

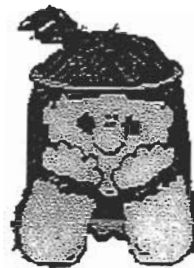
The sewing and parenting groups are usually offered once a year to the community. The groups will be advertised in the local Teka and Turtle Island newspapers and on our CKRZ radio station.

To access these services, in a one on one office setting, call our Service Coordination Unit at 519-445-0230 and ask for intake.



The teacher/homemaker is also available to do parenting related workshops for other programs.

For more information on the parenting, or workshops, call the Family Support Unit at **519-445-4050**



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



—Taking Care of Our Own—  
Six Nations of the Grand River  
Child and Family Services

### Family Support Unit

### Teacher/Homemaker

15 Sunrise Court P.O. Box 5001  
Ohsweken, Ontario  
N0A 1M0  
Phone: 519-445-0230  
Fax: 519-445-0249



### Teacher/Homemaker

The Teacher/Homemaker offers programs in sewing, time management, budgeting, and parenting. These services can be done on a one-on-one, or in a group setting.



There are four parenting programs that are offered by the teacher/homemaker. The mentioned time frames may be different depending on the individual goals of clients.

### Nobody's Perfect Program

Geared for parents of children from infant to 5 years old. There are six sessions

**Topics:**

Parents, safety, behaviour, mind and body

### Community Parent Education Program (COPE)

Geared for parents of children 6-12 years old. COPE has eight sessions  
**Topics are:** attending/ balanced attending, planned ignoring, transitional warning, planning ahead , positive reinforcement and the point system.

### Parenting Teenagers

Geared for parents of teenagers. This program has eight sessions.

**Topics are:**

Understanding yourself and teen, changing your response to teen, communication, encouragement, cooperation, solving problems, consequences, and deciding what to do next.



### Parenting Through the Years

Geared for parents that have children from preschool to teenager, this program has eight sessions.

**Topics are:**

Child development, foundations of parenting, values, setting guidelines, choices and consequences, communication and problem solving



**Beginners Sewing workshop:**  
This workshop has four sessions.

**Part A**—session 1 and 2  
Basic hints on buying fabrics, pattern symbols, threading the sewing and bobbing. And make one simple project (example: throw pillow).

**Part B** -sessions 3 and 4  
Continue with machine instruction and make their second project (example, simple summer blouse, vest, etc.)

