

INSIDE:
Community Events,
Programs & Workshops!



Edwadrohe:k/Entewatia'taro:roke - We Will Gather/Come Together

Spring 2024
Leisure Activities Guide



March 1 - May 31, 2024

MESSAGE FROM SNGR's CEO OFFICE

She:kon,

I am so excited to announce the Spring 2024 Edition of the Țdwadrohe:k /Entewatia'taro:roke (We will gather/come together) Leisure Guide! This guide runs from March 1 until May 31, 2024.

This spring we have so many programs, workshops, classes, events, and more for you and your family to enjoy. We encourage the community to come together this spring to discover new skills, hobbies and more.

I am grateful for all the Six Nations of the Grand River (SNGR) departments and community organizations in the Six Nations Territory for creating events, programs, workshops, and classes that inspire our community members. This guide would not have been possible without SNGR Communications and Health Promotions. Their continuous efforts and hard work can be seen in this valuable resource guide!

I hope you enjoy watching mother earth bloom this season!

Nia:wen,



Nathan Wright, Interim CEO, Six Nations of the Grand River

MESSAGE FROM THE 59th ELECTED CHIEF

She:kon,

I'm very proud of the accomplishments of the Administrative Leadership and their Teams at Six Nations of the Grand River; their hard work is transformational in the types and quality of programs and services offered within our community.

The Spring Issue of the Leisure Guide highlights many fun, educational, and skill-building activities and opportunities that are available for all to enjoy. I encourage everyone to participate!!

Whether you are seeking to explore a new hobby, make new friends, or simply stay active, you will find something of your interest in the guide.

Yours in unity,



Sherri-Lyn Hill, Elected Chief, Six Nations of the Grand River






TABLE OF CONTENTS

MARCH CALENDAR	1
Community Events & Programs.....	3
Getting Active/Movement	6
Support Groups	10
Workshops & Classes	13
APRIL CALENDAR	17
Community Events & Programs.....	20
Getting Active/Movement	23
Support Groups	29
Workshops & Classes	33
MAY CALENDAR	39
Community Events & Programs.....	41
Getting Active/Movement	44
Support Groups	48
Workshops & Classes	49
MULTI-DAY/ONGOING EVENTS & PROGRAMS	55
CONTACT US	
Crisis Supports	58
59th Elected Chief & Council.....	60
SNGR Departments.....	60
Ways to Stay Connected	61

MONDAY	TUESDAY	WEDNESDAY
		
Badminton Drop-In (p. 6) Family Badminton (p. 6) The Great North American Eclipse (p. 4) Let's Get Moving (p. 7) Morning Spark (p. 7) Second Wind (p. 8)	Eating Well Series: Diabetes Prevention and Management (p. 13) Pickleball Drop-In (p. 8) Sit to Be Fit (p. 8) Soup for Seniors (p. 4) Spring Wellness Walks (p. 8) Strengthening Families (p. 10) Volleyball Drop-In (p. 9)	Chair Yoga (p. 6) Kids LEGO Club (p. 3) Lane Swim & Water Walking (p. 7) Tentewata:ton Dedwadado Market (p. 4) The Link Between Diabetes and Mental Health (p. 15)
March Break		
Badminton Drop-In (p. 6) Family Badminton (p. 6) Language Game Night (p. 13) Let's Get Moving (p. 7) Mitten Making Workshop (p. 14) Morning Spark (p. 7) Second Wind (p. 8)	Meal Prep Made Simple (p. 14) Mitten Making Workshop (p. 14) Pickleball Drop-In (p. 8) Sit to Be Fit (p. 8) Spring Wellness Walks (p. 8) Strengthening Families (p. 10) Volleyball Drop-In (p. 9)	Celebrating that Food is Our Medicine (p. 3) Chair Yoga (p. 6) Kids LEGO Club (p. 3) Lane Swim & Water Walking (p. 7) Tentewata:ton Dedwadado Market (p. 4)
Badminton Drop-In (p. 6) Family Badminton (p. 6) Let's Get Moving (p. 7) Morning Spark (p. 7) Second Wind (p. 8)	First Day of Spring	Chair Yoga (p. 6) Kids LEGO Club (p. 3) Lane Swim & Water Walking (p. 7) Mind, Body & Soul: Women Empowerment Series (p. 14) Oh Cravings: Cooking Classes (p.14) Tentewata:ton Dedwadado Market (p. 4)
Badminton Drop-In (p. 6) Elders Group (p. 13) Family Badminton (p. 6) Let's Get Moving (p. 7) Morning Spark (p. 7) Second Wind (p. 8)	Maple Supper & Social (p. 3) Pickleball Drop-In (p. 8) Plant-Based Eating (p. 14) Sit to Be Fit (p. 8) Soup for Seniors (p. 4) Spring Wellness Walks (p. 8) Strengthening Families (p. 10) Volleyball Drop-In (p. 9)	Chair Yoga (p. 6) Kids LEGO Club (p. 3) Lane Swim & Water Walking (p. 7) Mind, Body & Soul: Women Empowerment Series (p. 14) Safe Food Handling (p. 4) Tentewata:ton Dedwadado Market (p. 4)

ALSO ON THE 12th: Soup for Seniors (p. 4)



THURSDAY	FRIDAY	SATURDAY/SUNDAY
	AquaFIT (p.6) Let's Get Moving (p. 7) Soccer Tots & Soccer Troops Registration (p. 8) Tee Ball Registration (p. 9)	1
		2
Ladies Drop-In Volleyball (p. 7) Second Wind (p. 8)	Int'l Women's Day AquaFIT (p.6) International Women's Day Lunch & Learn (p. 13) Let's Get Moving (p. 7)	3
		4
Ladies Drop-In Volleyball (p. 7) Second Wind (p. 8)	Ladies Drop-In Volleyball (p. 7) Second Wind (p. 8)	5
		6
6N Film Club (p. 3) Ladies Drop-In Volleyball (p. 7) Lil Stars Softball (p. 7) Second Wind (p. 8)	World Water Day AquaFIT (p.6) Let's Get Moving (p. 7) Oh Cravings: Cooking Classes (p.14)	7
		8
Breastfeeding Social Group (p. 10) Ladies Drop-In Volleyball (p. 7) Lil Stars Softball (p. 7) SafeTALK (p. 15) Second Wind (p. 8)	Closure Notice: Most SNGR departments are closed today, but we encourage you to attend the 55th Annual Easter Scramble! (p.3) Regular office hours resume April 2, 2024 @ 8:30am.	9
		10

Looking for MARCH BREAK CAMPS? See March Break program information in the Multi-Day/Ongoing Events section! (p. 56-57)



COMMUNITY EVENTS & PROGRAMS (MARCH)

NEW New Event
▲ Outdoor Event

55th Annual Easter Scramble ▲

SIX NATIONS PARKS & RECREATION

Join us for the 55th Annual Easter Scramble at the Parks & Recreation Grounds. **Ages: 10 & under**

Date: Friday, March 29 | **Time:** 10am-12pm | **Location:** Parks & Rec Grounds (1738 Fourth Line)

Contact: Tony Johnson | (519) 445-4311 | rsepc1@sixnations.ca

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Film lovers are welcome to join our monthly meet on the third Thursday of the month at Dajoh. Explore the works of various filmmakers. See and discuss some of the best movies you've never heard of. **Ages: 15+**

Dates: March 21, April 18 & May 16 | **Time:** 6-8:30pm | **Location:** Dajoh (1738 Fourth Line)

Contact: Front Desk | (519) 445-2954 | info@snpl.ca

Kids LEGO Club

SIX NATIONS PUBLIC LIBRARY

Master builders welcome for stories and LEGO! **Ages: 8-12**

Duration: Every Wednesday (March 6-June 12) | **Time:** 5-6pm

Location: Public Library – Upstairs (1679 Chiefswood Road)

Registration Required: Six Nations Public Library | (519) 445-2954 | info@snpl.ca



Maple Supper & Social

SNHS' COMMUNITY HEALTH & WELLNESS, LIFE PROMOTION

Bring your friends & family out to enjoy an evening of supper, social singing, and dancing. Supper will be provided while supplies last. **All ages**

Date: Tuesday, March 26 | **Time:** 5:30-7:30pm | **Location:** Community Hall (1738 Fourth Line)

Contact: Arli Harrison | (519) 754-7359 | aharrison@sixnations.ca

Nutrition Month Event: Celebrating that Food is our Medicine

SIX NATIONS HEALTH SERVICES

Come out for an afternoon at the Community Hall to enjoy a meal, activities for all ages, entertainment, prizes and more! The Tentewatá:ton Dedwadado' Community Market will also be selling fresh fruit and vegetables to the community. **All ages**

Date: Wednesday, March 13 | **Time:** 1-5pm | **Location:** Gathering Place (2593 Chiefswood Road)



Transportation: Contact to Inquire

Contact: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

Safe Food Handling

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This free certification course is open to all Six Nations community members! Learn general principles of safe food handling. Topics include Temperature Control, Cross-Contamination, Personal Hygiene, Cleaning and Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: 15+**

Dates: Wednesday, March 27, April 10 & May 22 | **Time:** 8:30am-5pm

Location: Parks & Recreation Conference Room (1738 Fourth Line), White Pines Wellness Centre Boardroom (1745 Chiefswood Road)

Registration Required: Michelle Jamieson | (519) 445-2809 | michellejamieson@sixnations.ca

Soup for Seniors ▲

SNHS' COMMUNITY HEALTH & WELLNESS

A weekly drive-thru service that provides a free hot bowl of soup to Six Nations Elders 55+ **Ages: Seniors 55+**

Duration: Every Tuesday | **Time:** 11am-1pm (or until soup runs out)

Location: Wagyo'sehta'geh (1745 Chiefswood Road)

Contact: Kaya Hill | (519) 732-4026 | hpcfa2@sixnations.ca

Tentewatá:ton Dędwadado Community Market

SNHS' COMMUNITY HEALTH & WELLNESS

The weekly market offers fresh fruits and vegetables to the community. Everyone is welcome! Please remember we take cash only and don't forget to bring your own bags! **All ages**

Date: Every Wednesday | **Time:** 1-5pm | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Contact: Grace Hess | (519) 750-4908 | gracehess@sixnations.ca

NEW The Great North American Eclipse ▲

ENVIRONMENT, HEALTH SERVICES & SIX NATIONS PUBLIC LIBRARY

Join one of our information sessions about the upcoming total solar eclipse over Six Nations Territory! A guest speaker will present from 6:30-7:45pm. Refreshments provided. **All ages.**

Date: Monday, March 4 | **Time:** 6-8pm | **Location:** GREAT Theatre (16 Sunrise Court) or

Time: 3-4pm | **Location:** Six Nations Public Library (1679 Chiefswood Road)

Experience the total solar eclipse with us on April 8th! Hot chocolate will be provided. Ensure a safe viewing experience by acquiring protective glasses available at the Six Nations library.

Date: Monday, April 8 | **Time:** 1:30-3:30pm | **Location:** Veterans Park (17 Veterans Lane)

Start of Partial Eclipse: 2:03:21 (When the moon begins to cover the sun)

Start of Full Eclipse: 3:17:32 | **End of Full Eclipse:** 3:18:42

Contact: Julia Zazzarini | (226) 227-2103 | mett@sixnations.ca or
Cindy Martin | (519) 445-2809 ext. 2337 | cindymartin@sixnations.ca

Transfer Station Closure Notice

The Six Nations Transfer Station will be closed on **Friday, March 29th** for Good Friday.

The Transfer Station will return to regular business hours on **Tuesday, April 2nd.**

The Transfer Station is currently on Winter Hours of **8am-4:30pm** (Final Load-In at 4:15).

For inquiries, call the Transfer Station at **519-445-1212.**

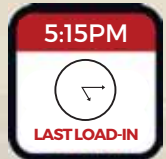


Transfer Station Summer Hours

The Six Nations Transfer Station summer hours will begin on **Tuesday, April 9th, 2024.** Summer hours are **8am-5:30pm** with the last load in happening at **5:15pm.**

The Transfer Station is **open Tuesday-Saturday**, and is **closed Sunday and Monday.**

For inquiries, call the Transfer Station at **519-445-1212.**



What you should know about *Lyme* Disease



Despite the colder weather, we are entering into a 2nd peak time for Black Legged tick submissions. Most ticks at this time of year are black legged ticks, as they aren't overlapping with the abundant American dog ticks (or Wood ticks). So when someone talks about ticks at this time of year there is definitely an increased level of interest and risk.



For more information visit Canada.ca/LymeDisease

You can submit your ticks to Gane Yohs Health Clinic– Public Health. The ticks will be sent to the lab to test for Lyme Disease. Call Public Health 519-445-2672 or Health Promotion– Community Educators 519-445-2809 for Tick Submission information.



PREVENT
CHECK
TAKE ACTION



Indigenous Services
Canada

Services aux
Autochtones Canada



GETTING ACTIVE/MOVEMENT (MARCH)

NEW New Event
▲ Outdoor Event

AquaFIT

SNHS' HEALTH PROMOTION

A low-impact exercise class in a pool. AquaFIT is great for those with arthritis, recovering from knee surgeries, seniors, and those who are inactive and looking to get active. **Ages: Adults 18+**

Duration: Every Friday (March 8-April 26)* | **Time:** 10:45-11:45am

***Holiday Dates (No Program):** March 29 | **Transportation:** First-come, first-serve

Location: Wayne Gretzky Centre (254 N Park St, Brantford)

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Badminton Drop-In

PARKS & RECREATION

Join us on Monday evenings at the Dajoh Gymnasium for Drop-in Badminton! **Ages: 16+**

Duration: Every Monday (March 4-April 22)* | **Time:** 7-8:30pm

***Holiday Dates (No Program):** April 1 | **Location:** Dajoh Gym (1738 Fourth Line)

Contact: (519) 445-4311 | rsepc1@sixnations.ca

Chair Yoga

SNHS' HEALTH PROMOTION

Join us in the Seneca Room at Dajoh for an adaptive yoga class that utilizes a chair to complete poses. A focus will be put on pain reduction, balance, joint-freeing movements, and breath work. **Ages: Seniors 50+**

Duration: Every Wednesday (March 6-May 29) | **Time:** 10:30-11:30am

Location: Dajoh, Seneca Room (1738 Fourth Line) | **Transportation:** Contact to Inquire

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Family Badminton

PARKS & RECREATION

Join us for Family Drop-in Badminton! **All ages**

Duration: Every Monday (March 4-April 22)* | **Time:** 6-7pm

***Holiday Dates (No Program):** April 1 | **Location:** Dajoh Gym (1738 Fourth Line)

Contact: (519) 445-4311 | rsepc1@sixnations.ca




NEW New Event

Outdoor Event

GETTING ACTIVE/MOVEMENT (MARCH)

Ladies Drop-In Volleyball

PARKS & RECREATION

Join us on Thursday evenings for Ladies Drop-in Volleyball! **Ages: Ladies 12+**

Duration: Every Thursday (March 7-May 30) | **Time:** 7-8:30pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: (519) 445-4311 | rsepc1@sixnations.ca

Lane Swim and Water Walking

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This ten week aquatic program will allow you the choice of one or both activities (lane swimming and/or water walking) each day. This program is suitable for all fitness levels and will allow community members who cannot tolerate land-based exercises the opportunity to improve their strength and endurance while exercising in the water. **Ages: Adults 18+**

Duration: Every Wednesday (March 6-May 15) | **Time:** 9-10am

Location: Wayne Gretzky Centre (254 N Park St, Brantford)

Registration Required: Julie Villamere | Text or call: (519) 754-5730 | hpk8@sixnations.ca

Let's Get Moving

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

A total body exercise class for community members wanting to get active and start a program to improve function, strength, range of motion and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Adults 18+**

Duration: Every Monday & Friday (March 1-May 31)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** April 1 & May 20 | **Transportation:** Available upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Lil Stars Softball

PARKS & RECREATION

Lil Stars Softball program begins on March 21. Registration begins March 1. **Ages: Children 4-6**

Duration: Every Thursday (March 21-April 25) | **Time:** 6-7pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Required: (519) 445-4311 | rsepc1@sixnations.ca

Morning Spark

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This is a morning drop-in program. Participants can arrive at their preferred time and start the exercise routine independently. This program is a combination of strength and cardiovascular training presented in a circuit form. Participants will develop strength, endurance, balance, and body awareness. Available to community members looking to stay active, indoors during the cooler months. **Ages: Adults 18+**

Duration: Every Monday (March 4-May 13)* | **Time:** 8:30-10am

***Holiday Dates (No Program):** April 1 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | Call or text (519) 754-5730 | hpk8@sixnations.ca

Pickleball Drop-In

PARKS & RECREATION

Now offering afternoon or evening sessions for Drop-In Pickleball on Tuesdays! **All ages**

Duration: Every Tuesday (March 5-April 23) | **Location:** Dajoh Gym (1738 Fourth Line)

Afternoon Time: 2-3:30pm | **Evening Time:** 6-7:30pm

Contact: (519) 445-4311 | rsepc1@sixnations.ca

Second Wind

SNHS' HEALTH PROMOTION

Join us for a strength-based exercise class designed for individuals with chronic lung disease or illnesses. The program focuses on strengthening using resistance bands and body-weight as well as breathing techniques. Participants will learn to exercise in a safe environment utilizing a chair. Classes run with the aid of Occupational Therapists, Kinesiologists, and the Healthy Lifestyle Coordinator. **Ages: Seniors 55+ or those with chronic illnesses**

Duration: Every Monday & Thursday (March 4-May 30)* | **Time:** 10:30-11:30am

***Holiday Dates (No Program):** April 1 | **Transportation:** Contact to Inquire

Location: Dajoh – Tuscarora/Cayuga Room (1738 Fourth Line)

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Designed to maintain function and total body strength to help prevent falls, this is a free drop-in seated exercise program that uses body weight, TheraBand, therapy balls and free weights. The Sit to Be Fit program is run by an exercise facilitator from the Canadian Alzheimer's Society. **Ages: Seniors 55+**

Duration: Every Tuesday (March 5-May 28) | **Time:** 2-3pm

Transportation: Available upon Request | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Soccer Tots & Soccer Troops: Registration ▲

PARKS & RECREATION

Registration for Soccer Tots & Soccer Troops begins on March 1st. Game days will be on Tuesday evenings beginning May 21st! **Ages: 3-9**

Duration: Every Tuesday (Game Days start May 21) | **Time:** TBD | **Registration Opens:** March 1

Registration Required: (519) 445-4311 | rsepc1@sixnations.ca

Spring Wellness Walks ▲

SNHS' HEALTH PROMOTION

Join us for a weekly walk/hike on local trails both on and off reserve. Specific locations for each date will be provided upon registration. **All ages**


NEW New Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (MARCH)

Duration: Every Tuesday (March 5-April 23) | **Time:** 9-10:30am | **Location:** Various Trails
Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Tee Ball: Registration ▲

PARKS & RECREATION

Registration for Tee Ball begins on March 1st. Game days will be on Monday evenings beginning May 27th! **Ages:** 4-6

Duration: Every Monday (Game Days start May 27) | **Location:** Six Nations Ball Diamonds
Registration Opens: March 1 | (519) 445-4311 | rsepc1@sixnations.ca

Volleyball Drop-In

PARKS & RECREATION

All skill levels are welcome to join us for drop-in Volleyball on Tuesday evenings at the Dajoh Gymnasium! **Ages:** 12+

Duration: Every Tuesday (March 1-April 23) | **Time:** 7:30-9pm
Location: Dajoh Gym (1738 Fourth Line) | **Contact:** (519) 445-4311 | rsepc1@sixnations.ca

WANTED! Community Members For the Hiring & Grievance Committees

The Human Resources Department is actively recruiting Six Nations' band registered community members to participate on their Hiring Committees during regular working hours.

Training will be provided for all new committee members. This is a great opportunity for you to "give back" and use your experience to help select our future workforce!

Required Information Needed: Name, Phone/Cell #, Committee Preference (Hiring Committee, Grievance Committee, or Both), Employment Area of Expertise and Availability

*Current Six Nations of the Grand River Employees and Councilors are NOT ELIGIBLE to participate on the committees.

For more information or to express interest in joining the Hiring & Grievance Committees please contact, Lesleigh Rusnak at HRBP1@sixnations.ca or mail/drop-off information at:
 Human Resources Department
 1697 Fourth Line Road, Ohsweken, N0A 1M0
 P.O. Box 5000





SUPPORT GROUPS (MARCH)

NEW New Event

▲ Outdoor Event

Breastfeeding Social Group

SNHS' COMMUNITY HEALTH & WELLNESS, CHILD & YOUTH HEALTH

All community members who support breastfeeding are welcome to join the Breastfeeding Social Group to share experiences and support other community members. This group will meet on the last Thursday of the month. **All ages; those who support breastfeeding**

Dates: Thursday, March 28, April 25 & May 30 | **Time:** 12-1pm

Location: Virtual (Zoom) or Family Gatherings (18 Stoneridge Circle)

Registration Required: Stephanie George | (519) 445-4922 | sgeorge@sixnations.ca

NEW Strengthening Families (We Want to Hear From You!)

SNSS' CHILD AND FAMILY WELLBEING TASK FORCE

Creating spaces for community members to discuss strengthening families. Topics include: legislation changes, how these impact families, and how these changes can be used to strengthen families. This will be an ongoing hybrid (online/in-person) group. Activities/discussion based on what the group prefers. **Ages 18+; those caring for family members through the child welfare system**

Dates: Every Tuesday (March 1-June 4) | **Time:** 5-7pm | **Transportation:** Contact to Inquire

Location: Virtual and physical locations are to be determined

Registration Required: Charity Neuert | charityneuert@sixnations.ca

SOUP FOR SENIORS

Free for Six Nations Elders and
Seniors (age 55+)

OPEN 11 AM UNTIL
SOUP IS GONE!



White Pines Wellness Center
(1745 Chiefswood Rd, Ohsweken)
Wagyo'sehta'geh (The Visiting Place)
Drive-Thru Only
Every Tuesday



Onkwehón:we Health Check-In

- A Six Nations-specific, culturally appropriate, and respectful community health survey.
- Questions on many topics: health, connection to culture, residential school attendance, access to health services, access to clean water, etc.

WHY ?

- To find out the health status of the community, e.g. how many people have heart disease?
- To see what our biggest health concerns are in the community.
- To identify factors that impact our health, e.g. what are impacts of residential schools on health?
- For planning and prioritizing community resources.
- To provide strong evidence to funding agencies.

WHO ?

- Developed by Six Nations people, for Six Nations people.

WHERE ?

- Six Nations of the Grand River
- Surrounding areas: Brant, Hamilton, Norfolk, Niagara

WHEN ?

- Beginning March 9, 2024.
- Every 5 to 10 years.



Connect with Us:

Jacqui Powless, Project Manager
C: (519) 751-9671 E: chspm@sixnations.ca

Jane Cavan Henhawk,
Community Engagement Coordinator
C: (519) 761-1500 E: chwec@sixnations.ca

#OHCheckInIt



How Well...is your WELL

DID YOUKNOW?

That you need to have your well/cistern water tested at least 3 times per year, Spring, Summer and Fall. Or anytime you notice a change in your water. Pick up a test bottle today. We are located at White Pines Wellness Centre 1745 Chiefswood Rd.

What we test for and why?

We offer free bacteriological water tests for wells and cisterns on Six Nations

Coliforms and E. coli (types of bacteria) acts as indicators and help determine whether water is safe for drinking. **Coliform** bacteria is present in animal waste and sewage but may also be found in soil and vegetation, therefore, these bacteria may originate from septic systems leachate, animal manure or soil run-off. **E. coli** (Escherichia coli) are bacteria found in the intestinal tract of people and animals, therefore its presence in water would indicate recent sewage contamination. E. coli and other types of bacteria found in sewage may cause disease.

Next Steps:

If your water sample comes back indicating the presence of Coliforms and/or E-coli (forms of bacteria), follow the recommended disinfection procedures appropriate for your well/cistern. **Note: Your water may be unsafe to drink unless boiled or treated.** Follow up within one to two weeks with a second water sample after treatment procedures. If the second sample comes back indicating the presence of bacteria, follow-up with the Community Educator (CE) too contact the EPHO, (Environmental Public Health Officer). The EPHO will inspect your well/cistern and make **recommendations** on where the contamination could be coming from along with **recommendations** on what you could do to correct the problem. * **It is up to the homeowner/tenant whether they correct the problem.**

It's that time of year... To get your well & cistern water tested

Drop off water sample at Health Promotions office 1745 Chiefswood Rd. White Pines Wellness Centre (2nd Floor) by 2:00pm, Monday to Thursday. If you are an elder, please call for appointment to have your water tested by the Community Educator.

For more information contact the Community Educators located at Health Promotions **519-445-2809**





WORKSHOPS & CLASSES (MARCH)

NEW New Event
▲ Outdoor Event

NEW Eating Well Series

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Learn how to eat well to prevent and/or manage chronic diseases. This series will run monthly on Tuesday evenings and cover one of the following topics each month: diabetes, cancer prevention, liver health, heart health, mood and arthritis. This class will include an interactive presentation and a dietitian-led cooking session. **Ages: Adults 18+ interested in preventing and/or managing fatty liver disease, type 2 diabetes, heart disease, arthritis, cancer and mood**

March 5: Diabetes Prevention & Management | **April 2:** Liver Health | **May 7:** Cancer Prevention

June 4: Improved Mood | **July 2:** Heart Health | **August 6:** Arthritis | **Time:** 4:30-6:30pm

Location: White Pine Wellness Centre (1745 Chiefswood Road)

Transportation: Contact to Inquire | **Registration:** Required for each class

Contact: (519) 754-7405 | dietitian@sixnations.ca

Elders Group

SNSS' FAMILY GATHERINGS

Once per month, Family Gatherings is hosting a social gathering for elders on Monday afternoons. **Ages: Seniors 55+**

Dates: Monday, March 25, April 15 & May 13 | **Time:** 1-3pm | **Transportation:** Contact to Inquire

Location: Family Gatherings (18 Stoneridge Circle)

Registration Required: Karissa Elliott | (519) 445-2565 | kelliott@sixnations.ca

NEW International Women's Day Lunch & Learn

SNSS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Do you find it difficult to find credible nutrition information geared towards women? Join Registered Dietitians for a virtual lunch and learn on International Women's Day to uncover topics related to women's health along the lifecycle. Please contact for more information or to register for the webinar and submit any questions beforehand. A prize draw will be conducted at the end of the session! **All ages**

Dates: Friday, March 8 | **Time:** 12-1pm | **Location:** Virtual

Registration Required by Email: Britney Rogerson | britneyrogerson@sixnations.ca

Language Game Night

SNSS' FAMILY GATHERINGS

Join us for language game night. Get together to learn, practice and play in a relaxing environment. Bring your friends and relatives. Under 13 must be accompanied by an adult. (Also looking for volunteers to help make and translate games with staff. These games will be available to borrow or to download.) **All ages; language learners**



Dates: Monday, March 11, April 22 & May 13 | **Time:** 6-8pm

Location: Six Nations Public Library – Upstairs (1679 Chiefswood Road)

Contact: (519) 445-2954 | info@snpl.ca

Meal Prep Made Simple

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us for a virtual meal-prepping class where we plan and make meals that you can have ready in no time on busy days. **All ages; busy families**

Dates: Tuesday, March 13, April 9 & May 14 | **Time:** 1-2pm | **Location:** Virtual (Zoom)

Registration Required: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

NEW Mind, Body & Soul: Women Empowerment Series

SNSS' SIX NATIONS CHILD AND FAMILY SERVICES, FAMILY SUPPORT UNIT

This empowerment series, for women in the Six Nations and New Credit communities, will run for 8 weeks– Wednesday, March 20-Wednesday May 8, 2024. Participants may choose to attend virtually via Zoom, or in-person. The series will host guest presenters for each week. **Ages: Women 18+**

Duration: Every Wednesday (March 20-May 8) | **Time:** 1-3pm

Virtual Location: Zoom | **In-Person Location:** To Be Determined

Registration Required: Dena Annett | (226) 802-1746 | fsw4@sixnations.ca

NEW Mitten Making Workshop

SNSS' KANIKONRIIO CHILD & YOUTH PROGRAMS, INDIGENOUS COMMUNITY WORKER

The Indigenous Community Worker Program will be hosting a 2-day traditional mitten making workshop for youth! **Ages: Youth 12-17 living in Brantford**

Dates: Monday, March 11 & Tuesday, March 12 | **Time:** 12-4pm

Transportation: Contact to Inquire | **Location:** Harmony Square (120 Colborne Street, Unit 105)

Registration Required: Opens March 4 | (519) 732-5607 | kaicw2@sixnations.ca

NEW Oh Cravings: Cooking Classes!

SNSS' KANIKONRIIO CHILD & YOUTH PROGRAMS, INDIGENOUS COMMUNITY WORKER

The Indigenous Community Worker Program provides off-reserve services and support. Youth aged 12-17 are welcome to learn how to make a healthy protein-packed breakfast as well as tacos from scratch! **Ages: Youth 12-17 living off reserve**

Dates: Wednesday, March 20 & Friday, March 22 | **Time:** 4-6pm

Transportation: Contact to Inquire | **Location:** Harmony Square (120 Colborne Street, Unit 105)

Registration Required: Open March 4 | (519) 732-5607 | kaicw2@sixnations.ca

Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Learn how to prepare nutritious, satisfying vegetarian & vegan meals! All ingredients provided. This class is appropriate for anyone wanting to include more plants on their plate. **Ages: Adults 18+**


NEW New Event

▲ Outdoor Event

WORKSHOPS & CLASSES (MARCH)

Dates: Tuesday, March 26, April 23 & May 28 | Time: 5-6:30pm

Transportation: Contact to Inquire | Location: White Pines Wellness Centre (1745 Chiefswood Rd)

Registration Required: (519) 754-7405 | dietitian@sixnations.ca

SafeTALK

SOCIAL SERVICES, CLINICAL SERVICES UNIT

SafeTALK is a half-day training workshop in suicide alertness skills. Learn four basic steps to create a life-saving connection. Light refreshments provided. Workshop will take place 2-4 times per year on Tuesday or Thursday evening. **Ages: 15+**

Dates: Thursday, March 28 | Time: 4-8:30pm |

Location: Ontario Works Room, Iroquois Village Plaza (1721 Chiefswood Road)

Registration Required: Kim Discipline | (519) 445-0408 | scsu@sixnations.ca

NEW The Link Between Diabetes and Mental Health

SOCIAL SERVICES, CLINICAL SERVICES UNIT

Join us for dinner, a virtual presentation and prizes. Learn the difference between Type one and Type two Diabetes and how the condition can impact mental health and wellbeing. Childcare provided. **All ages; those that have, know, or care for someone living with Diabetes or is at risk of developing Diabetes**

Date: Wednesday, March 6 | Time: 5:30-8pm

Location: Stoneridge Children's Centre (18 Stoneridge Circle)

Registration Required: Kim Discipline | (519) 445-0408 | scsu@sixnations.ca

Youth Cooking

SNHS' CHILD & YOUTH HEALTH

Join us on Tuesday evenings with a family member to learn to prepare different recipes every month in our youth cooking class! **Ages: Preteens/Teens 10-17**

Dates: Tuesday, March 19, April 16 & May 21 | Time: 4:30-6:30pm

Transportation: Contact to Inquire | Location: White Pines Wellness Centre (1745 Chiefswood Rd)

Registration Required: Claire Nanda | (548) 328-1838 | cyhrd2@sixnations.ca



DON'T FORGET:

You can also access the Leisure Guide online at: sixnations.ca, by visiting our social media pages, or by logging into the SNGR App!





SERVICE ONTARIO OHIP "HEALTH CARD" RENEWAL CLINIC



Location: White Pines Wellness Centre
(1st Floor - 1745 Chiefswood Road)

Dates: Feb. 7, Mar. 6, Apr. 17, May. 15,
June 12, 2024

Time: 10:00am – 3:00pm

Call to register: (519) 445-2418

LIMITED SPOTS AVAILABLE

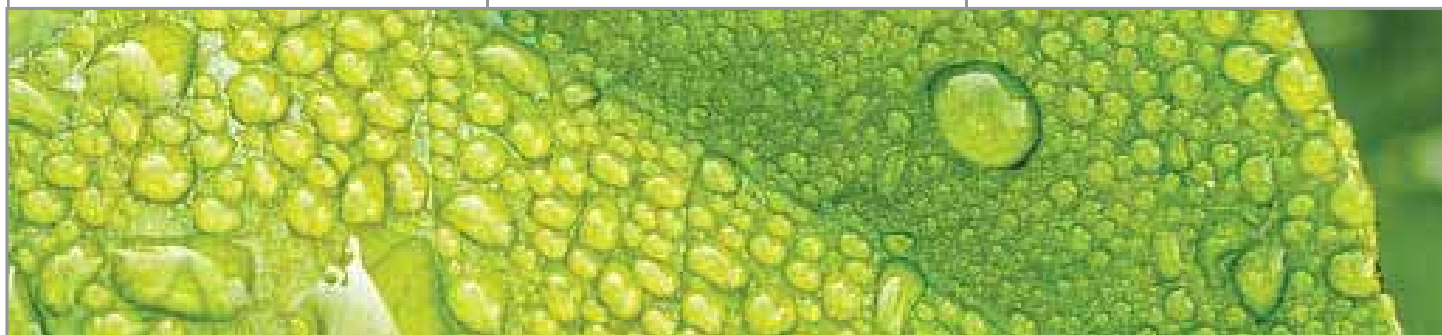
REMINDER: 3 Pieces of Identification Required:

1. Proof of Citizenship – Status Card, Valid Canadian Passport, Birth Certificate
2. Proof of Residency – Monthly mailed Bank Statements, School – College or University Report Card or transcript, Utility Bill (in your name)
3. Support of Identity - Valid Ontario Driver's Licence, Credit Card, Current Employee ID

MONDAY	TUESDAY	WEDNESDAY
<p>Closure Notice: All SNGR departments are closed today for Easter Monday. Regular office hours resume April 2, 2024 @ 8:30am.</p>	<p>Eating Well Series: Liver Health (p. 33) Many Paths Program (p. 25) Pickleball Drop-In (p. 25) Sit to Be Fit (p. 26) Six Nations Virtual Book Club (p. 35) SNAP (p. 35) Soup for Seniors (p. 20) Spring Wellness Walks (p. 26) Strengthening Families (p. 29) Volleyball Drop-In (p. 26)</p>	<p>Chair Yoga (p. 23) Kids LEGO Club (p. 20) Infant Series (p. 34) Lane Swim & Water Walking (p. 24) Mind, Body & Soul: Women Empowerment Series (p. 34) Tentewata:ton Dedwadado Market (p. 21)</p>
<p>Badminton Drop-In (p. 23) Family Badminton (p. 23) The Great North American Eclipse (p. 21) Let's Get Moving (p. 24) Morning Spark (p. 25) Second Wind (p. 25)</p>	<p>Meal Prep Made Simple (p. 34) Pickleball Drop-In (p. 25) Sit to Be Fit (p. 26) Six Nations Virtual Book Club (p. 35) SNAP (p. 35) Soup for Seniors (p. 20) Spring Wellness Walks (p. 26) Strengthening Families (p. 29) Volleyball Drop-In (p. 26)</p>	<p>Chair Yoga (p. 23) Infant Series (p. 34) Kids LEGO Club (p. 20) Lane Swim & Water Walking (p. 24) Mind, Body & Soul: Women Empowerment Series (p. 34) Safe Food Handling (p. 20) Tentewata:ton Dedwadado Market (p. 21)</p>
<p>Badminton Drop-In (p. 23) Elders Group (p. 33) Family Badminton (p. 23) Let's Get Moving (p. 24) Morning Spark (p. 25) Second Wind (p. 25)</p>	<p>Many Paths Program (p. 25) Pickleball Drop-In (p. 25) Sit to Be Fit (p. 26) Six Nations Virtual Book Club (p. 35) SNAP (p. 35) Soup for Seniors (p. 20) Spring Wellness Walks (p. 26) Strengthening Families (p. 29) Volleyball Drop-In (p. 26) Youth Cooking (p. 35)</p>	<p>Chair Yoga (p. 23) Gone Too Soon (p. 34) Infant Series (p. 34) Kids LEGO Club (p. 20) Lane Swim & Water Walking (p. 24) Mind, Body & Soul: Women Empowerment Series (p. 34) Tentewata:ton Dedwadado Market (p. 21)</p>
<p>Earth Day</p>	<p>Pickleball Drop-In (p. 25) Plant-Based Eating (p. 35) Sit to Be Fit (p. 26) Six Nations Virtual Book Club (p. 35) SNAP (p. 35) Soup for Seniors (p. 20) Spring Wellness Walks (p. 26) Strengthening Families (p. 29) Volleyball Drop-In (p. 26)</p>	<p>Chair Yoga (p. 23) Infant Series (p. 34) Kids LEGO Club (p. 20) Lane Swim & Water Walking (p. 24) Mind, Body & Soul: Women Empowerment Series (p. 34) Tentewata:ton Dedwadado Market (p. 21)</p>
<p>Aerial Insectivores Project Species Workshop (p. 33) Construction Safety Training (p. 33) Let's Get Moving (p. 24) Morning Spark (p. 25) Second Wind (p. 25)</p>	<p>Construction Safety Training (p. 33) Many Paths Program (p. 25) Sit to Be Fit (p. 26) Six Nations Archery (p. 26) Six Nations Virtual Book Club (p. 35) SNAP (p. 35) Soup for Seniors (p. 20) Strengthening Families (p. 29)</p>	

DON'T FORGET: Check out the multi-day & ongoing events on p. 55!

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>Ladies Drop-In Volleyball (p. 23) Lil Stars Softball (p. 25) Second Wind (p. 25)</p> <p>4</p>	<p>AquaFIT (p.23) Let's Get Moving (p. 24)</p> <p>5</p>	6
		World Health Day 7
<p>Ladies Drop-In Volleyball (p. 23) Lil Stars Softball (p. 25) Second Wind (p. 25)</p> <p>11</p>	<p>AquaFIT (p.23) Let's Get Moving (p. 24)</p> <p>12</p>	13
		Ribbon Shirt Workshop (p.35) 14
<p>World Heritage Day 18</p> <p>6N Film Club (p. 20) Ladies Drop-In Volleyball (p. 23) Lil Stars Softball (p. 25) Second Wind (p. 25)</p>	<p>AquaFIT (p.23) Let's Get Moving (p. 24) Wreck-It Rage Room Experience (p. 27)</p> <p>19</p>	20
		21
<p>Breastfeeding Social Group (p. 29) Ladies Drop-In Volleyball (p. 23) Lil Stars Softball (p. 25) Second Wind (p. 25)</p> <p>25</p>	<p>AquaFIT (p.23) Let's Get Moving (p. 24) Wreck-It Rage Room Experience (p. 27)</p> <p>26</p>	27
		28



Spring 2024

JORDAN'S PRINCIPLE



What can be covered?

- Medical Equipment
- Therapies
- Tutoring
- Respite
- Assistive Devices
- NIHB Denied Services
- Assessments
- Recreation
- Emergency Supports
- & Much More!

What is Jordan's Principle?

- Jordan's Principle is a child-first initiative which ensures that First Nations children receive equitable supports and services.
- The funding is available to First Nations children under the age of 18 and is application based. Each application requires supporting documentation/ letters of support along with costs.
- The goal of Jordan's Principle is to meet the needs of First Nations children and youth as well as to fill any service gaps.

Updates

- Please be advised that there is a large volume of requests submitted in the Ontario region. Files are reviewed in the order that they are received, unless the request is urgent or time-sensitive. Urgent requests are defined as "Child requires urgent assistance, is in palliative care, or a risk of irremediable harm is reasonably foreseeable."
- Bear Witness Day is May 10th. This is Spirit Bear's Birthday. Please watch for events on how you can help celebrate and spread awareness. #Bearwitnessday
- The Six Nations Jordan's Principle team is currently providing Navigation services to Six Nations band members and residents of Six Nations only.
- For updates on the recent First Nations Child and Family Services and Jordan's Principle Settlement please visit fnchildclaims.ca or call 1-833-852-0755.
- Remember to say Jordan's name when referring to Jordan's Principle — to pay respect to his life and legacy.

Six Nations Jordan's Principle Contact:

To inquire about a possible Jordan's Principle application please contact the Child and Youth Health Office at 519-445-4983

You may also call the Jordan's Principle hotline directly at 1-855-JP-CHILD (1-855-572-4453) or visit www.canada.ca/jordans-principle



COMMUNITY EVENTS & PROGRAMS (APRIL)

NEW New Event
▲ Outdoor Event

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Film lovers are welcome to join our monthly meet on the third Thursday of the month at Dajoh. Explore the works of various filmmakers. See and discuss some of the best movies you've never heard of. **Ages: 15+**

Dates: April 18 & May 16 | **Time:** 6-8:30pm | **Location:** Dajoh (1738 Fourth Line)

Contact: Six Nations Public Library | (519) 445-2954 | info@snpl.ca

Kids LEGO Club

SIX NATIONS PUBLIC LIBRARY

Master builders welcome for stories and LEGO! **Ages: 8-12**

Duration: Every Wednesday (March 6-June 12) | **Time:** 5-6pm

Location: Public Library – Upstairs (1679 Chiefswood Road)

Registration Required: Six Nations Public Library | (519) 445-2954 | info@snpl.ca

Safe Food Handling

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This free certification course is open to all Six Nations community members! Learn general principles of safe food handling. Topics include Temperature Control, Cross-Contamination, Personal Hygiene, Cleaning and Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: 15+**

Dates: Wednesday, April 10 & May 22 | **Time:** 8:30am-5pm

Location: Parks & Recreation Conference Room (1738 Fourth Line), White Pines Wellness Centre Boardroom (1745 Chiefswood Road)

Registration Required: Michelle Jamieson | (519) 445-2809 | michellejamieson@sixnations.ca

Soup for Seniors ▲

SNHS' COMMUNITY HEALTH & WELLNESS

A weekly drive-thru service that provides a free hot bowl of soup to Six Nations Elders. **Ages: Seniors 55+**

Duration: Every Tuesday | **Time:** 11am-1pm (or until soup runs out)

Location: Wagyo'sehta'geh (1745 Chiefswood Road)

Contact: Kaya Hill | (519) 732-4026 | hpcfa2@sixnations.ca



DON'T FORGET: There are also ongoing/multi-day programs to check out on page 55!



NEW New Event

▲ Outdoor Event

COMMUNITY EVENTS & PROGRAMS (APRIL)

Tentewatá:ton Dędwadado Community Market

SNHS' COMMUNITY HEALTH & WELLNESS

The weekly market offers fresh fruits and vegetables to the community. Everyone is welcome! Please remember we take cash only and don't forget to bring your own bags! **All ages**

Date: Every Wednesday | **Time:** 1-5pm | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Contact: Grace Hess | (519) 750-4908 | gracehess@sixnations.ca

NEW The Great North American Eclipse ▲

ENVIRONMENT, HEALTH SERVICES & SIX NATIONS PUBLIC LIBRARY

Experience the total solar eclipse with us on April 8th! Hot chocolate will be provided. Ensure a safe viewing experience by acquiring protective glasses available at the Six Nations library.

Date: Monday, April 8 | **Time:** 1:30-3:30pm | **Location:** Veterans Park (17 Veterans Lane)

Start of Partial Eclipse: 2:03:21 (When the moon begins to cover the sun)

Start of Full Eclipse: 3:17:32 | **End of Full Eclipse:** 3:18:42

Contact: Julia Zazzarini | (226) 227-2103 | mett@sixnations.ca or

Cindy Martin | (519) 445-2809 ext. 2337 | cindymartin@sixnations.ca

GREAT SIX NATIONS

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WAGYOSEHTA'GEH THE VISITING PLACE

Services Provided:

- Respite Supervision
- Exercise Programs
- Lunch
- Client Advocacy/Referrals
- Social/Recreational Programs

Community Programming: Wagoyosehta'geh offers a variety of community programming on Tuesdays, focused on targeting a specific community need. These include educational presentations, elders' gatherings, and traditional workshops. Some previous programming offered includes will kits, hearing screening, and elders' wellness days.

Home Visits: Wagoyosehta'geh offers in-home visits to elderly clients in need, for recreational activity purposes only. Wagoyosehta'geh staff will come into the homes for socialization, activity kits, and enrichment.



For more information, please call
Wagoyosehta'geh at (519) 445-1867



SIX NATIONS HOME & COMMUNITY CARE PROGRAM Community Support Services Offered

Meals on Wheels

Delivery of a hot, nutritious meal to the clients' homes 5 days per week.

Transportation

Every Monday & Friday, a van is available for group transportation to local centres for the purpose of shopping and banking.

Home Maintenance/Repairs

Provide general home maintenance and repairs.

Security (Telephone Reassurance)

Workers will make regular telephone contact to seniors in their homes.

Friendly Visiting

Workers will visit seniors while in their homes to keep socially involved with the community.

Diners Club (Silver Fox)

Recreational and social group activities are offered every Tuesday and Thursday at a set location. Transportation and meal are provided.

Home Help

Workers assist with light housekeeping.

Anyone wishing to gain new access to the programs listed above must be assessed by a case manager to determine their eligibility.

Note: Some services may have a minimal monetary fee.

For more information, please call the Home & Community Care Program at (519) 445-4055





GETTING ACTIVE/MOVEMENT (APRIL)

NEW New Event
▲ Outdoor Event

AquaFIT

SNHS' HEALTH PROMOTION

A low-impact exercise class in a pool. AquaFIT is great for those with arthritis, recovering from knee surgeries, seniors, and those who are inactive and looking to get active. **Ages: Adults 18+**

Duration: Every Friday (March 8-April 26) | **Time:** 10:45-11:45am

Transportation: First-come, first-serve | **Location:** Wayne Gretzky Centre (254 N Park St, Brantford)

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Badminton Drop-In

PARKS & RECREATION

Join us on Monday evenings at the Dajoh Gymnasium for Drop-in Badminton! **Ages: 16+**

Duration: Every Monday (March 4-April 22)* | **Time:** 7-8:30pm

***Holiday Dates (No Program):** April 1 | **Location:** Dajoh Gym (1738 Fourth Line)

Contact: (519) 445-4311 | rsepc1@sixnations.ca

Chair Yoga

SNHS' HEALTH PROMOTION

Join us in the Seneca Room at Dajoh for an adaptive yoga class that utilizes a chair to complete poses. A focus will be put on pain reduction, balance, joint-freeing movements, and breath work. **Ages: Seniors 50+**

Duration: Every Wednesday (March 6-May 29) | **Time:** 10:30-11:30am

Location: Dajoh, Seneca Room (1738 Fourth Line) | **Transportation:** Contact to Inquire

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Family Badminton

PARKS & RECREATION

Join us for Family Drop-in Badminton! **All ages**

Duration: Every Monday (March 4-April 22)* | **Time:** 6-7pm

***Holiday Dates (No Program):** April 1 | **Location:** Dajoh Gym (1738 Fourth Line)

Contact: (519) 445-4311 | rsepc1@sixnations.ca

Ladies Drop-In Volleyball

PARKS & RECREATION

Join us on Thursday evenings for Ladies Drop-in Volleyball! **Ages: Ladies 12+**



Duration: Every Thursday (March 7-May 30) | **Time:** 7-8:30pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: (519) 445-4311 | rsepc1@sixnations.ca

Lane Swim and Water Walking

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This ten week aquatic program will allow you the choice of one or both activities (lane swimming and/or water walking) each day. This program is suitable for all fitness levels and will allow community members who cannot tolerate land-based exercises the opportunity to improve their strength and endurance while exercising in the water. **Ages: Adults 18+**

Duration: Every Wednesday (March 6-May 15) | **Time:** 9-10am

Location: Wayne Gretzky Centre (254 N Park St, Brantford)

Registration Required: Julie Villamere | Text or call: (519) 754-5730 | hpk8@sixnations.ca

Let's Get Moving

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

A total body exercise class for community members wanting to get active and start a program to improve function, strength, range of motion and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Adults 18+**

Duration: Every Monday & Friday (March 1-May 31)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** April 1 & May 20 | **Transportation:** Available upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca



SIX NATIONS PUBLIC LIBRARY PRESENTS

FOREST OF READING - WHITE PINE

Teen & YA Edition

BLIND DATE

WITH A BOOK

Please note:
This is YOU + BOOK.
The library will not be setting people up on blind dates.

To participate:
Stop in to the library
Choose from ten White Pine Award nominated books based only on the first line, read, vote for who you think should win. Voting starts April 1.
Participants will be entered in a draw for a prize package.
For more details contact: info@snpl.ca, 519-445-2954


NEW New Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (APRIL)

Lil Stars Softball

PARKS & RECREATION

Lil Stars Softball program begins on March 21. Registration begins March 1. **Ages: Children 4-6**

Duration: Every Thursday (March 21-April 25) | **Time:** 6-7pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Required: (519) 445-4311 | rsepc1@sixnations.ca

NEW Many Paths Program ▲

SNSS' KANIKONRIIO YOUTH LIFE PROMOTION

Students will be given the opportunity to learn about mountain biking – how to ride a mountain bike, maintain one, be a member of the growing mountain bike community, and build a trail and skills park that will be a part of the Six Nations community. Towards the end of the program we will be taking the participants on trips to existing mountain biking trails to practice their newly developed skills. **Ages: 13-18**

Dates: April 2, 16 & 30, May 14 & 28, June 11 & 24, July 8* & 23*, August 6* | **Time:** 4-7pm

***Time:** 9am-4pm | **Location:** Youth Life Promotion – Second Floor (18 Stoneridge Circle)

Registration Required: Brittany Vervaet | (226) 227-9271 ext 3277 | kaylp19@sixnations.ca

Registration Opens: March 18

Morning Spark

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This is a morning drop-in program. Participants can arrive at their preferred time and start the exercise routine independently. This program is a combination of strength and cardiovascular training presented in a circuit form. Participants will develop strength, endurance, balance, and body awareness. Available to community members looking to stay active, indoors during the cooler months. **Ages: Adults 18+**

Duration: Every Monday (March 4-May 13)* | **Time:** 8:30-10am

***Holiday Dates (No Program):** April 1 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | Call or text (519) 754-5730 | hpk8@sixnations.ca

Pickleball Drop-In

PARKS & RECREATION

Now offering afternoon or evening sessions for Drop-In Pickleball on Tuesdays! **All ages**

Duration: Every Tuesday (March 5-April 23) | **Location:** Dajoh Gym (1738 Fourth Line)

Afternoon Time: 2-3:30pm | **Evening Time:** 6-7:30pm

Contact: (519) 445-4311 | rsepc1@sixnations.ca

Second Wind

SNHS' HEALTH PROMOTION

Join us for a strength-based exercise class designed for individuals with chronic lung disease or illnesses. The program focuses on strengthening using resistance bands and body-

weight as well as breathing techniques. Participants will learn to exercise in a safe environment utilizing a chair. Classes run with the aid of Occupational Therapists, Kinesiologists, and the Healthy Lifestyle Coordinator. **Ages: Seniors 55+ or those with chronic illnesses**

Duration: Every Monday & Thursday (March 4-May 30)* | **Time:** 10:30-11:30am

***Holiday Dates (No Program):** April 1 | **Transportation:** Contact to Inquire

Location: Dajoh – Tuscarora/Cayuga Room (1738 Fourth Line)

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Designed to maintain function and total body strength to help prevent falls, this is a free drop-in seated exercise program that uses body weight, TheraBand, therapy balls and free weights. The Sit to Be Fit program is run by an exercise facilitator from the Canadian Alzheimer's Society. **Ages: Seniors 55+**

Duration: Every Tuesday (March 5-May 28)* | **Time:** 2-3pm

Transportation: Available upon Request | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Six Nations Archery ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Teaching archery skills for recurve and traditional bows for a 22-week drop-in program behind Jamieson school. Two time slots available, the first is for children ages 10-15 years old, and the second is open to anyone 16+ that wants to shoot. Archery equipment is provided, but you are welcome to bring your own. **Ages: 10+**

Duration: Every Tuesday (April 30-October 8)* | **Registration Opens:** April 8

***Holiday Dates (No Program):** August 13 | **Transportation:** Available upon Request

Time – Children (10-15): 6-7pm | **Time – Youth (16+):** 7-8pm |

Location: Behind Jamieson Elementary School (1613 Chiefswood Road)

Registration Required: Cindy Martin | (519) 754-5826 | cindymartin@sixnations.ca

Spring Wellness Walks ▲

SNHS' HEALTH PROMOTION

Join us for a weekly walk/hike on local trails both on and off reserve. Specific locations for each date will be provided upon registration. **All ages**

Duration: Every Tuesday (March 5-April 23) | **Time:** 9-10:30am | **Location:** Various Trails

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Volleyball Drop-In

PARKS & RECREATION

All skill levels are welcome to join us for drop-in Volleyball on Tuesday evenings at the Dajoh Gymnasium! **Ages: 12+**

Duration: Every Tuesday (March 1-April 23) | **Time:** 7:30-9pm

Location: Dajoh Gym (1738 Fourth Line) | **Contact:** (519) 445-4311 | rsepc1@sixnations.ca



GETTING ACTIVE/MOUMENT (APRIL)

NEW Wreck-It Rage Room Experience

KANIKONRIIO CHILD AND YOUTH PROGRAMS, INDIGENOUS COMMUNITY WORKER

The 4-week Indigenous Community Worker program is going to be bringing youths to a Rage Room to have some fun letting loose, and then taking them out for dinner. Transportation provided to Rage Room and dinner in Cambridge. **Ages: 13-17**

Dates: April 19 & 26, May 3 & 10 | Time: 4-8pm | Registration Opens: April 2

Location: Pick-up in Harmony Square, Brantford

Registration Required: Opens April 8 | (519) 732-5607 | kaicw2@sixnations.ca



West Nile Virus is a virus mainly transmitted to people through the bite of an infected mosquito. Mosquitoes transmit the virus after becoming infected by feeding on the blood of birds that carry the virus.

What are the symptoms? Most people who are infected with the virus show no symptoms or they experience mild flu-like symptoms, such as fever, headache, body aches or fatigue. The symptoms usually last for a few days. Call your doctor immediately if you notice any symptoms. Those being most at risk are the elderly and children .

What to do if you find a dead bird on property?

Finding a dead bird that tests positive for West Nile virus is one of the signs that West Nile virus has spread to an area. When birds in the area have WNV, it means the people are at risk for infection.



You can report any dead birds (crows, jays, magpies and ravens and larger birds as these birds are more susceptible to getting sick and dying from WNV) in your area by contacting your Community Educator office. C.E.'s will arrange to come out to have the birds investigated and sent in for testing, if the bird specifications are met. Do not touch the dead or sick birds unless you are wearing rubber or latex gloves, and make sure any open wounds on your hands are covered. Warn your children about this too. Wash your gloved hands and then your bare hands well after handling.

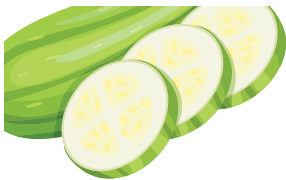
**For more information contact the Six Nations
Community Educator program 519-445-2809
or the Environmental Health Officer
519-751-6513**



Indigenous Services
Canada



Services aux
Autochtones Canada



DIABETES WELLNESS SERIES

The Diabetes Wellness Series is a 6-week workshop program with each workshop focused on one aspect of diabetes management. A health professional with specialized knowledge and skills will be facilitating the workshop each week.

Many of the topics will be relevant to both diabetes prevention and management, so feel free to join us even if you do not have diabetes diagnosis.

Six topics:

1. Healthy eating for diabetes
2. Diabetes foot care
3. Physical activity for diabetes
4. Mental health and diabetes
5. Traditional medicine for diabetes
6. Dental hygiene for diabetes

DATES: TBD

TIME: 4:30 PM- 6:30 PM

LOCATION: ADULT DAY PROGRAM

AGE GROUP: ADULTS

COST: FREE (MEALS PROVIDED)

CALL TODAY TO REGISTER!



51904452226





Breastfeeding Social Group

SNHS' COMMUNITY HEALTH & WELLNESS, CHILD & YOUTH HEALTH

All community members who support breastfeeding are welcome to join the Breastfeeding Social Group to share experiences and support other community members. This group will meet on the last Thursday of the month. **All ages; those who support breastfeeding**

Dates: Thursday, April 25 & May 30 | **Time:** 12-1pm

Location: Virtual (Zoom) or Family Gatherings (18 Stoneridge Circle)

Registration Required: Stephanie George | (519) 445-4922 | sgeorge@sixnations.ca

NEW Strengthening Families (We Want to Hear From You!)

SNSS' CHILD AND FAMILY WELLBEING TASK FORCE

Creating spaces for community members to have discussions about strengthening families on Six Nations. The group will discuss topics of legislation changes and how this impacts the families and how these changes can be used to strengthen the families in the community. This will be an ongoing hybrid (online/in-person) group on Tuesday evenings. Activities and discussion will be determined based on what the group would like. **Ages 18+; those who are caring for family members through the child welfare system**

Dates: Every Tuesday (March 1-June 4) | **Time:** 5-7pm | **Transportation:** Contact to Inquire

Location: Virtual and physical locations are to be determined

Registration Required: Charity Neuert | charityneuert@sixnations.ca



FINANCIAL SUPPORTS AVAILABLE!

The Finance Department at SNGR wants you to check out the following financial supports available to Six Nations band members:

- **Enrollment Allowance**
- **Student Support Allowance**
- **Donation Fund**

See ads on the following page for more information regarding the **Donation Fund Policy, Student Support Allowance, and Enrollment Allowance!**

ENROLLMENT ALLOWANCE FOR HIGH SCHOOL STUDENTS

(Formerly known as Attendance Allowance)

Six Nations Band members enrolled in a high school in Brant County, Norfolk County or Haldimand County* are eligible for Enrollment Allowance.

*Dating back to September 2021

What Has Changed?

Enrollment Allowance (formerly Attendance Allowance) is no longer based on attendance. Students are eligible to receive their allowance (via Direct Deposit) as long as they are enrolled in high school and obtain passing grades.

How to Receive Enrollment Allowance:

Enrollment Allowance can be obtained (via Direct Deposit only - cheques will no longer be issued) by submitting a completed EFT form & void cheque. It is given out in December, April & June of each year.

EFT Forms can be found at: sixnations.ca

For further inquiries & more information, please contact Becky McComber
bmccomber@sixnations.ca

\$50 per month



Student Support Allowance

Six Nations Band members enrolled in a high school in Brant County, Haldimand County, or Norfolk County are eligible for Student Support Allowance.

Support Allowance is a program that reimburses students for:

Sports Fees

Enhanced Course Fees

Co-Op Fees*

School Fees

Post-Secondary Application Fees

*Co-Op Fees/Expenses:

Travel (taxi, bus, gas) to & from co-op placement, and items required for placement (safety gear, work clothes, etc.)

For more information, please contact Becky McComber:
bmccomber@sixnations.ca



The Donation Fund Policy is AVAILABLE!

All community members, on & off reserve, are eligible to apply!

The policy can be picked up at Central Admin or viewed online:
www.sixnations.ca

Applications can also be found online or picked up at Central Administration: 1695 Chiefswood Road (8:30am - 4:30pm)

Funding Categories include:

Recreation

Arts & Culture

Community

Education

Health

ELIGIBILITY**

Individuals:
Eligible to receive up to \$750

Non-profit Community Organizations:
Eligible to apply

** Applicants are eligible to receive one donation in a fiscal year.

APPLICATION DEADLINE:
4pm on the 3rd Friday of every month



For more information, contact Teresa Longboat:
tlongboat@sixnations.ca

Submit applications to Central Administration or via email:
tlongboat@sixnations.ca

Egq̓wadiya'dagenha' Land Based Healing Centre

P R O G R A M

Egq̓wadiya'dagenha' is a Gayogohono (Cayuga) phrase that translates to “they will be helping people.” Our mission is to create a safe environment to guide, support, and care for our community members on their wellness journey through land-based programming that is grounded in Haudenosaunee values, culture, and tradition.

Our gentle approach is based off our philosophy, “busy the mind, busy the body.” In following our ceremonial calendar, we reclaim Haudenosaunee ways of being and doing and strengthen our identity and connection to land and community. If interested, we invite you to join us for our Spring program.

Kenhkwitè:ne

9:00am - 3:00pm
Mondays - Thursdays

08 April 2024 -
June 13, 2024



Deadline to Register: April 4, 2024

Register with our intake workers at:

•Tel: (226) 446-9902



SIX NATIONS ANIMAL SUPPORTS: WHO DO I CALL?



Animal Wellness: 519-445-4818

- Calls about stray dogs and cats,
- Calls if your pet is missing,
- Calls regarding strange acting/fresh deceased raccoons to be tested for rabies.
- Calls regarding- pet wellness days, spay & neuter clinics.

Six Nations Public Health: 529-445-2672

- Report dog bites and seek medical attention.
- Provide the proper medical advice; do a follow up.



Six Nations Public Works: 519-445-4242

- Call Public Works for removal of dead animals on the roadway.
- If there is a dead animal on your property including your ditch, that will be the home owner's responsibility to remove.



Wildlife and Stewardship: 519-445-0330

- Respond to inquiries and provide resources for community members regarding wildlife species
- Facilitate rabies bait programs.



Six Nations of the Grand River work hours are ...
Monday to Friday 8:30am—4:30 pm





WORKSHOPS & CLASSES (APRIL)

NEW New Event
▲ Outdoor Event

NEW Aerial Insectivores Project Species Workshop ▲

LANDS & RESOURCES, WILDLIFE & STEWARDSHIP OFFICE

The Wildlife and Stewardship Office is hosting a workshop from the week of April 29th 2024 to check out the birds in Six Nations. In this workshop, you'll learn how to recognize birds by looking at them and listening to their songs. **Ages: 16+ with parent permission if under 18; those interested in the environment or wildlife**

Date: Monday, April 29 | **Time:** TBD | **Location:** TBD

Registration Required: Lauren Jones | (519) 445-0330 | laurenjones@sixnations.ca

Construction Safety Training

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS

This 5-day course provides general information on hazards and hazard recognition on jobsites, with a focus on occupational health and legal implications of health and safety. Training during this program includes certifications in: Working at Heights, WHMIS, Forklift, Elevated Work Platform and Workers Health and Safety Awareness. **Ages: Adults 18+**

Duration: Monday, April 29-Friday, May 3 | **Time:** 9am-3pm

Location: OSTTC (1039 Chiefswood Road)

Registration Required: Opens March 1 | (519) 445-1515 | kensi@osttc.ca

NEW Eating Well Series

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Learn how to eat well to prevent and/or manage chronic diseases. This series will run monthly on Tuesday evenings and cover one of the following topics each month: diabetes, cancer prevention, liver health, heart health, mood and arthritis. This class will include an interactive presentation and a dietitian-led cooking session. **Ages: Adults 18+ interested in preventing and/or managing fatty liver disease, type 2 diabetes, heart disease, arthritis, cancer and mood**

April 2: Liver Health | **May 7:** Cancer Prevention | **June 4:** Improved Mood | **July 2:** Heart Health

August 6: Arthritis | **Time:** 4:30-6:30pm | **Location:** White Pine Wellness Centre (1745 Chiefswood Rd)

Transportation: Contact to Inquire | **Registration:** Required for each class

Contact: (519) 754-7405 | dietitian@sixnations.ca

Elders Group

SNSS' FAMILY GATHERINGS

Once per month, Family Gatherings is hosting a social gathering for elders on Monday afternoons. **Ages: Seniors 55+**

Dates: Monday, April 15 & May 13 | **Time:** 1-3pm | **Transportation:** Contact to Inquire

Location: Family Gatherings (18 Stoneridge Circle)

Registration Required: Karissa Elliott | (519) 445-2565 | kelliott@sixnations.ca



Gone Too Soon

SNHS' MENTAL HEALTH AND ADDICTIONS, OUTREACH TEAM

Gone Too Soon is a drop-in support group for community members who have been affected by the loss of a loved one to overdose. Community members can share their experiences, emotions, and struggles related to overdose grief. **Ages: Adults 18+**

Dates: Wednesday April 17, May 15, June 12, July 17, August 21, September 18

Time: 5-7pm | **Location:** Mental Health & Addictions (1769 Chiefswood Road)

Contact: (548) 328-2038 | snrugstrategy@sixnations.ca

Infant Series

SOCIAL SERVICES, FAMILY GATHERINGS

Family Gatherings presents Infant Series, a program for children under the age of 1 and their parents and/or caregivers. **Ages: Small Business Owners of all ages**

Dates: Every Wednesday (April 3-24) | **Time:** 9:30-11:30am

Transportation: Contact to Inquire | **Location:** Family Gatherings Too (1790 First Line)

Registration Required: Opens March 22 | Karissa Elliott | (519) 445-2565 | kelliott@sixnations.ca

Language Game Night

SIX NATIONS PUBLIC LIBRARY

Join us for language game night. Get together to learn, practice and play in a relaxing environment. Bring your friends and relatives. Under 13 must be accompanied by an adult. (Also looking for volunteers to help make and translate games with staff. These games will be available to borrow or to download.) **All ages; language learners**

Dates: Monday, April 22 & May 13 | **Time:** 6-8pm

Location: Six Nations Public Library – Upstairs (1679 Chiefswood Road)

Contact: (519) 445-2954 | info@snpl.ca

Meal Prep Made Simple

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us for a virtual meal-prepping class where we plan and make meals that you can have ready in no time on busy days. **All ages; busy families**

Dates: Tuesday, April 9 & May 14 | **Time:** 1-2pm | **Location:** Virtual (Zoom)

Registration Required: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

NEW Mind, Body & Soul: Women Empowerment Series

SNSS' SIX NATIONS CHILD AND FAMILY SERVICES, FAMILY SUPPORT UNIT

This empowerment series, for women in the Six Nations and New Credit communities, will run for 8 weeks– Wednesday, March 20-Wednesday May 8, 2024. Participants may choose to attend virtually via Zoom, or in-person. The series will host guest presenters for each week. **Ages: Women 18+**

Duration: Every Wednesday (March 20-May 8) | **Time:** 1-3pm

Virtual Location: Zoom | **In-Person Location:** To Be Determined

Registration Required: Dena Annett | (226) 802-1746 | fsw4@sixnations.ca




NEW New Event

▲ Outdoor Event

WORKSHOPS & CLASSES (APRIL)

Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Learn how to prepare nutritious, satisfying vegetarian & vegan meals! All ingredients provided. This class is appropriate for anyone wanting to include more plants on their plate. **Ages: Adults 18+**

Dates: Tuesday, April 23 & May 28 | **Time:** 5-6:30pm | **Transportation:** Contact to Inquire

Location: White Pines Wellness Centre (1745 Chiefswood Rd)

Registration Required: (519) 754-7405 | dietitian@sixnations.ca

NEW Ribbon Shirt Workshop

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS

Participants will learn how to create and take home a short sleeve ribbon shirt. All materials provided. Light refreshments provided. Cost: \$100 per person. **Ages: Adults 18+**

Date: Sunday, April 14 | **Time:** 9am-3pm | **Location:** OSTTC (16 Sunrise Court)

Registration Required: Opens March 1 | (519) 445-1515 | kensi@osttc.ca

Six Nations Virtual Book Club

SIX NATIONS PUBLIC LIBRARY

Join the library's virtual book club. Borrow a book and discuss on Zoom once a week. Limited copies available. Running April through the summer. The first title is 'Traditional Teachings' by Native North American Travelling College. Dates and time may be subject to change. **Ages: Adults 18+**

Duration: Every Tuesday (April-August) | **Time:** 10-11am | **Location:** Virtual (Zoom)

Registration Required: Opens March 31 | (519) 445-2954 | info@snpl.ca

SNAP

SOCIAL SERVICES, CLINICAL SERVICES UNIT

SNAP is a 13-week program for children 6-11 years of age, that are experiencing behavioural struggles. A parent/caregiver group and sibling group run alongside the SNAP boys and girls groups. Dinner is provided. Program offered 2-3 times per year. **Ages: 6-11**

Duration: Tuesday, April 2-June 25 | **Time:** 4-6pm & 6-8pm | **Location:** 18 Stoneridge Circle

Registration Required: Kim Discipline | (519) 445-0408 | scsu@sixnations.ca

Youth Cooking

SNHS' CHILD & YOUTH HEALTH

Join us with a family member to learn to prepare different recipes every month in our youth cooking class! **Ages: Preteens/Teens 10-17**

Dates: Tuesday, April 16 & May 21 | **Time:** 4:30-6:30pm

Transportation: Contact to Inquire | **Location:** White Pines Wellness Centre (1745 Chiefswood Rd)

Registration Required: Claire Nanda | (548) 328-1838 | cyhrd2@sixnations.ca





Be Safe

by  mindyourmind

Scan
Me





This App Helps You:

- ① Create a Personal Safety Plan
- ① Find Six Nations Community Resources for Support
- ① Be Prepared if you Find Yourself in a Crisis
- ① FREE to Download + Use App

Choose Six Nations of the Grand River
in your App Settings



 @besafeapp_ca

 @besafeapp.ca

[BeSafeApp.ca](https://www.besafeapp.ca)

NEW! Ontario Autism Program Entry to School Program

PROGRAM COMPONENTS	ELIGIBILITY
A six-month curriculum-based program to prepare your child to begin school, with a focus on key readiness skills.	<ul style="list-style-type: none"> ✓ Be registered with the Ontario Autism Program and received an invitation letter for this service.
Individualized programming with virtual, in-person, and group-based service elements.	<ul style="list-style-type: none"> ✓ Children with Autism, who will be entering school for the first time (Kindergarten or Grade 1).
Individualized transition supports and consultation for the first six months of school.	

After receiving an invitation from the Ministry of Children, Community and Social Services (MCCSS), families can

contact Six Nations Health Services to learn about available service options in the Hamilton, Niagara, Brant, Haldimand-Norfolk, Six Nations of the Grand River, and Mississaugas of the Credit area. These services are available at no cost to families. Services are delivered in partnership with Bethesda, Haldimand-Norfolk R.E.A.C.H., Lansdowne Children's Centre, McMaster Children's Hospital, Niagara Children's Centre, and Six Nations Health Services.



For registration or to learn more, call **519-445-4983 ext. 2600** or email oapinformation@sixnations.ca.

Harm Reduction Outreach & Education Program

Who we are:

Our aim is to educate community members about substance use and mental wellness through awareness events and educational programming. We look to reduce barriers for individuals who are unable to access our services by providing outreach services.

What we do:

We offer presentations and programming on the following topics:

- Overdose response & Naloxone training
- Harm Reduction & Anti-Stigma
- Sharps collection & disposal
- Cannabis/Vaping & effects
- General substance use information
- Sexual health education
- Much more!

Contact Information:

For more information or to book a presentation, please call or text Eve at 548-328-2038 or email snrugstrategy@sixnations.ca



MONDAY		TUESDAY		WEDNESDAY	
				1	
				Chair Yoga (p. 44) Construction Safety Training (p. 49) Kids LEGO Club (p. 41) Lane Swim & Water Walking (p. 44) Mind, Body & Soul: Women Empowerment Series (p. 51) Prenatal Yoga (p. 45) Tentewata:ton Dedwadado Market (p. 42) Toddler Series (p. 52)	
6		7		8	
Business Fundamentals Starts (p. 49) Intro to Mental Health & Addictions Worker Starts (p. 50) Let's Get Moving (p. 44) Morning Spark (p. 45) Second Wind (p. 46)		Eating Well Series: Cancer Prevention (p. 49) LunchFIT (p. 45) Sit to Be Fit (p. 46) Six Nations Archery (p. 46) Six Nations Virtual Book Club (p. 52) SNAP (p. 52) Soup for Seniors (p. 42) Strengthening Families (p. 48)		Chair Yoga (p. 44) Kids LEGO Club (p. 41) Lane Swim & Water Walking (p. 44) Mind, Body & Soul: Women Empowerment Series (p. 51) Prenatal Yoga (p. 45) Tentewata:ton Dedwadado Market (p. 42) Toddler Series (p. 52)	
13		14		15	
Clean-Up Week: Bagged Debris (p. 41) Elders Group (p. 50) Forge HER Future Starts (p. 50) Language Game Night (p. 51) Let's Get Moving (p. 44) Morning Spark (p. 45) Second Wind (p. 46)		Clean-Up Week: Bagged Debris (p. 41) LunchFIT (p. 45) Many Paths Program (p. 45) Meal Prep Made Simple (p. 51) Six Nations Archery (p. 46) Six Nations Virtual Book Club (p. 52) SNAP (p. 52) Strengthening Families (p. 48) Turtle Workshop (p. 53)		Chair Yoga (p. 44) Clean-Up Week: Household Appliances (p. 41) Kids LEGO Club (p. 41) Gone Too Soon (p. 50) Lane Swim & Water Walking (p. 44) Prenatal Yoga (p. 45) Tentewata:ton Dedwadado Market (p. 42) Toddler Series (p. 52)	
20		21		22	
Closure Notice: All SNGR departments are closed for Bread & Cheese. Regular office hours resume May 21 @ 8:30am.		LunchFIT (p. 45) Sit to Be Fit (p. 46) Six Nations Archery (p. 46) Six Nations Virtual Book Club (p. 52) SNAP (p. 52) Soccer Tots & Soccer Troops (p. 46) Soup for Seniors (p. 42) Strengthening Families (p. 48) Youth Cooking (p. 53)		Chair Yoga (p. 44) Couch to 5K (p. 49) Kids LEGO Club (p. 41) Prenatal Yoga (p. 45) Safe Food Handling (p. 41) Tentewata:ton Dedwadado Market (p. 42) Toddler Series (p. 52)	
27		28		29	
Couch to 5K (p. 49) Let's Get Moving (p. 44) Second Wind (p. 46) Tee Ball Game Day (p. 46)		LunchFIT (p. 45) Many Paths Program (p. 45) Plant-Based Eating (p. 51) Six Nations Archery (p. 46) Six Nations Virtual Book Club (p. 52) SNAP (p. 52) Soccer Tots & Soccer Troops (p. 46) Strengthening Families (p. 48)		Chair Yoga (p. 44) Couch to 5K (p. 49) Kids LEGO Club (p. 41) Mental Wellness and Youth (p. 51) Prenatal Yoga (p. 45) Tentewata:ton Dedwadado Market (p. 42) Toddler Series (p. 52)	

ALSO ON THE 14th & 28th: Sit to Be Fit (p. 46) and Soup for Seniors (p. 42)

THURSDAY	FRIDAY	SATURDAY/SUNDAY
Construction Safety Training (p. 49) 2 Ladies Drop-In Volleyball (p. 44) LunchFIT (p. 45) Second Wind (p. 46)	Construction Safety Training (p. 49) 3 Let's Get Moving (p. 44) Wreck-It Rage Room Experience (p. 47)	Ribbon Skirt Workshop (p. 52) 4 Red Dress Day 5
Ladies Drop-In Volleyball (p. 44) 9 LunchFIT (p. 45) Second Wind (p. 46)	Let's Get Moving (p. 44) 10 Wreck-It Rage Room Experience (p. 47)	11 Mother's Day 12
6N Film Club (p. 41) 16 Clean-Up Week: Household Appliances (p. 41) Ladies Drop-In Volleyball (p. 44) LunchFIT (p. 45) Second Wind (p. 46)	Indigenous Midwifery Day 17 Let's Get Moving (p. 44)	18 19
World Turtle Day 23 Ladies Drop-In Volleyball (p. 44) LunchFIT (p. 45) Second Wind (p. 46) Turtle Soapstone Carving Workshop (p. 52)	Couch to 5K (p. 49) 24 Let's Get Moving (p. 44)	25 Gyonhehgoth Teachings (p. 50) 26
Breastfeeding Social Group (p. 48) 30 Ladies Drop-In Volleyball (p. 44) LunchFIT (p. 45) Second Wind (p. 46) Turtle Soapstone Carving Workshop (p. 52)	Couch to 5K (p. 49) 31 Let's Get Moving (p. 44)	DON'T FORGET: Community Awareness is taking place this month! For information & full details on events, please visit: www.sixnations.ca



COMMUNITY EVENTS & PROGRAMS (MAY)

NEW New Event
▲ Outdoor Event

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Film lovers are welcome to join our monthly meet on the third Thursday of the month at Dajoh. Explore the works of various filmmakers. See and discuss some of the best movies you've never heard of. **Ages: 15+**

Dates: Thursday, May 16 | **Time:** 6-8:30pm | **Location:** Dajoh (1738 Fourth Line)

Contact: Six Nations Public Library | (519) 445-2954 | info@snpl.ca

Clean-Up Week: Bagged Debris ▲

SIX NATIONS PUBLIC WORKS

Place your bagged debris roadside to have it picked up. Trips begin on Townline at 7am and proceed to Highway 54, including all side roads. No return trips will be made. **All ages**

Dates: Monday, May 13 & Tuesday, May 14 | **Time:** 7am | **Location:** Roadside Pick-Up

Contact: Six Nations Public Works | (519) 445-4242

Clean-Up Week: Household Appliances ▲

SIX NATIONS PUBLIC WORKS

Place your appliances (stoves, fridges, freezers, washing machines and dryers) roadside to have them picked up. All trips will begin on Townline at 7am and proceed to Highway 54, including all side roads. No return trips will be made. **All ages**

Dates: Wednesday, May 15 & Thursday, May 16 | **Time:** 7am | **Location:** Roadside Pick-Up

Contact: Six Nations Public Works | (519) 445-4242

Kids LEGO Club

SIX NATIONS PUBLIC LIBRARY

Master builders welcome for stories and LEGO! **Ages: 8-12**

Duration: Every Wednesday (March 6-June 12) | **Time:** 5-6pm

Location: Public Library – Upstairs (1679 Chiefswood Road)

Registration Required: Six Nations Public Library | (519) 445-2954 | info@snpl.ca

Safe Food Handling

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This free certification course is open to all Six Nations community members! Learn general principles of safe food handling. Topics include Temperature Control, Cross-Contamination, Personal Hygiene, Cleaning and Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: 15+**



Dates: Wednesday, May 22 | **Time:** 8:30am-5pm | **Location:** Parks & Recreation Conference Room (1738 Fourth Line), White Pines Wellness Centre Boardroom (1745 Chiefswood Road)

Registration Required: Michelle Jamieson | (519) 445-2809 | michellejamieson@sixnations.ca

Soup for Seniors ▲

SNHS' COMMUNITY HEALTH & WELLNESS

A weekly drive-thru service that provides a free hot bowl of soup to Six Nations Elders. **Ages: Seniors 55+**

Duration: Every Tuesday | **Time:** 11am-1pm (or until soup runs out)

Location: Wagyo'sehta'geh (1745 Chiefswood Road)

Contact: Kaya Hill | (519) 732-4026 | hpcfa2@sixnations.ca

Tentewatá:ton Dędwadado Community Market

SNHS' COMMUNITY HEALTH & WELLNESS

The weekly market offers fresh fruits and vegetables to the community. Everyone is welcome! Please remember we take cash only and don't forget to bring your own bags! **All ages**

Date: Every Wednesday | **Time:** 1-5pm | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Contact: Grace Hess | (519) 750-4908 | gracehess@sixnations.ca



Do you know about **YERIHWAHRON:KAS** (THEY HEAR THE MATTERS)?

Joe Martin works as a point of contact for community members to share concerns and complaints about SNGR's programs, services, and unmet needs.

They work with SNGR Elected Council, directors, and managers to analyze matters and determine how best to solve them.

Contact Joe via email or mobile
snyeri@sixnations.ca or (519) 754-7685
or by filling out a form on the SNGR App.





Pathfinder

Indigenous Youth Program

- Aged 17-21
- Land-based summer program for Indigenous learners
- Focus on Indigenous culture, identity and leadership skills
- Opportunity to earn a credit through experiential learning
- Program includes meeting with Elders, off-site trips and workshops

For more information visit
mohawkcollege.ca/Pathfinder



Looking for Litigation Resources?

Six Nations Of The Grand River Band Of Indians V. The Attorney General Of Canada, His Majesty The King In Right Of Ontario, and the Mississaugas of the Credit First Nation.



Court Documents are Accessible!

Follow the court case and access court documents and other important information by visiting the Litigation website: www.sngrlitigation.com



Important Updates & Press Releases

Access updates via Press Releases or by visiting the SNGR website: www.sixnations.ca/news-and-events

Further Insight and Inquiries

If you have any questions regarding the court case, or require further information, please contact Lands and Resources by calling (519) 753-0665 or visiting:

www.sixnations.ca





GETTING ACTIVE/MOVEMENT (MAY)

NEW New Event
▲ Outdoor Event

Chair Yoga

SNHS' HEALTH PROMOTION

Join us in the Seneca Room at Dajoh for an adaptive yoga class that utilizes a chair to complete poses. A focus will be put on pain reduction, balance, joint-freeing movements, and breath work.
Ages: Seniors 50+

Duration: Every Wednesday (March 6-May 29) | **Time:** 10:30-11:30am

Location: Dajoh, Seneca Room (1738 Fourth Line) | **Transportation:** Contact to Inquire

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Ladies Drop-In Volleyball

PARKS & RECREATION

Join us on Thursday evenings for Ladies Drop-in Volleyball! **Ages: Ladies 12+**

Duration: Every Thursday (March 7-May 30) | **Time:** 7-8:30pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: (519) 445-4311 | rsepc1@sixnations.ca

Lane Swim and Water Walking

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This ten week aquatic program will allow you the choice of one or both activities (lane swimming and/or water walking) each day. This program is suitable for all fitness levels and will allow community members who cannot tolerate land-based exercises the opportunity to improve their strength and endurance while exercising in the water. **Ages: Adults 18+**

Duration: Every Wednesday (March 6-May 15) | **Time:** 9-10am

Location: Wayne Gretzky Centre (254 N Park St, Brantford)

Registration Required: Julie Villamere | Text or call: (519) 754-5730 | hpk8@sixnations.ca

Let's Get Moving

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

A total body exercise class for community members wanting to get active and start a program to improve function, strength, range of motion and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Adults 18+**

Duration: Every Monday & Friday (March 1-May 31)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** April 1 & May 20 | **Transportation:** Available upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca




NEW New Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (MAY)

LunchFIT ▲

SNHS' HEALTH PROMOTION

Join us for an eight (8) week exercise class offered over the lunch time for busy individuals to fit into their schedule. The class will focus on aerobic movements outdoors and strengthening using body-weight or resistance bands. The class is open to individuals of all fitness levels. **Ages: Adults 18+**

Duration: Every Tuesday & Thursday (May 2-June 20)* | **Time:** 12-1pm

***Holiday Dates (No Program):** May 20 | **Location:** Blue Track (1738 Fourth Line)

Registration Opens: April 23 | Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

NEW Many Paths Program ▲

SNSS' KANIKONRIIO YOUTH LIFE PROMOTION

Students will be given the opportunity to learn about mountain biking – how to ride a mountain bike, maintain one, be a member of the growing mountain bike community, and build a trail and skills park that will be a part of the Six Nations community. Towards the end of the program we will be taking the participants on trips to existing mountain biking trails to practice their newly developed skills. **Ages: 13-18**

Dates: April 2, 16 & 30, May 14 & 28, June 11 & 24, July 8* & 23*, August 6* | **Time:** 4-7pm

***Time:** 9am-4pm | **Location:** Youth Life Promotion – Second Floor (18 Stoneridge Circle)

Registration Required: Brittany Vervaeke | (226) 227-9271 ext 3277 | kaylp19@sixnations.ca

Registration Opens: March 18

Morning Spark

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This is a morning drop-in program. Participants can arrive at their preferred time and start the exercise routine independently. This program is a combination of strength and cardiovascular training presented in a circuit form. Participants will develop strength, endurance, balance, and body awareness. Available to community members looking to stay active, indoors during the cooler months. **Ages: Adults 18+**

Duration: Every Monday (March 4-May 13) | **Time:** 8:30-10am

Location: Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | Call or text (519) 754-5730 | hpk8@sixnations.ca

NEW Prenatal Yoga

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

A gentle, low-impact exercise for expecting mothers to destress their mind. This is an adapted yoga class that is designed to support mental, physical, and the emotional wellbeing of pregnant parents. A focus on safe poses, stretching, and breath work. The program will be run with the support of the Prenatal Dietician. A healthy snack will be provided at each session. **Ages: Pregnant mothers of all ages**

Duration: Every Wednesday (May 1-June 5) | **Time:** 9-10:15am

Location: Dajoh – Seneca Room (1738 Fourth Line) | **Transportation:** Contact to Inquire

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Registration Opens: April 23

Second Wind

SNHS' HEALTH PROMOTION

Join us for a strength-based exercise class designed for individuals with chronic lung disease or illnesses. The program focuses on strengthening using resistance bands and body-weight as well as breathing techniques. Participants will learn to exercise in a safe environment utilizing a chair. Classes run with the aid of Occupational Therapists, Kinesiologists, and the Healthy Lifestyle Coordinator. **Ages: Seniors 55+ or those with chronic illnesses**

Duration: Every Monday & Thursday (March 4-May 30)* | **Time:** 10:30-11:30am

***Holiday Dates (No Program):** April 1 | **Transportation:** Contact to Inquire

Location: Dajoh – Tuscarora/Cayuga Room (1738 Fourth Line)

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Designed to maintain function and total body strength to help prevent falls, this is a free drop-in seated exercise program that uses body weight, TheraBand, therapy balls and free weights. The Sit to Be Fit program is run by an exercise facilitator from the Canadian Alzheimer's Society. **Ages: Seniors 55+**

Duration: Every Tuesday (March 5-May 28)* | **Time:** 2-3pm

Transportation: Available upon Request | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Six Nations Archery ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Teaching archery skills for recurve and traditional bows for a 22-week drop-in program behind Jamieson school. Two time slots available, the first is for children ages 10-15 years old, and the second is open to anyone 16+ that wants to shoot. Archery equipment is provided, but you are welcome to bring your own. **Ages: 10+**

Duration: Every Tuesday (April 30-October 8)* | **Registration Opens:** April 8

***Holiday Dates (No Program):** August 13 | **Transportation:** Available upon Request

Time – Children (10-15): 6-7pm | **Time – Youth (16+):** 7-8pm |

Location: Behind Jamieson Elementary School (1613 Chiefswood Road)

Registration Required: Cindy Martin | (519) 754-5826 | cindymartin@sixnations.ca

Soccer Tots & Soccer Troops: Game Days ▲

PARKS & RECREATION

Game days will be on Tuesday evenings beginning May 21st! **Ages: 3-9**

Duration: Every Tuesday (starting May 21) | **Time:** TBD | **Registration Opens:** March 1

Registration Required: (519) 445-4311 | rsepc1@sixnations.ca

Tee Ball: Game Days ▲

PARKS & RECREATION

Game days will be on Monday evenings beginning May 27th! **Ages: 4-6**

Duration: Every Monday (starting May 27) | **Time:** TBD | **Location:** Six Nations Ball Diamonds

Registration Opens: March 1 | (519) 445-4311 | rsepc1@sixnations.ca



NEW New Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (MAY)

NEW Wreck-It Rage Room Experience

KANIKONRIIO CHILD AND YOUTH PROGRAMS, INDIGENOUS COMMUNITY WORKER

The 4-week Indigenous Community Worker program is going to be bringing youths to a Rage Room to have some fun letting loose, and then taking them out for dinner. Transportation provided to Rage Room and dinner in Cambridge. **Ages: 13-17**

Dates: April 19 & 26, May 3 & 10 | **Time:** 4-8pm | **Registration Opens:** April 2

Location: Pick-up in Harmony Square, Brantford

Registration Required: (519) 732-5607 | kaicw2@sixnations.ca



DON'T FORGET:

You can also access the Leisure Guide online at: sixnations.ca, by visiting our social media pages, or by logging into the SNGR App!



TENTEWATÁ:TON/ DĘDWADADQ COMMUNITY MARKET

EVERY WEDNESDAY
1 PM - 5 PM

LOCATION

**1676 CHIEFSWOOD RD.,
OHSWEKEN, ON**





Breastfeeding Social Group

SNHS' COMMUNITY HEALTH & WELLNESS, CHILD & YOUTH HEALTH

All community members who support breastfeeding are welcome to join the Breastfeeding Social Group to share experiences and support other community members. This group will meet on the last Thursday of the month. **All ages; those who support breastfeeding**

Dates: Thursday, May 30 | **Time:** 12-1pm

Location: Virtual (Zoom) or Family Gatherings (18 Stoneridge Circle)

Registration Required: Stephanie George | (519) 445-4922 | sgeorge@sixnations.ca

NEW Strengthening Families (We Want to Hear From You!)

SNSS' CHILD AND FAMILY WELLBEING
TASK FORCE

Creating spaces for community members to have discussions about strengthening families on Six Nations. The group will discuss topics of legislation changes and how this impacts the families and how these changes can be used to strengthen the families in the community. This will be an ongoing hybrid (online/ in-person) group on Tuesday evenings. Activities and discussion will be determined based on what the group would like. **Ages 18+; those who are caring for family members through the child welfare system**

Dates: Every Tuesday (March 1-June 4)

Time: 5-7pm

Transportation: Contact to Inquire

Location: Virtual and physical locations are to be determined

Registration Required: Charity Neuert | charityneuert@sixnations.ca

Six Nations Health Services Presents

Health Beat Radio Minutes

Tune into CKRZ 100.3 FM to hear daily health awareness minutes from Staff Members of Six Nations Health Services in regard to programs and services offered by SNHS.

The graphic includes a stylized orange and white radio with two yellow circular speakers. At the bottom, there are two small circular logos: one for Six Nations Health Services and another for the Six Nations of the Grand River.





WORKSHOPS & CLASSES (MAY)

NEW New Event
▲ Outdoor Event

NEW Business Fundamentals

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS

The 12 week Business Fundamentals Program provides participants with fundamental skills for success in today's competitive professional world. Covering key topics such as information management, customer service, business math, personal finance, marketing basics, and business communication, this program ensures a well-rounded understanding of essential business concepts. **Ages: Adults 18+**

Duration: Every Monday-Friday (May 6-July 26)* | **Time:** 9am-3pm

***Holiday Dates (No Program):** May 20, June 21 & July 1 | **Location:** OSTTC (16 Sunrise Court)

Registration Required: Opens March 1 | (519) 445-1515 | kensi@osttc.ca

Construction Safety Training

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS

This 5 day course provides general information on hazards and hazard recognition on jobsites, with a focus on occupational health and legal implications of health and safety. Training during this program includes certifications in: Working at Heights, WHMIS, Forklift, Elevated Work Platform and Workers Health and Safety Awareness. **Ages: Adults 18+**

Duration: Monday, April 29-Friday, May 3 | **Time:** 9am-3pm

Location: OSTTC (1039 Chiefswood Road)

Registration Required: Opens March 1 | (519) 445-1515 | kensi@osttc.ca

Couch to 5K ▲

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS PROGRAM

Couch to 5K program aims to engage community members to improve their physical fitness and to train to participate in the Toronto Island Tom Longboat Run typically hosted on the 2nd Sunday of September. Details to be released closer to dates to participants. Sessions are to be hosted weekly in the mornings and evenings. Connect with the Diabetes Wellness Program to inquire about additional details! **Ages: Adults 18+; those living with diabetes or other chronic diseases & conditions**

Duration: Every Monday, Wednesday & Friday (starting May 22)

Mondays: 5-6pm | **Wednesdays & Fridays:** 7-8am | **Location:** Blue Track (1738 Fourth Line)

Registration Required: Opens March 18 | (226) 388-4450 | yulianpavlyuk@sixnations.ca

NEW Eating Well Series

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Learn how to eat well to prevent and/or manage chronic diseases. This series will run monthly on Tuesday evenings and cover one of the following topics each month: diabetes, cancer prevention, liver health, heart health, mood and arthritis. This class will include an interactive presentation and a dietitian-led cooking session. **Ages: Adults 18+ interested in preventing and/or managing fatty liver disease, type 2 diabetes, heart disease, arthritis, cancer and mood**



May 7: Cancer Prevention | **June 4:** Improved Mood | **July 2:** Heart Health | **August 6:** Arthritis
Time: 4:30-6:30pm | **Location:** White Pine Wellness Centre (1745 Chiefswood Road)
Transportation: Contact to Inquire | **Registration:** Required for each class
Contact: (519) 754-7405 | dietitian@sixnations.ca

Elders Group

SNSS' FAMILY GATHERINGS

Once per month, Family Gatherings is hosting a social gathering for elders on Monday afternoons. **Ages: Seniors 55+**

Dates: Monday, May 13 | **Time:** 1-3pm | **Transportation:** Contact to Inquire

Location: Family Gatherings (18 Stoneridge Circle)

Registration Required: Karissa Elliott | (519) 445-2565 | kelliott@sixnations.ca

NEW Forge HER Future

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS

Explore the world of welding in our 4-week program designed for women. Learn key techniques like Shielded Metal Arc Welding, Flux Core Arc Welding, Gas Metal Arc Welding, and Oxy Fuel Cutting. All materials are provided for an immersive, hands-on experience. Discover your welding potential and build essential skills for a successful future. **Ages: Women 18+**

Duration: Every Monday-Friday (May 13-June 7)* | **Time:** 9am-2:30pm

***Holiday Dates (No Program):** May 20 | **Location:** OSTTC (16 Sunrise Court)

Registration Required: Opens March 1 | (519) 445-1515 | kensi@osttc.ca

Gone Too Soon

SNHS' MENTAL HEALTH AND ADDICTIONS, OUTREACH TEAM

Gone Too Soon is a drop-in support group for community members who have been affected by the loss of a loved one to overdose. Community members can share their experiences, emotions, and struggles related to overdose grief. **Ages: Adults 18+**

Dates: May 15, June 12, July 17, August 21, September 18 | **Time:** 5-7pm

Location: Mental Health & Addictions (1769 Chiefswood Road)

Contact: (548) 328-2038 | sndrugstrategy@sixnations.ca

NEW Gyonhehgoh Teachings

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS

This workshop will allow participants to learn the significance of corn, beans, and squash in the Haudenosaunee culture. Participants will make and etch a garden pot to take home. Cost is \$25 per person. **Ages: Adults 18+**

Date: Sunday, May 26 | **Time:** 9am-12pm | **Location:** OSTTC (16 Sunrise Court)

Registration Required: Opens March 1 | (519) 445-1515 | kensi@osttc.ca

NEW Intro to Mental Health & Addictions Worker

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS

The intent of this program will be to ready students to work in a variety of Human Services settings such as community programs, residential care, social service programs, early childhood and family centres, recreation and leisure services, gerontology programs, group homes as well as any other settings that support prevention, intervention and treatment of addictions and/or mental illness. **Ages: Adults 18+**


NEW New Event

▲ Outdoor Event

WORKSHOPS & CLASSES (MAY)

Duration: Every Monday-Friday (May 6-August 23)* | Time: 9am-12pm |

*Holiday Dates (No Program): June 21, July 1, August 5 | Location: OSTTC (16 Sunrise Court)

Registration Required: Opens March 1 | (519) 445-1515 | kensi@osttc.ca

Language Game Night

SIX NATIONS PUBLIC LIBRARY

Join us for language game night. Get together to learn, practice and play in a relaxing environment. Bring your friends and relatives. Under 13 must be accompanied by an adult. (Also looking for volunteers to help make and translate games with staff. These games will be available to borrow or to download.) **All ages; language learners**

Dates: Monday, May 13 | Time: 6-8pm | Contact: (519) 445-2954 | info@snpl.ca

Location: Six Nations Public Library – Upstairs (1679 Chiefswood Road)

Meal Prep Made Simple

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us for a virtual meal-prepping class where we plan and make meals that you can have ready in no time on busy days. **All ages; busy families**

Dates: Tuesday, May 14 | Time: 1-2pm | Location: Virtual (Zoom)

Registration Required: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

Mental Wellness and Youth

SNSS' CLINICAL SERVICES UNIT

This presentation will provide information on Anxiety and Depression specifically for youth as well as strategies to promote Mental wellness. A pizza dinner will be provided. **Ages: Youth 12+**

Dates: Wednesday, May 29 | Time: 5-8pm

Location: Dajoh – Cayuga/Tuscarora Room (1738 Fourth Line)

Registration Required: Kim Discipline | (519) 445-0408 | scsu@sixnations.ca

NEW Mind, Body & Soul: Women Empowerment Series

SNSS' SIX NATIONS CHILD AND FAMILY SERVICES, FAMILY SUPPORT UNIT

This empowerment series, for women in the Six Nations and New Credit communities, will run for 8 weeks– Wednesday, March 20-Wednesday May 8, 2024. Participants may choose to attend virtually via Zoom, or in-person. The series will host guest presenters for each week. **Ages: Women 18+**

Duration: Every Wednesday (March 20-May 8) | Time: 1-3pm

Virtual Location: Zoom | In-Person Location: To Be Determined

Registration Required: Dena Annett | (226) 802-1746 | fsw4@sixnations.ca

Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Learn how to prepare nutritious, satisfying vegetarian & vegan meals! All ingredients provided. This class is appropriate for anyone wanting to include more plants on their plate. **Ages: Adults 18+**

Dates: Tuesday, May 28 | **Time:** 5-6:30pm | **Transportation:** Contact to Inquire

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: (519) 754-7405 | dietitian@sixnations.ca

Ribbon Skirt Workshop

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS

Participants will learn how to create a ribbon skirt. All materials provided. Light refreshments provided. Cost is \$100 per person. **Ages: Adults 18+**

Date: Saturday, May 4 | **Time:** 9am-4pm | **Location:** OSTTC (16 Sunrise Court)

Registration Required: Opens March 1 | (519) 445-1515 | kensi@osttc.ca

Six Nations Virtual Book Club

SIX NATIONS PUBLIC LIBRARY

Join the library's virtual book club. Borrow a book and discuss on Zoom once a week. Limited copies available. Running April through the summer. The first title is 'Traditional Teachings' by Native North American Travelling College. Dates and time may be subject to change. **Ages: Adults 18+**

Duration: Every Tuesday (April-August) | **Time:** 10-11am | **Location:** Virtual (Zoom)

Registration Required: Opens March 31 | (519) 445-2954 | info@snpl.ca

SNAP

SOCIAL SERVICES, CLINICAL SERVICES UNIT

SNAP is a 13-week program for children 6-11 years of age, that are experiencing behavioural struggles. A parent/caregiver group and sibling group run alongside the SNAP boys and girls groups. Dinner is provided. Program offered 2-3 times per year. **Ages: 6-11**

Duration: Tuesday, April 2-June 25 | **Time:** 4-6pm & 6-8pm | **Location:** 18 Stoneridge Circle

Registration Required: Kim Discipline | (519) 761-0594 | scsu@sixnations.ca

Toddler Series

SOCIAL SERVICES, FAMILY GATHERINGS

Join Family Gatherings staff on Wednesdays during the month of May for the Toddler Series, a weekly program for young children and their parents and/or caregivers. **Ages: 1-3**

Duration: Every Wednesday (starting May 1) | **Time:** 9:30-11:30am |

Location: Family Gatherings Too (1790 First Line) | **Transportation:** Contact to Inquire

Registration Required: Opens April 15 | Karissa Elliott | (519) 445-2565 | kelliott@sixnations.ca

Turtle Soapstone Carving ▲

SOCIAL SERVICES, YOUTH LIFE PROMOTION

Make your own turtle soapstone sculpture, learn about the significance of the turtle in Haudenosaunee culture. **Ages: 12-18**

Dates: Thursday, May 23 & 30 | **Time:** 4:30-7:30pm | **Location:** 18 Stoneridge Circle

Registration Required: Opens May 6 | Rahul Dass | (519) 732-9847 | rahuldass@sixnations.ca




NEW New Event

▲ Outdoor Event

WORKSHOPS & CLASSES (MAY)

NEW Turtle Workshop ▲

LANDS & RESOURCES, WILDLIFE & STEWARDSHIP OFFICE

Discover the fascinating world of turtles at our workshop with the Six Nations Wildlife and Stewardship Office when you join us at Kayanase for an all-day activity focused on nest identification, turtle behaviour, and conservation techniques as led by Parks Canada. We'll be providing learning activities, information around identifying turtle species and nests, and the opportunity to learn hands-on skills for protecting their eggs. **Ages: 16+ with parent permission if under 18; those interested in the environment or wildlife**

Date: Tuesday, May 14 | **Time:** TBD | **Location:** Kayanase (993 Highway 54)

Registration Required: Lauren Jones | (519) 445-0330 | laurenjones@sixnations.ca

Youth Cooking

SNHS' CHILD & YOUTH HEALTH

Join us with a family member to learn to prepare different recipes every month in our youth cooking class! **Ages: Preteens/Teens 10-17**

Dates: Tuesday, April 16 & May 21 | **Time:** 4:30-6:30pm

Transportation: Contact to Inquire | **Location:** White Pines Wellness Centre (1745 Chiefswood Rd)

Registration Required: Claire Nanda | (548) 328-1838 | cyhrd2@sixnations.ca

HPL

BOOKMOBILE

STOPS
@SIX NATIONS PUBLIC LIBRARY



- Hamilton Public Library Bookmobile stops at Six Nations Public Library
- **Every other Friday** starting July 21, 2023
- **10:30AM - 12PM**
- Collect your holds or browse for new reads.
- HPL cards are available to SNPL card holders.
- Get your HPL card with the Bookmobile!
- Don't forget to bring your ID.

2024
DATES*

 March
1, 15, 29

 June
7, 21

 April
12, 26

 July
5, 19

 May
10, 24

 August
2, 16, 30

 *Dates
Subject to
Change

 Email
info@snpl.ca to
sign up for
library email
list to keep to
date!

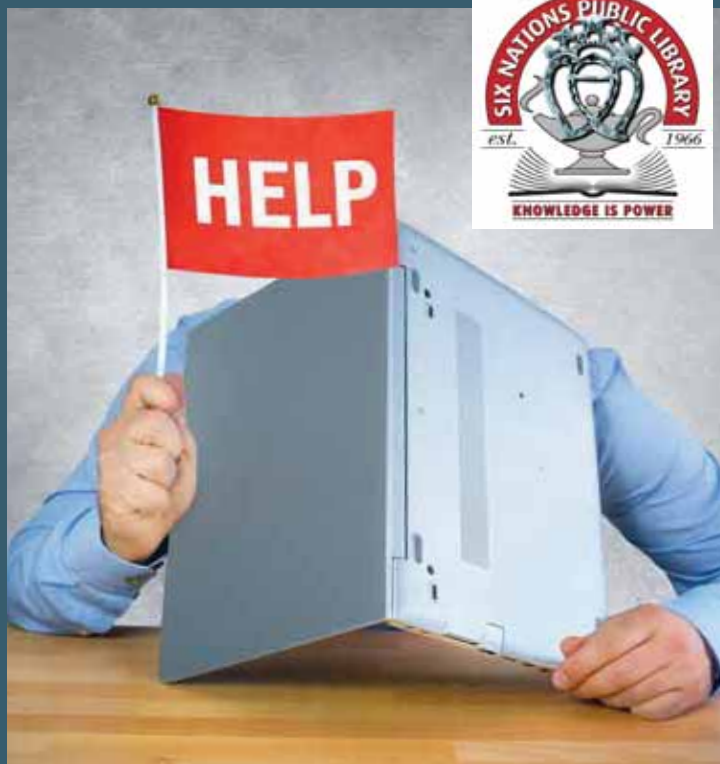
TECH HELP with Six Nations Public Library

Discover the wonders of technology

YOU CAN learn how to use email, social media and other websites, e-readers, tablets, computers. Learn how to use library computers or get help with your device.

Our staff is here to help you navigate the world of technology...

Call the library to make an appointment 519-445-2954



Six Nations Public Library is available online all day, everyday.





Get your library card ready and visit

www.snpl.ca/eresources/





MULTI-DAY/ONGOING EVENTS & PROGRAMS

-  Community Events & Programs
-  Support Groups
-  Getting Active/Movement
-  Workshops & Classes

Elected Council Meetings

SIX NATIONS OF THE GRAND RIVER 59TH ELECTED COUNCIL

Six Nations of the Grand River Elected Council (SNGREC) meeting is a crucial platform for ensuring that the community's needs are being met and that everyone is working together towards a common goal. The SNGREC meetings are an important event where representatives from the Six Nations community come together to discuss various issues. The purpose of the meeting is to provide updates on current projects, to review financial reports, and to discuss any matters that may impact the community as a whole. The meetings are also an opportunity for community members to voice their concerns, offer suggestions, and ask questions. **All ages**

General Finance: 1st & 3rd Monday of every month | **Start Time:** 9am

General Council: 2nd & 4th Tuesday of every month | **Start Time:** 6pm

Political Liaison: 2nd & 4th Monday of every month | **Start Time:** 9am

In-Person Location: Council Chambers @ Central Administration (1695 Chiefswood Road)

Virtual Location: Six Nations of the Grand River Facebook Page (@sixnationsgr)

Contact: Central Administration | (519) 445-2201

Family Well-Being Program

SIX NATIONS SOCIAL SERVICES, ADMINISTRATION

The priority focus of this program is to increase coordinated access to systems of care, minimize and/or de-escalate protection concerns for families involved with Child Welfare, provide prevention-focused services that promote family well-being, family stabilization, preservation, and reunification. Our Family Well-Being Navigators advocate and support families by connecting existing services and programs to families, providing financial/material supports (eligibility requirements), and providing community family well-being workshops and events such as the Community Breakfast, Budgeting workshops, life skills courses, etc. **Eligibility:** Six Nations families with children under the age of 18 in the home

Duration: Daily (Monday-Friday) | **Time:** 8:30am-4pm | **Transportation:** Contact to Inquire

Location: Family Gatherings, Second Floor (18 Stonteridge Circle)

Contact: Maureene Ninham-Harvey | (519) 732-5881 | mninham-harvey@sixnations.ca

NEW Forest of Reading - Blind Date with a Book

SIX NATIONS PUBLIC LIBRARY

Stop in to the library and borrow from ten White Pine Award nominated books based only on the first line, read, vote for who you think should win. Voting starts April 1. Participants will be entered in a draw for a prize package. Every book read and any activities completed is another entry for the draw. If there is enough 'love' in the air, we will throw a party. **Ages:** Youth 12+

Note: The library is not setting people up on blind dates, YOU + Book = Date.

Duration: January-April 30 | **Location:** Public Library (1679 Chiefswood Road)

Contact: Six Nations Public Library | (519) 445-2954 | 6languages@snpl.ca

Wagyosehta'geh: "A Visiting Place" (Formerly the Adult Day Centre)

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

A community-based day program which provides supervised activities in a group setting for adult clients with mild to moderate disabilities to assist in achieving and maintaining their maximum level of functioning. The goal is to provide the necessary support to assist individuals in being able to stay at home as long as possible and at the same time providing respite and support for caregivers. Wagyosehta'geh assists individuals to gain a sense of achievement and improve their overall wellness through meaningful social, recreational, and therapeutic activities in a friendly, caring, and safe environment. **Ages: Seniors 55+; Adults with Various Disabilities; Frail Elderly; Caregiver Respite**

Duration: Daily (Monday-Friday)* | **Time:** 10am-3pm | **Transportation:** Contact to Inquire

***Holiday Dates (No Program):** December 25, 26, January 1 & February 19

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Sonya Hill | (519) 445-1867 | ada@sixnations.ca

Additional Information: See ad on p. 36 for services and programs available

Six Nations Home & Community Care Program (Community Support Services)

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

The Six Nations Community Support Services offers many different services to seniors (65+) and disabled persons who are residents and registered band members that are still living in their own homes on the Six Nations territory. Limited services are available to those under 65 years of age who have physically disabling conditions. **Ages: Seniors 65+**

Duration: Daily (Monday-Friday)* | **Time:** 8:30am-4:30pm | **Transportation:** Contact to Inquire

***Holiday Dates (No Program):** December 25, 26, January 1 & February 19

Location: Jay Silverheels Complex (29 Cao Lane) | **Contact:** (519) 445-4055

Additional Information: See ad on p. 36 for services and programs available

March Break Camp – Preschoolers/Middle Childhood ▲

SNSS' FAMILY GATHERINGS

Family Gatherings Too hosts March Break Camp for preschoolers and middle childhood-aged children. Camp begins on Monday, March 11 and wraps up on Friday, March 15. Working parents and parents attending school are encouraged to act fast as there are limited spaces for this camp. **Ages: Preschoolers & Middle Childhood (3-8)**

Duration: Monday, March 11-Friday, March 15 | **Time:** 8:30-3:30pm

Location: Family Gatherings Too (1790 1st Line)

Registration Required: Karissa Elliott | (519) 445-2565 | kelliott@sixnations.ca

March Break Camp – Youth ▲

SNSS' CHILD AND FAMILY SERVICES, PRIMARY PREVENTION SERVICES & FAMILY GATHERINGS

Join Primary Prevention Services & Family Gatherings for a week of fun! **Ages: Youth (6-13)**

Duration: Monday, March 11-Friday, March 15 | **Time:** 8:30-4pm

Location: Iroquois Lacrosse Arena – Upstairs Banquet Hall (3201 Second line)

Registration Required: Opens February 26 @ 9am | Social Services | (519) 445-2950



MULTI-DAY/ONGOING EVENTS & PROGRAMS

NEW March Break Program ▲

SNSS' KANIKONRIIO YOUTH LIFE PROMOTION

Social Services is providing programming for youth during March Break. Youth are welcome to participate in a variety of activities depending on their age range.

Duration: Tuesday, March 12-Friday, March 15 | **Time:** 9am-4pm

Transportation Provided: Pick-up & drop-off at 18 Stoneridge Circle

Registration Required: Brittany Vervaet | (226) 227-9271 ext. 3277 | kaylp19@sixnations.ca

Youth will be traveling to Splitsville to play laser tag, go bowling, play at the arcade, and have a pizza party! Those between the ages of 10-14 will be attending on March 13, and youth between the ages of 15-18 will be attending on March 12. **Ages: 10-18**

Ages: 15-18 | Date: March 12 | **Ages: 10-14 | Date:** March 13

Location: Splitsville Burlington (830 Laurentian Drive, Burlington)

Children will be traveling to Flying Squirrel for trampoline park fun, dinner at Kelsey's, and Cineplex afterwards for a movie! **Ages: 5-9**

Date: March 14 | **Locations:** Flying Squirrel (1550 Upper James Street, Hamilton), Kelsey's restaurant, and Cineplex (771 Golf Links Road, Ancaster)

WELCOME TO OSTTC

OGWEHOWEH
Skills and Trades Training Centre

WHAT WE OFFER:

- ✓ VARIOUS COMMUNITY WORKSHOPS
- ✓ SMALL INTERACTIVE SIZED CLASSROOMS
- ✓ VARIOUS SKILLED TRADES AND QUALITY PROGRAMMING

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IN PERSON: 16 SUNRISE COURT
 OHSWEKEN, ON N0A 1M0

<https://www.facebook.com/OSTTC.ca/>
<https://www.instagram.com/osttc/>
www.osttc.com

Children will be traveling to the Disney on Ice performance, for dinner at Swiss Chalet, and fun at Amazing Adventures Playland.
Ages: 5-9

Date: March 15 |

Locations:

FirstOntario Centre (101 York Boulevard, Hamilton), Swiss Chalet (1575 Upper Ottawa Street, Unit 12, Hamilton), and Amazing Adventures Playland (240 Nebo Road Unit 5, Hamilton)



Crisis Supports For Six Nations

Need Help? Reach Out:



Six Nations Crisis Hub

226-446-9902
Monday-Friday, 8:00am-11:00pm
(walk-in crisis available)
1546 Chiefswood Road

Six Nations Crisis Line

519-445-2204 OR
1-866-445-2204 (phone 24/7)
226-777-8480
(text, 8:30am-4pm, Monday-Friday)

Kids Help Line

1-800-668-6868 OR
CONNECT to 686868 (text)
kidshelpphone.ca
(website, online chat available)

Indigenous Victims Services

226-227-2192 (Office Line)
1-866-964-5920 (IVS Direct Line)
1-866-445-2204 (Crisis Line)
Monday-Friday (8:30am-4:30pm)

Talk 4 Healing for Indigenous Women

1-855-554-4315 (24/7 call/text)
www.beendigen.com (live chat)

First Nations & Inuit Hope for Wellness Help Line

1-855-242-3310 (24/7)
hopeforwellness.ca
(website, online chat available)

Ohsweken Public Health

519-445-2672 (8:30am-4:30pm)
1769 Chiefswood Road

Talk Suicide Canada

1-833-456-4566 (24/7) OR
45645 (text)

National Indian Residential School Crisis Line

1-866-925-4419 (24/7)

Ganohkwasra Family Assault Support Services

519-445-4324 (24/7)



JOIN US AT OUR Council Meetings!



The Elected Council Meetings are held to inform the community on updates, projects and more at:

GENERAL FINANCE



1st & 3rd
MONDAY



Starting at
9:00 AM

POLITICAL LIAISON



2nd & 4th
MONDAY



Starting at
9:00 AM

GENERAL COUNCIL



2nd & 4th
TUESDAY



Starting at
6:00 PM



HOW YOU CAN GET ON THE SNGR Council/Committee Agenda

STEP 1

Submit a written request to the SNGR Administration Building.



STEP 2

State your purpose & the outcome you expect from presenting.



STEP 3

Be as detailed as possible so that council is prepared for your request.



STEP 4

Include contact info to be informed when your issue will be discussed.



STEP 5

Request deadlines are Wednesdays prior to the next meeting @12pm.



COMMUNITY AWARENESS 2024



We invite all **Community Organizations** to participate in this year's Community Awareness Event! Events will run from **May 1st-31st**.

To be added to the contact list, contact Leigh Thompson at sncec@sixnations.ca or **1 (548) 328-0725**.



JOIN OUR TEAM!!

Visit www.sixnations.ca to find all of SNGR's latest career opportunities.
Your career is just a click away.





59TH ELECTED CHIEF & COUNCIL

CHIEF SHERRI-LYN HILL
(519) 445-2201



DAYLE BOMBERRY
(226) 387-8096

KERRY BOMBERRY
(519) 732-1477

GREG FRAZER
(226) 387-9112

CAROLE LESLEY GREENE
(519) 761-7058

DEAN HILL
(226) 387-8093

CYNTHIA JAMIESON
(226) 387-8085

HAZEL JOHNSON
(519) 732-2169

AMOS KEY
(226) 387-8089

HELEN MILLER
(519) 717-2565

A. POWLESS-BOMBERRY
(519) 717-2721

MELBA THOMAS
(519) 732-2869

ALAINA VANEVRY
(226) 387-8087

SIX NATIONS of the GRAND RIVER DEPARTMENTS

CENTRAL ADMINISTRATION
1695 Chiefswood Road
(519) 445-2201

FIRE & EMERGENCY SERVICES
17 Veterans Lane
(519) 445-4054

HEALTH SERVICES
1745 Chiefswood Road
(519) 445-2418

HOUSING
67 Bicentennial Trail
(519) 445-2235

JUSTICE DEPARTMENT
1721 Chiefswood Road
(226) 227-2192

LANDS & MEMBERSHIP
67 Bicentennial Trail
(519) 445-4613

LANDS & RESOURCES
2498 Chiefswood Road
(519) 753-0665

ONTARIO WORKS
12 Sunrise Court
(519) 445-2084

PARKS & RECREATION
1738 Fourth Line
(519) 445-4311

PUBLIC WORKS
1953 Fourth Line
(519) 445-4242

SOCIAL SERVICES
15 Sunrise Court
(519) 445-0232

TOURISM
(519) 758-5444

YERIHWAHRÓN:KAS
(They Hear the Matters)
(519) 758-5444

1695 Chiefswood Road
P.O. Box 5000,
Ohsweken, Ontario
N0A 1M0





WAYS TO STAY CONNECTED!

FOLLOW SNGR'S SOCIAL MEDIA ACCOUNTS!

-  Facebook: @sixnationsgr
-  Instagram: @sixnationsgr
-  X: @sixnationsgr
-  YouTube: @sixnationsgr

DOWNLOAD THE SNGR APP

by visiting the Google Play Store
or Apple's App Store on your mobile device!



VISIT OUR WEBSITE:

www.sixnations.ca

