

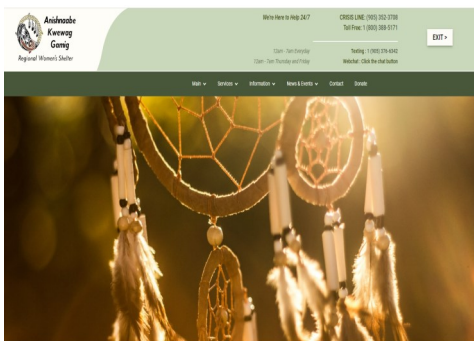
Anishnaabe Kwewag Gamig Inc.

June 21st—Indigenous Peoples Day

June 21 is National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse culture and outstanding contributions of our people. On this day, spend time honouring our brother's and sister's who have effected by colonialism. Let's recommit ourselves to writing a different story by celebrating our culture and following our traditions and teachings.

June 21st is the Summer Solstice, the longest day of the year. This year reconnect with mother earth and bond with the water. Honour and embrace all mother earth and the water provide for us. These relationships can be healing and restorative.

Celebrate & Reconnect



AKG New Website

Check out AKG's New Website at
<https://akgshelter.ca/>

New Features

Texting: 1 (905) 376-6342

12am - 7am Everyday

Webchat: Connecting to Webchat via website

12am - 7am Thursday and Friday

AKG Services

AKG services provide supportive services to women and children , who have experienced Family Violence.

Crisis Line Support– 24/7, men and women , supportive counselling, referrals, etc.

Residential Services- provide support to the women and families who access the shelter. Counsellors provide safety and transition planning, referrals to services/programs, assistance with housing applications and searches, advocacy, emergency transportation, facilitation of weekly house meetings.

Outreach Services- Family Violence Prevention Worker provides a very confidential, non-judgmental and respectful counselling approach. The Family Violence Prevention Worker will offer knowledgeable insight into women's issues such as self-esteem, self-care, healthy coping skills, abuse and safety planning to empower women who have experienced abuse.

AKG Mandate- Anishnaabe Kwewag Gamig Inc. provides services and a safe, temporary residence to women and their dependents to increase safety and support Family healing.

AKG Vision- Anishnaabe Kwewag Gamig Inc. will empower women and their families on their journey to live a healthy and safe life as they work toward building a strong foundation following the Medicine Wheel and Seven Grandfather Teachings.

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.

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Meaningful Ways to Celebrate Father's Day

Father's Day is that special day every year to celebrate the fathers and father figures in your life. It can look different for everyone, whether you are celebrating your dad, stepdad, spouse, brother, or a role model. Here are a few fun ideas to help make your Father's Day one to remember.

Prepare a scavenger hunt

Learn about his family tree or share your favourite memories of your dad

Do a puzzle or play a boardgame together

Make him a homemade gift

Take a minivacation or just explore some new activities in your own area

Bake a treat or make dinner

Participate in his favourite hobby

Do some crazy science experiences

Head to the beach

Enjoy an outing to the park

Watch one of his favourite movies

Ultimately, you know your dad best and know what he will appreciate. Have a safe and happy Father's Day!



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Walking Group

Wednesdays, starting June 22, 2022

6 weeks

7:30-8:30am

At Alderville Track

Come out and connect with all creator has to offer. Enjoy the company of others while committing to bettering your physical well-being. No time limits or requested distance. Each time you come out your name will go in a draw at the end of the 6 weeks..



Register with the Family Violence Prevention Worker, Sherry at
(905)352-3898 ext. 3 or akgfpw@gmail.com

Sunday, June 19, 2022 Father's Day

AKG would like to wish all the Father's, Grandfather's and Uncles a Happy Father's Day. You all play a vital role in raising the children of this community. You are a role model for the children to follow. Teaching them to become a healthy individual. Miigwetch to you for this.

Noos-Gizhigad (Fathers Day)