



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

Mother's Day

Sunday May 10th, 2020

Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. Mothers and mother-figures are indispensable. They're likely the first people we ever know when we enter the world, and they love and care for us as we grow up. Once a year, countries around the world celebrate Mother's Day – a day dedicated to all mothers, so that we can show our appreciation.

Mother's Day became an official Holiday 1914. Mother's Day is an occasion which is celebrated in various parts of the world to express respect, honor, and love towards mothers. The day is an event to honor the contribution of mothers, acknowledge the efforts of maternal bonds and the role of mothers in our society. Although, different countries celebrate the occasion on different dates, the common months of the celebrations are March or May.

It is a day which makes people remember the importance and significance of mothers in their life and is observed as a day to give special emphasis to the motherly figures around the world. Celebrate your Mother, Sister, Friend, Co-worker, Auntie or a neighbour.



May is **Sexual Abuse Prevention Month** in Ontario.
Educated your family, friend and community.

COVID 19

Due to COVID-19, as women are being told to self-isolate we anticipate an increase in calls to our 24-hour support line. AKG expect our support service numbers to rise in the months to come. With the added pandemic-related stressors, isolating at home, illness combined with the worry of uncertainty and income instability can create risky environment for women living in abusive relationships.

AKG Staff's concern is that the abuse could get more severe and intense, and that the usual things that women and children do to resist the violence – like going out, going to work, or going to a friend's house – are not available to them.

Please call AKG Support Line 1-800-388-5171
Please share the support Line to help Women find Support they need .

This is a difficult and uncertain time for us all. Please remember to do the following to stay informed, stay healthy and do your part to contain the spread of

COVID-19:

- * Stay home as much as possible
- * Wash your hands frequently
- * Practice social distancing
- * Clean regularly, especially high-touch surfaces
- * Get your information from sources you can trust
- * If you think you may have COVID-19, call your healthcare provider or TeleHealth

Ontario at 1-866-797-0000



Child & Youth Program

A Love Letter to Teenagers (and Young Adults) Stuck at Home Due to the Corona Virus Pandemic

The spread of the coronavirus has turned life upside down, almost overnight, around the world. We literally had no preparation time for this global event in which life has been drastically changed and restricted. As someone who has worked with teens for over a decade in varying capacities one of the first things I thought about when this all went down was how difficult it would be to be a teenager (or a young college student) at this point right now.

As a Gen-X/Millennial cusp myself—I feel for the Gen-Z (I-Home) generation right now on a visceral level. When the formative years of your life have involved a major terrorist attack, a double cohort graduating year, twice the number of graduates applying for post-secondary, two recessions, numerous climate emergencies and very palpable worsening inequity, and this POTUS... speaking from my experience—I’m sometimes irritable and frustrated with the state of affairs and I’ve begun to question—with the exception of beating the virus (which I think we are all in favor of) whether the old “normal” is something I want to return to. However, all of these factors pale in comparison to what we are asking teenagers to navigate at this specific point in history.

Being a teenager is complicated enough even without having to contend with a global pandemic. Yes, adults right now are dealing with reasonable baggage of our own emotional trauma, financial worries, anxiety and uncertainty...trying to keep our families and lives afloat but consider that teens and children are navigating this mess along with us.

Adults—did you ever have to, as a teenager, take a class remotely? How about 6 classes? How about navigate a brand new game-plan learning along with your parents and teachers’ day by day? While being under house arrest with your parents and sometimes siblings 24/7... Outside of war times were any of us asked to risk our health to work a job classified as “essential” during a pandemic? Think about all the “after-school” jobs that have now becoming scheduled, call-in and overtime jobs as a cashiers, take-out food workers, delivery people? For minimum wage and often maximum drama because many customers are also feeling on edge and anxious.

Were you ever prom shopping in February only to be told the next month that Formal was cancelled indefinitely along with everything else involving socializing? Were you on the verge of completing your high school or post-secondary education and then told that graduation and convocation were now also cancelled? University Open-Houses are also cancelled. Were you told you couldn’t visit family or elderly relatives, because you could literally pass along a deadly disease? Me neither. And I can’t imagine the frustration, sadness, and uncertainty many young people are feeling right now. All of these physical distancing measures are necessary to stop the spread of Covid-19, but it doesn’t make this any easier.

So this is my love letter to young people who are having their lives and milestones uprooted and rearranged. We all have personalized milestones and things that are important to us and maybe the pandemic is affecting or erasing these things. You are resilient, brilliant and brave. As an adult, I don’t think I could cope the way that you are being asked to at 16. You have a right to your feelings—the whole range of them, whether they are effective or not effective feelings. Everything is uncertain right now and it’s okay to not be okay. It’s also okay to laugh, or to need space (inside or in your yard though). You are the Change. You are Hope. You are Fierce. You are Love. And you are Loved and Recognized. And on the other side of this you are the Eighth Fire.

All My Relations.

