



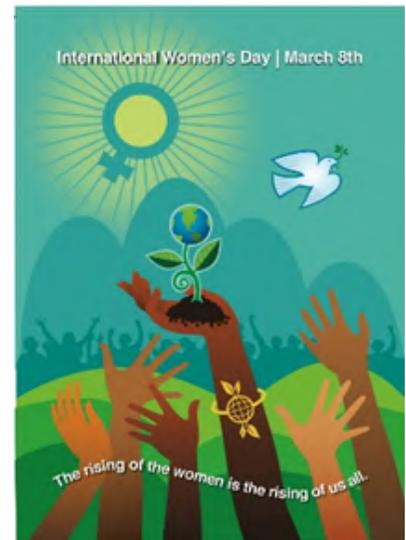
The Crisis/Support Line is available 24/7 to Women, Men and Youth who are seeking information or support for themselves, friends, family or neighbors. All calls are confidential.

International Women's Day

Monday March 8, 2021

International Women's Day is celebrated on the 8th of March every year around the world. It is a focal point in the movement for women's rights. This is a time to reflect on the progress made towards achieving gender equality. Take this opportunity to celebrate the acts of courage and tenacity by Individuals who have played a role in evolving gender equality in their communities. How can you celebrate, you ask? **I encourage you to write a letter to the Family Violence Prevention Worker in recognition of someone who has supported this initiative.** This could be your mother, daughter, teacher, elder, coach, neighbor, or community member. **Provide their name and details of how they have acted towards gender equality.** Example of this is a Father teaching his daughter to be a strong and independent Woman. **Each name will be listed in the April Newsletter and one lucky winner will be chosen by draw.**

Please email your letters to Sherry at akgcc@eagle.ca by March 10th, 2021 The letter is only for AKG Staff to read. There is no age limit for this activity. I look forward to reading about all these wonderful people in the Community!



SOCIAL WORKERS
generations
STRONG

Social Work Week Ontario

March 1-7, 2021

In Ontario, we honour the compassion and strength of these caring professionals during the first week of March. Social Work Week highlights the role of the profession and recognize the valuable contributions made by social workers each and every day. Social workers are on the front lines supporting the community, who are dealing with various issues, including family violence, addictions, caregiver stress, abuse and bullying. They use their unique knowledge to identify causes of stress, help develop coping skills, find solutions to problems and connect people with the resources they need. With Covid 19 upon us, Social workers are working to the maximum. Helping others to cope with their trauma and deal with Covid 19 stress and anxiety.

Take a moment to recognize the hard work, dedication and compassion of social workers. Social Workers are Essential.

March 2021

Child & Youth Program

Covid has been a challenged for everyone, especially kids and teens! Take good care of your mental health... limit your screen time, reach out to friends, get outside in nature, eat healthy. Its okay and totally normal if you need to talk to someone other than a parent or friend about life stress. Don't keep it in, there is always someone to listen.

Kids Help Phone (24 Hours) 24/7 confidential professional online and telephone counselling and volunteer-led, **text-based support** in English and French to youth across Canada. *Kids Help Phone has expanded its mandate to include former youth in care of any age.*
1-800-668-6868

TeenLine

Confidential hotline for teenagers for mental health.
1-310-855-HOPE
1-800-852-8336 Or text **TEEN** to **839863**

Good2Talk Free, professional and confidential counselling support for post-secondary students in Ontario.
1-866-925-5454

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

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

Send an email to Sherry to receive the zoom link
akgcc@eagle.ca

No Cost

Join today
Let's sip our tea, have some meaningful conversation and create beautiful art!

Support Line
(905)352-3708 Or
1(800)388-5171
Admin Line
(905)352-3898
www.akgshelter.ca