first-degree relatives have also suffered from the condition. Overall, based on family studies, it has been suggested that individuals may inherit a vulnerability to developing an anxiety disorder.

Psychological Factors

Having this genetic vulnerability does not imply that those individuals will develop an anxiety disorder. A great deal depends on the lifestyle of that person, the types of life stressors they have encountered and their early learning. For example, if we were taught to fear certain neutral situations as a child it can become difficult to extinguish these learned patterns of behaviour. Therefore, we may have developed certain patterns of thinking and behaving which contribute to the development of an anxiety disorder.

Physical Changes produced when you are anxious

- ◇ Increase in heartrate
- ◇ Skin looking pale and feeling cold
- ◇ Increase rate and depth of breathing
- ◇ Increase sweating
- ◇ Pupils widen-cause blurred vision, spots and light brightness
- ◇ Decrease activity of the digestive system
- ◇ Muscle tension

If you are feeling anxious please talk to someone, your Doctor, Community Health Worker, Supportive family/ friend, etc.



"HAPPY
RETIREMENT!"



On behalf of staff and Board of Directors of A.K.G it is with gratitude that we have had the opportunity to work with Charlene Stevenson as Program Coordinator for 23 years. She is officially retired March 31, 2020. She will be missed beyond what words can say. As my right hand lady I say Chi-Miigwetch for your work, support, caring spirit for the women and children that we served and your wisdom. You brought so much to A.K.G and we wish you all the best in your retirement years and on your journey in

Meet AKG's Placement Student

Hello, my name is Mariah and I am currently a student enrolled in the Social Service Worker program at Fleming College in Peterborough. I am on placement at Anishnaabe Kwewag Gamig until April 17th 2020. The staff here has taken their time in training me and making sure I have a full understanding of my role while at the agency. I am new to this field and look forward to all the learning and experiences that the staff have to teach me. I am excited to see what opportunities my placement has to offer me and I am eager to give back to the community and agency that has so graciously allowed



Child & Youth Program

March Break is just around the corner and with it comes some lazy days and sometimes boredom. It is easy for parents and children to run out of ideas to keep busy, especially between snow days and strike days this year. Here are some fun ideas to help make your March Break a fun and safe one! Remember having fun and making memories as a family is a gift and spending quality time lasts a lifetime.

- Involve your children in planning and sharing ideas about how they would like to spend their week home. Some activities could be sledding, snowshoeing, baking, having a movie night at home
- Check out your local library for activities and free events
- Put together an activity jar and band together with other parents or extended family for ideas or to take turns providing childcare for each other
- Create a snowman building contest in your community
- Look online for some fun winter activities or crafts
- Plan a Game Night
- March 17th is St. Patrick's Day— so why not make that day as green as possible— find fun recipes for green food online, dress up, create a treasure hunt.

Remember to have a back up plan if the weather puts a damper on your plans. Have a safe and happy break!



Need someone to listen?

Family Violence Prevention
Worker can help...
Individual counselling
Women's Empowerment Groups
Safety Planning
Referrals to community re-
sources
Family Court Support

If you have any questions re-
garding AKG's Family Violence



Women's Art Journaling & Self Awareness Group

Beginning April 8th for 8 weeks

1p.m. —3p.m.

St. Paul's United Church

60 Main St., Warkworth

Supplies are covered

Self Empowerment & Art Journaling

For women, who will commit to 8 weeks of fun. You don't have to be an artist, I'm not. Learn more about yourself and help others to learn more about themselves, while creating.

Call Sherry to register (905)352-3898 ext 3. or email at akgcc@eagle.ca

Anishaabe Kwewag Gamig Inc. Women's Shelter
Admin line (905) 352-3898
Crisis/Support Line 1(800) 388-5171

Presented by Anishaabe Kwewag Gamig Inc. Women's Shelter in Partnership with St. Paul's United Church

