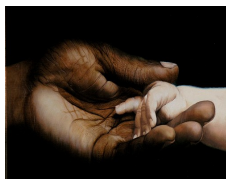


## **24/ 7 Support & Assistance in any Crisis Situation**

If you find yourself in any troubling or upsetting situation/crisis and feel you are in need of support and/or guidance please don't hesitate to call Mobile Crisis Services. We are here for you and will listen non-judgmentally and supportively while maintaining your confidence.

This confidentiality will be waived if you threaten to harm yourself or someone else, or a disclosure of child abuse/assault.

By law, a worker is obligated to report this information to the proper authorities such as Police and/or Children's Aid Society



**We Care!!**

**24/7  
519.445.2204  
or Toll Free  
1.866.445.2204**

## **Six Nations Mobile Crisis Services Here for you 24 hrs 7 days /wk**

We will provide children, youth and families with immediate crisis response.

We will provide Supportive & Non-judgmental Listening,

All Calls Confidential,

Referrals to Appropriate Agencies by Request,

Provide Community Resources,

We will provide support in a Holistic, Culturally Appropriate Manner



**Six Nations Mobile Crisis Services**

**24/7  
519.445.2204  
or Toll Free  
1.866.445.2204**

**" Taking Care of Our Own"**



## **Six Nations of the Grand River Child & Family Services**

### **Mobile Crisis Services**

### **Handling the Holidays**



**" Taking Care of Our Own"**

**24/7  
519.445.2204  
or Toll Free  
1.866.445.2204**

## Handling the Holidays

Holidays are the biggest and usually most challenging times of all. As they are a time for family and friends to come together. How can you celebrate togetherness when there is none? When you have lost someone special, your world loses its celebratory virtues. Holidays magnify the loss. The sadness feels sadder and the loneliness goes deeper. The need for support may be the greatest during the holidays.

You can and will get through the Holidays. Rather than avoiding the feelings of grief, release into them. It is not the grief you want to avoid, it is the pain. Grief is a way out of the pain. Grief is our internal feelings and mourning is our external expressions.

Here are some tips on ways to externalize your loss –give it a name and a place

- A prayer before the Holiday dinner, about your loved one.
- Light a candle for your loved one.
- Do a tribute online for them.
- Share a favorite story about your loved one.
- Have everyone tell a funny story about your loved one.
- Chat online about your loss of loved one.

Although, most agencies will be closed during the Holidays. **Six Nations Mobile Crisis Services** is available 24 hours a day 7 days a week. 519.445.2204 or toll free 1.866.445.2204

Reach out for unconditional support, you do not need to be alone with your emotions during the holidays.



## Self Care During the Holidays

- **Pray, offer tobacco, smudge, meditate**
- **Nurture yourself ie. Bubble bath**
- **Journal your thoughts and feelings**
- **Be gentle with yourself and protect yourself**
- **Don't do more that you want, and don't do anything that doesn't serve you or your loss.**
- **Do allow time for feelings**
- **Share your feelings**
- **Allow others to help**
- **Don't ask if you can help or should help a friend in grief. Just Help! Find ways to invite them to group events or just out for coffee**
- **Do, in grief, pay extra attention to the children, as they are often the forgotten grievers**

### Just Remember

**Holidays are clearly the hardest to get through after a loss. Remember to be true to you and your feelings. It is very important that we be present for the loss in whatever form the Holidays take. Your feelings will be up and down and that's okay! Share your feelings with a friend or family member who is supportive and understanding. Whatever you experience, just remember that sadness is allowed because death, as they say, doesn't take a Holiday. Just Remember to Reach out for Help and Support. You are Important!!**

**24/7  
519.445.2204  
or Toll Free  
1.866.445.2204**

**“ Taking Care of Our Own”**

## Support & Assistance



### Six Nations Mobile Crisis Services

**24 hr resource  
to contact during the holidays:**

Six Nations Mobile Crisis 519.445.2204  
toll free 1.866.2204

GanohkwaSra 519.445.4324

Kids Help Line 1.800.668.6868

Mental Health Care Brantford General  
519.752.2273

Crisis Assessment & Support Team 1.866.487.2278

St. Joseph's EPT– Hamilton 905.522.4941

Six Nations Police, Fire, Ambulance  
First Response 911

Facebook Moment For Life

Bereavement by Suicide Support Group  
Thursday evenings  
7-9pm Child & Family Services Group Room

**24/7  
519.445.2204  
or Toll Free  
1.866.445.2204**

**“ Taking Care of Our Own”**