

COMMUNITY BULLETIN

AUGUST 2022 | VOLUME 1

Welcome to the beautiful month of August. As we celebrate the summer with our families, we choose to highlight the importance of Kindness. Kindness is experienced through friendliness, generosity and consideration.

Here's why, from a science perspective: "When an act of kindness is achieved, not only will it reduce stress, depression and anxiety, it will flood your body with the hormones that make people calmer, healthier and happier. One act of kindness can produce

positive mental and physical changes through lowering stress levels and increasing the body's production of feel good hormones such as dopamine, oxytocin and serotonin."
- *Myfoothold.org*

"Kindness can increase our life satisfaction, decrease pain, and even affect our bodies at a cellular level."
- *Everyday Psychology SI E6*

Oxytocin is also a cardioprotective hormone, which simply means that it is protective to the cardiovascular system (the heart).

Therefore, kindness does, in fact, play a fundamental role in producing good body health and wellbeing.

This month we would like to challenge our readers to one random act of kindness a day. Because practice makes perfect and actions become habits. Working towards building a strong community, one day at a time.

THIS MONTH'S SUCCESS STORY

'LITTLE HERO BEARS' DEBUT AT THE 2022 AKWESASNE WELLNESS FAIR

On July 13, 2022, Akwesasne Child and Family Services, along with the Akwesasne Mohawk Ambulance, introduced their newest team member: the *Little Hero Bears*.

We are pleased to announce that the AMA, as well as staff here at ACFS, are now fully-equipped with



these stuffed bears that are designed to assist children with stress and fear if they were ever in a time of need.

The bears are also known as 'Bears That Care' and they will be available for bear hugs when needed.

Please welcome the 'Little Hero Bears' to our team!

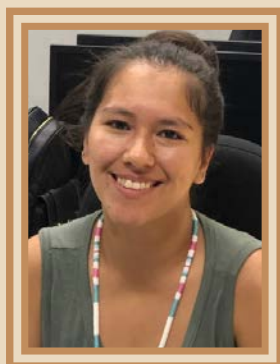
ACFS and AMA staff from right to left:
Marcey T, Keisha M, Falan B, Dennis B, Korbin L,
Kristen C, and Aidan L.

INTAKE & INVESTIGATION UNIT UPDATES

The ACFS Intake and Investigation Unit recently welcomed two new individuals to the team!

The team has had the privilege to participate in a much needed Wellness Day, noting the importance of self-care to prevent burnout.

The team also wanted to commend their supervisor for always providing them with a safe space to talk as well as offering the support needed to produce a successful working team.



Onkiehtineh Onkwaksatah
"We Will Protect Our Children"



RESOURCE DEVELOPMENT

WHAT IS KINSHIP?

Kinship Service and Kinship Care are alternative options, like Fostering or Customary Care, for children and youth who need to leave for safety reasons. This living arrangement can be with a family member, community member, or someone who has a connection to the child such as god parents, friends, teacher, or a neighbor.

BENEFITS OF KINSHIP:

- Reduces the stress and trauma on the child or children
- Family and community relationships are preserved
- The child/youth maintain their cultural/religious ties



UPCOMING EVENTS

- **Moccasin Making Class**
August 3, 2022
- **STEM Camp**
August 8-12, 2022
- **Food Preservation Class**
August 17, 2022
- **Youth Social Skills**
August 30, 2022
- **August is Kinship Awareness Month**
Pop-up events held throughout the month!

*****PLEASE CHECK THE ACFS FACEBOOK PAGE FOR MORE INFORMATION, EVENTS & UPDATES*****