



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.

## **Goodbye 2020, Hello 2021!**

With the New Year upon us, anyone feeling bluh? Anyone wanting change? Anyone feeling stuck? 2020 brought lots of surprises, uncertainties for many. Take time to reflect on 2020. As we enter into this New year, let 's ask ourselves: Is this what I want my life to look like? Be honest and true to yourself. This is not the same as asking: does my life look the way I/ others think it should?

Ask yourself what do I want? What are my needs? What do I like and dislike? What do I value in my life? Do I have healthy Boundaries? After you reflect think about what you would leave behind in 2020 ? and what you want to carry forward in 2021?

This is a great opportunity to set your intention for 2021. Imagine yourself fulfilling your intention. Manifesting your wants and needs. What is your focus for the year? Looking at setting goals to help you achieve your focus.

Now let's do this! You got it!

### **2020 Christmas Hamper Program**

Anishnaabe Kwewag Gamig Inc. would like to say Miigwetch to our wonderful community for their generosity over this holiday season. Your kindness is heart warming. You have helped make Christmas a joyful time for many families. We would like to say **Chi Miigwetch to the Totem Pole** for their significant Donation to the Annual Christmas Hamper Program this year.

Other Sponsors

- \* Queenies Bake Shop
- \* Warkwork Community Service Club
- \* Cobourg Helping Hands
- \* Northumberland OPP
- \* Trent Hills Fire Department
- \* St. Vincent De Paul Port Hope
- \* Port Hope United Church
- \* Warwork Free Methodist Church
- \* Christ the Servant Church
- \* Houston's Natural Meats
- \* Gerald Forbes & Frances Cardwell
- \* Anonymous Donor of 30 Turkey Dinners

Drop-in  
**Art, Tea & Chat**

**Every Thursday in March**  
**10-12pm**

Send an email to Sherry to  
receive the zoom link  
[akgcc@eagle.ca](mailto:akgcc@eagle.ca)

No Cost

Join today  
**Let's sip our tea, have  
some meaningful  
conversation and cre-  
ate beautiful art!**

Support Line  
(905)352-3708 Or  
1(800)388-5171  
Admin Line  
(905)352-3898  
[www.akgshelter.ca](http://www.akgshelter.ca)






February is a good time to focus on friendships and creating healthy communities, while also celebrating love. Love comes in all forms and is all around us in random acts of kindness. Teaching kindness is an important part of creating a safe culture for our kids to grow up and learn in. The past months have been hard; this anxiety does not exclude toddlers who are just beginning their journey of navigating big feelings. With the world more isolated than ever it can seem that it's become increasingly difficult to teach children kindness and empathy with more limited opportunities for socializing with children their own age. Toddlers are very egocentric; it takes a lot of patience and work to help them to recognize the world outside of themselves and to recognize the needs of others. We can help set the stage for their future years by modeling respect and radical kindness and by helping them to develop these skills for themselves. To teach empathy try focusing on how to be a friend. How do we care for each other? Discuss some basic questions with your tot:

- What is a good friend?
- What would a good friend do?
- How do we treat our friends?
- How should our friends make us feel?
- What do we enjoy doing with our friends?
- How do good friends speak to one another?



\*It can help to find an age appropriate book that talks about friendship to allow your child to speak about being a good friend in a more abstract sense so there's no judgement or pressure on them as they are learning.

A neat tactile activity to try with your kids focuses on "kind words". You will need cotton balls, a piece of coarse sandpaper and a cup. Start a discussion by asking:

- How can the way that we speak help each other?
- How could words hurt?

Now using the cotton ball link touch to feelings. Have your child touch, squish, and rub the cotton on their arm and ask them to describe the feeling. Then ask them if words were cotton balls, how would it feel to have them bounce off your arm? Have your toddler try and share some phrases and words that are like cotton balls?

- Please
- May I help you with that?
- Great job!
- You are brave.

Next ask your toddler to **gently** touch the sandpaper and describe how it feels. Share with your child that you aren't going to rub the sandpaper on their arm because it would hurt! But to imagine words that are scratchy like sandpaper?

- Mean words or a mean voice "I hate you"
- Unnecessary disapproval and criticism: "I don't like your hat" "You're not good at that"
- Name calling

Discuss how it hurts when people talk to us in a mean voice or say hurtful unnecessary things. Children this age are often receptive to example scenarios to work through with your help. After this activity practice positive reinforcement by setting the cup up in a noticeable place and every time you witness a new kind "cotton ball" situation, add a ball to the cup. Once you have filled the cup, have a little celebration, do an activity that your child likes to do or have a small prize or plan their favorite meal to celebrate your child's win.

### FVPW Updates

- ◆ Facilitating Art Journaling Zoom Group 8 weeks– started January 20th
- ◆ Facilitating a Gratitude & Vision Board Challenge Workshop– February 9th  
Hiawatha First Nation
- ◆ Organizing a Virtual Circle of Services Panel Event
- ◆ February Webinars– Managing Difficult Phone calls (Feb 3rd) and Trauma-Strategies for Counsellors (Feb 19th)
- ◆ Peterborough Domestic Abuse Network Committee Meeting– February 16th