



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.

October 4, 2021

Honouring Missing and Murdered Indigenous Women & Girls

AKG Staff would like to say Chi Miigwetch to all the Women and Spirit Journal participants. You helped to make this journal special for all the community to read. Sharing your stories, history and strength. A special Miigwetch to Koren Smoke for sharing her gifts, creating the journal cover.


This journal was created to Honour the MMIWG on October 4th by celebrating the strength of Women and Spirit surrounding us.

AKG Staff Honour You!!



DONATION

Again, AKG would like to say Miigwetch to Layla Dounoukos for her generous donation after completing a sign fundraiser. Layla wanted to give back to her Grandmother's community.



Virtual Four-Part Wellness Series

Meditation Series

Weekly Starting Monday, October 4, 2021

6-7pm

Zoom Link will be provided

Week One: Breathing and Gazing Meditation
 Week Two: Chakras with short Meditation
 Week Three: Walking Meditation
 Week Four: "Yoga Nidra" Meditation


Are you needing balance in your life? Are you looking for a spiritual connection? Have you been meditating? Are you curious about meditation? Do you want to learn more about your chakras? Do you want to feel the benefits to meditating?

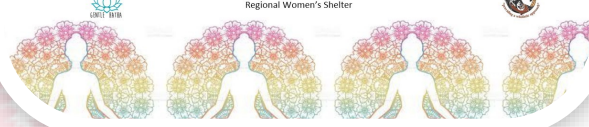
Register today. Space is limited.

Please register with Sherry at (905)352-3898 ext. 3 or akgcc@eagle.ca

Jenni Burke

Presented by Jenni Burke, Yoga & Wellness Instructor
In partnership with: Anishnaabe Kewag Gamig Inc.
Regional Women's Shelter







Drop-in Art, Tea & Chat

Fall Continuation

Starting September 1st

Wednesdays, 10-12pm

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

All Women Welcome

No Cost

Join today

Grab your journal and paint or magazines and scissors. Turn on that kettle. Let's create together, talk, laugh and grow. Each Thursday Sherry will be here creating please join her. Enjoy some social time with other women. Have some discussion about art, life, positives and challenges. This is a self guided group. Sherry is here if you have any questions, need to talk or looking for community resources.

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






AKG Annual Hallowe'en Colouring Contest

Please follow these 3 easy steps to enter for a chance to win a prize!

- * Colour the spooky picture
- * Print your name, age and preferred gender and phone number on the back of your sheet
- * Drop your colouring sheet off to the Shelter or the Health Building and ask them to place in our interoffice mailbox.
- * Age Groups are: Age 4-6, Age 7-9 and Age 10-12. There will be a prize for each age group



Contest Rules: You must be an Alderville resident. Your page has to be handed in by October 26th at 4pm. **Winners will be contacted by phone on October 28th. Good Luck and Happy Hallowe'en! Biichi-ingwaajigewag Abinoojiiyag!**

free kids coloring page.com