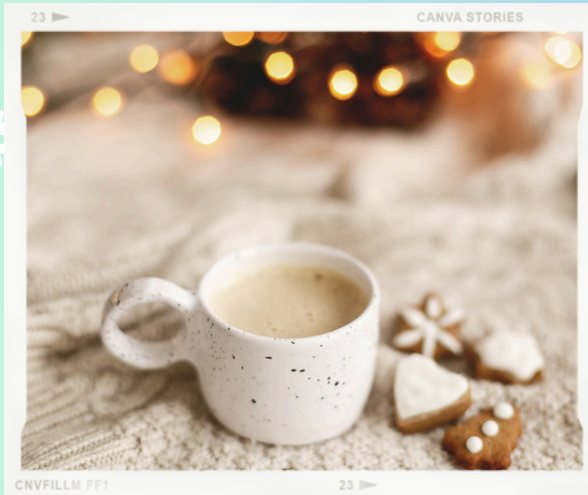




WINDSOR ESSEX CHILD/YOUTH ADVOCACY CENTRE

NEWSLETTER

October to December 2023



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- Wellness Wonderland: Tips on Staying Well During Winter
- Quarter 3 Statistics
- Thank you and Happy Winter!
- Annual Giving Campaign

Welcome Winter 2023-2024

WECYAC staff and students would like to wish you all a happy and healthy New Year.

The Winter months can inspire festive gatherings and activities of joy, togetherness and heartfelt memories with family and friends.

For some, though, the holidays and winter months can be a challenging time of stress, adversity, and a difficult trigger of strong emotions, pressures, or traumatic experiences.

The days are shorter, the mornings are darker and many of us want to hibernate. We would like to provide you with some self-help strategies you can use throughout the holiday season and winter months.

It is important that we maintain self-care through the Winter Season.



WINDSOR ESSEX CHILD/YOUTH ADVOCACY CENTRE

Wellness Wonderland: Tips for Winter Mental Wellness

EAT WELL

STAY
ACTIVE

FIND
SOCIAL
BALANCE



SPEND TIME
OUTSIDE

KNOW
YOURSELF

ENJOY A
HOBBY

During the winter months, paying attention to the little ways you can practice self-care will have a positive effect on your mental and physical well-being. A good place to start is "winterizing" your daily routine.

Start with gently monitoring your sleep schedule to ensure that you are allowing yourself the possibility to receive as much natural light as possible. Ensuring you receive enough natural light will provide your mind with the cues to stay on track with your natural sleep and wake cycles. If the weather allows and you can start your day with sunshine, even better!

Another great way to engage in self-care is winterizing your exercise routine. Not all winter days are unbearable. There are days you won't be outside for exercise, but stay committed to what you enjoy doing as best as you can. Whether that's walking, running or going to the gym, something is always better than nothing.

Make sure you stay well connected to others and engage in regular playtime..

As winter storms sometimes come without much notice, try to keep healthy snacks on hand during the winter months. Another great way to boost your mental well-being is by ensuring you are getting enough vitamin D.

Lastly, continue to know yourself. Trust yourself, your limits, your boundaries and rest when needed.

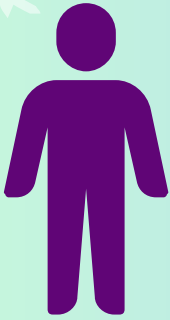
Stay Well.

WECYAC STATISTICS: Quarter 3

42 CHARGES LAID

Total Clients Served: 135

Total Victims: 45

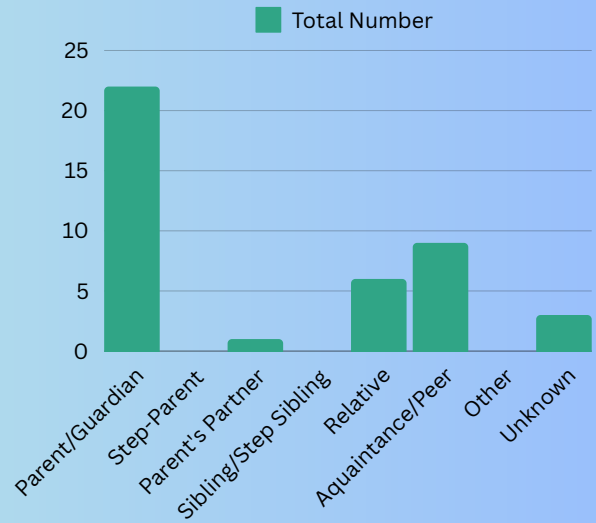


26 FEMALE

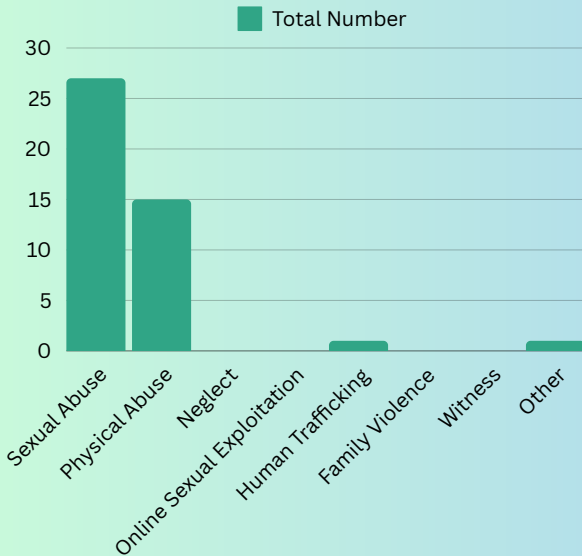


19 MALE

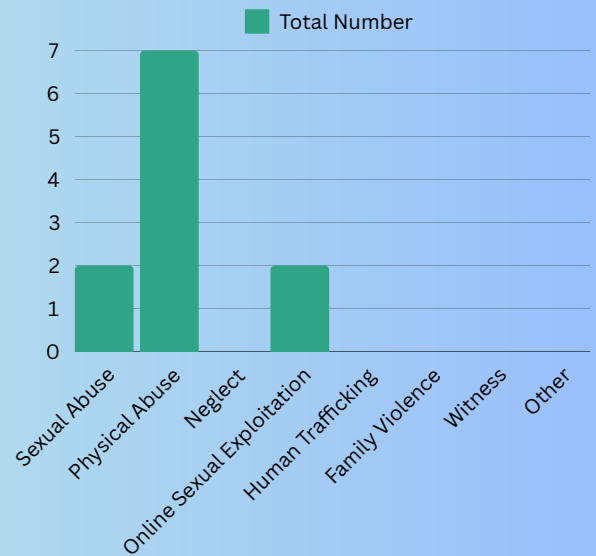
Relationship to Accused



Type of Abuse



Secondary Type of Abuse





WINDSOR ESSEX CHILD/YOUTH ADVOCACY CENTRE




ANNUAL GIVING CAMPAIGN

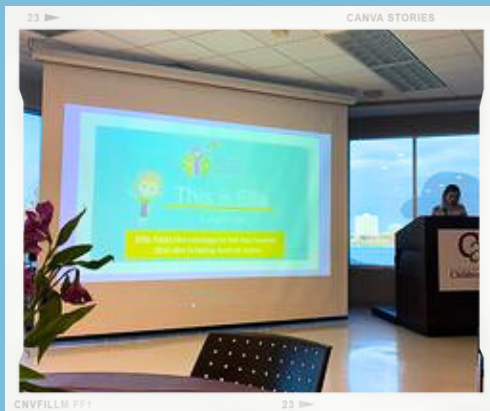
The Windsor Essex Child/Youth Advocacy Centre would like to extend our sincere gratitude to those who spread the word of our Annual Giving Campaign and to all that donated. Over the course of 28 days, WECYAC was able to raise \$8,750 in funding that will go directly to children/youth and their non-offending caregivers and family members. Your generous donations allow WECYAC to provide wrap around support and care.

On behalf of everyone here at WECYAC, we *thank you!*

DRESS PURPLE DAY



Jacqueline, an Advocate at WECYAC, was happy to represent WECYAC at Windsor Children's Aid Society's "Dress Purple Day." WECYAC was thrilled to stand along-side community providers working with children and youth, to discuss building a safer community for youth and families in Windsor-Essex.



Once again, we would like to extend a heartfelt thanks to all who continue support WECYAC and wishing you all a happy and healthy winter season. WECYAC is proudly funded by:



Department of Justice
Canada

Ministère de la Justice
Canada

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario



Proud Funded Partner of:
United Way
Centraide
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