



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.



## May 5<sup>th</sup> National Day of Awareness for Missing and Murdered Indigenous Women and Girls

On May 5th, 2020, the National Day of Awareness for Missing and Murdered Indigenous Women and Girls Two Spirited People, Anishnaabe Kwevag Gamig Inc. Women's Shelter staff will celebrate and honour all Indigenous women; our Grandmothers, Mothers, Daughters, Sisters, and Aunties by wearing red on May 5<sup>th</sup>.

This day is about building awareness of this ongoing harm Indigenous women face and honoring those women who are lost and their families. The issues surrounding MMIWG2S will be brought into the public's awareness to increase the accountability. This National Day of Awareness highlights the need for ongoing grassroots advocacy and changes to the laws, policies, and increased allocation of resources to end these injustices.

Together, we can educate others of this matter. Talk to our Partners, Children, Grandchildren, Friends, Co-workers, and Neighbours about the Violence against Indigenous Women happening across Canada.



## Mother's Day Sunday May 9, 2021

Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in our Community. Applaud any woman in your life who influence you and your well-being. This would include a Sister, Auntie, Grandmother, foster Mother or any community woman. This day is an opportunity to show the women in your life, your appreciation for the inspiration and guidance they have provided you with.

Mother's Day is not about bought gifts. This day is to express your gratitude for that person. Spend the day celebrating the wonderful women you have in your life. Mark the occasion by making dinner for her, have a social distancing visit, make a gratitude/Mother's Day card, send a video message, do tasks for that person, etc. Get creative with your ideas, as we are in the pandemic. Happy Mother's Day to all.



## Child & Youth Program

### Happy Mother's Day

*"The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother never. A mother is something absolutely new." –Osho*

As we head into another wave of lockdown, we've had to get a bit more creative in how we celebrate holidays and milestones. Below are some fun and kid friendly activities to celebrate your mom this year.

### Fun Mother's Day Activities for Kids

- ♥ **Have a home car wash.** Have the kids clean up their own toys and trash out of mom's car. Then either get together a bucket and a garden hose or travel to the nearest car wash to give mom some well deserved time to herself.
- ♥ **Plan some flowers together.** Either an indoor herb garden or plant some May friendly flowers either as a surprise or as a family. Marigolds and sunflowers are some cheery choices.
- ♥ **Plan a Picnic, cook Mom's favorite dinner or Order In.** Set the table, decorate and treat mom to a meal of her choosing.
- ♥ **Bring Mom Breakfast in Bed AFTER letting her sleep-in.**
- ♥ **Write Mom a letter.** Share with Mom all the things that make her so important to you.
- ♥ **Come up with a Pamper Mommy List.** Have everyone write down a few things that make mommy happy. Schedule times throughout the day that these fun things will happen. Give mom a hug, give mom alone time, make a home spa day or draw her a picture. The opportunities are endless and everyone's mom is unique.

*What are some other ways you can pamper your Mom this Mother's Day?*



#### **Need someone to listen?**

Family Violence Prevention Worker can help...

Individual counselling  
Women's Empowerment Groups  
Safety Planning  
Referrals to community resources  
Family Court Support

If you have any questions regarding AKG's Family Violence Prevention Worker services please call (905) 352-3898 ext. 3

#### **Family Violence Prevention Worker Updates.....**

- ◆ Facilitated a Virtual Self-care Workshop, Hiawatha First Nation– March 17, 2021
- ◆ Facilitated a virtual Drop-in Art, Tea, and Chat weekly– March –April 2021
- ◆ Completed a 8 Week Art Journaling Women's Group– April 2021
- ◆ Facilitated a Virtual Gratitude & Vision Board Workshop, Hiawatha First Nation– April 14, 2021

If you are considering a workshop, contact Sherry at [akgcc@eagle.ca](mailto:akgcc@eagle.ca) or (905)352-3898 ext. 3