

Anishnaabe Kwewag Gamig Inc.

Happy New Year from our AKG family to yours!

The new year symbolizes motivation for many new beginnings, another new 365-day journey. The New year brings a time for reflection; where have I been in the last year? What connections have I made? what did or did not accomplish in the last year? It is a time to ask yourself; am I living my best life?

The new year is a great opportunity to make positive change in your life. You could journal your reflections or create a Vision Board to help make these positive changes. How about trying a gratitude journal for the year? Any of these would help you to achieve your goals or change your mindset.

We wish you all the best in 2022!



Fundraising Efforts

Back by popular demand, AKG will be selling Every Child Matters Mugs once again. Keep an eye out on our Facebook page to see our upcoming Fundraiser. We will keep you posted.



Christmas Hamper Program 2021

AKG would like to say ***Chi miigwetch*** to all the community support for your donations. You have helped to make this holiday season a special one for the families AKG supports.

Shout out to...

The Shoe Box Project

Totem Pole Dispensary

Port Hope Grace United Church

Port Hope United Church

Northumberland OPP & Trent Hills Fire Services

Michelle Day

Krista Skutovich

Teresa French

New Instagram & Facebook Accounts



Check us out. Please comment, share and like.

instagram.com/akgshelter

facebook.com/Anishnaabe-Kwewag-Gamig-Inc-Alderville-Regional-Womens-Shelter

Phone: 905-352-3708

Toll Free: 1-800-388-5171

www.akgshelter.ca

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.

Anishnaabe Kwewag Gamig Inc.

Hands-on Activities to Teach Children About Love

Love is a wonderful trait to begin instilling in children at a young age. Love for others as well, self-love. Children begin to understand the feeling and the actions that go along with this character trait quite easily, through experiencing it from their loved ones. Once they begin to see the connection between actions that require care, patience and responsibility and improving their relationship to others' and to their own wellbeing, there is a butterfly effect and their awareness of these values show up in how they interact in their everyday lives.

Share the ways that you feel loved. Then open the conversation with your tot about the ways in which they like to feel loved. We all have a different love language. Talk about "loving actions" such as giving someone a compliment, holding the door for someone, taking care of someone when they are hurt or sick. Being kind to others.

Show your love for the earth. Since we are all interconnected have a conversation about gratitude towards the earth and what she provides. This can be as simple as expressing thanks for the food that we eat. It can extend into teaching children about composting or recycling. It can be developing a relationship with plants through gardening. Or walking for the water.

Connect to their creative side to express their feelings. Especially BIG feelings like love. It will help them to be able to discuss the harder big feelings such as fear or sadness, if they learn how to express their most positive emotions. Create a love dance and get those serotonin molecules rocking! Or have them draw a picture of the people or animals or foods that they love.

Talk About unconditional love. When we feel truly loved, we love each other no matter what, because true love is feeling safe and respected. Through hard times and good times, people who love us are there to support or cheer us on. We should always love ourselves and each other whether we are happy or sad, and should be patient and forgiving if someone makes a mistake. For younger children you can relate feelings to different weather or environments to help them to visualize the point you are sharing.

For older tweens and teens: talk about how to use your social influence for good. Be social. Use Zoom and Facetime for downtown to socialize safely, not just for school or requirements. Check in on your friends. We have no limit on our supply of encouragements. "Like" generously. Cheer on your friends online. It doesn't really matter if that's the haircut you would've got, or the selfie you would take. Clap for your friends. Tag generously. Re-share memes that they post or tag them in interesting articles related to their interests. Reach out through a PM if you see someone might be struggling.

Lead by example. Remember that children (and teens even though they sometimes deny it) are always watching. Be kind in your own interactions with people in real life and online. Model healthy relationships for your kids to look up to with your family, a spouse, the worker at the supermarket, everywhere you go try and spread a little more kindness.

Phone: 905-352-3708

Toll Free: 1-800-388-5171

www.akgshelter.ca

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.