



Anishnaabe Kwewag Gamig Inc.

Story of Impact– Client Perspective

I was a victim of an abusive, controlling, and toxic relationship with a man who I thought loved me. I made excuses for his actions for years and I always blamed myself at the end of it. I blamed myself because I couldn't change his abusive actions towards me and always kept on using the excuse "what if". I became a prisoner in a relationship that cycled with daily domestic abuse. When I made the decision to leave, I knew that was the last I love you I would say to my abuser, and I would finally be free. Leaving was the hardest decision at the time but most grateful action I made for myself and family.

When AKG welcomed me and family into their shelter doors I was at rock bottom. I walked through the doors and remembered saying I am never going back to my abuser. With their support I learned the value of that choice and decision. I learned my value as a women, mother, partner, and friend. I grew to understand the importance of setting healthy boundaries, self-care, and kindness of the world around us. The staff at AKG was truly outstanding each of them touched my life in a different way. I grew to love the staff as family well I stayed at AKG. They were kind, loving, supportive and most of all understanding. They shared stories with me and that let me know that I had made the right decision. I knew I'd they were brave enough to restart I could also. The staff supported throughout my journey in the shelter and once I had left and started me regular life outside the shelter.

During my time at AKG I received daily support and saw a change in me getting back to the "old me" prior to being with my abuser. When I first noticed that my old self was coming back, I was scared. AKG pushed me to gain independence, confidence and bravery as a Mother, partner, friend , sister, and daughter. They reassured me I was safe and making the choice to leave my abuser was the best decision for me. I have become a proud Mother that knows I am the best role model to my child now and someone they can be proud of. I am blessed to have a second chance at life thanks to AKG, free from abuse. I am no longer a victim of my abuser. I am a survivor.

Three things I learned from AKG is fearlessness, be free and be proud of myself and my journey.

- Unknown



15 Years of Service

AKG Staff would like to acknowledge Fran Masterson, from Chipewas of Rama First Nation for her 15 years of service as an AKG board member. She currently holds the Secretary position. Miigwetch to you, Fran.

Helpful Resources

Anishnaabe Kwewag Gamig Inc. Support line 1-800-388-5171 www.akgshelter.ca
Talk 4 Healing Help Phone 1-855-554-HEAL (4325) www.talk4healing.com
Nogojwanong Friendship Centre (Peterborough) 705-775-0387 www.nogofc.ca
Nijkiwendidaa Anishnabekwewag (Peterborough) 705-741-0900 www.nijki.com

Phone: 905-352-3708

Toll Free: 1-800-388-5171

Text: 905-376-6342

Webchat: 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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Alderville Pow Wow Back with a Bang!

With weather on our side and after a long 2-year Covid hiatus, the Child and Youth Counsellor and Residential Counsellor were so excited to be back and networking at the jammed packed Pow Wow grounds the weekend of July 9th and 10th to celebrate the 26th annual Alderville First Nation Pow Wow “Honouring Mother Earth”.

Anishnaabe Kwewag Gamig, Inc. wants to extend a huge chi-miigwetch to all the organizers and volunteers for creating a wonderful weekend with a huge turnout, great food, and amazing energy! Special miigwetch to Vicki Niles for being our point person and saving us a shady spot for our booth! Special thanks to Alderville Chief Dave Mowat, Elder Nora Sawyer, all the drummers and dancers, our new dancers, and the flag and staff carriers. Miigwetch to Master of Ceremonies, Bob Goulais, of Nipissing First Nation for announcing our three draw winners and for promoting the work we do.



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



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