

INSIDE:
Community Events,
Programs & Workshops!



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

Fall 2025
Leisure Activities Guide

September 1 - November 30, 2025



MESSAGE FROM THE 59TH ELECTED CHIEF

She:kon/hello, welcome to the 2025 Six Nations of the Grand River Fall Leisure Guide!

This fall, I'm excited for you to take part in all the amazing events, activities, and programming planned for the community. This is a great opportunity for you to take full advantage of all that Six Nations has to offer.

I would like to extend a huge nia:wen to all those who provide programming, host events, and engage the community through their work.

Everyone enjoy yourselves and have fun!

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



59TH ELECTED CHIEF & COUNCILLORS



CHIEF SHERRI-LYN HILL
(519) 445-2201



COUNCILLOR DAYLE BOMBERRY
(226) 387-8096



COUNCILLOR HAZEL JOHNSON
(519) 732-2169



COUNCILLOR KERRY BOMBERRY
(519) 732-1477



COUNCILLOR AMOS KEY JR.
(226) 387-8089



COUNCILLOR GREG FRAZER
(226) 387-9112



COUNCILLOR HELEN MILLER
(519) 717-2565



COUNCILLOR CAROLE LESLEY GREENE
(519) 761-7058



COUNCILLOR A. POWLESS-BOMBERRY
(519) 717-2721



COUNCILLOR DEAN HILL
(226) 387-8093



COUNCILLOR MELBA THOMAS
(519) 732-2869



COUNCILLOR CYNTHIA JAMIESON
(226) 387-8085



COUNCILLOR ALAINA VANEVERY
(226) 387-8087



SEE THE NEXT PAGE TO EXPLORE WAYS TO CONNECT WITH ELECTED COUNCIL!

SNGREC RADIO UPDATES

Join 59th Elected Council every Friday for the Six Nations of the Grand River Elected Council Update on local radio stations!

To listen, tune in to Jukasa Radio (93.5FM) or CKRZ FM (100.3FM)!



59th ELECTED COUNCIL POLITICAL COMMITTEES

**Built Environment, Climate Adaptation
& Lands and Membership**

Chair: D. Bomberly | **Co-Chair:** H. Miller

A. VanEvery, K. Bomberly, H. Johnson & L. Greene

Community Committee

Chair: D. Hill | **Co-Chair:** D. Bomberly

M. Thomas & K. Bomberly

Data Governance

Chair: D. Hill | **Co-Chair:** G. Frazer

A. Key Jr.

Education Language & Culture

Chair: A. Key Jr. | **Co-Chair:** A. Powless-Bomberly

L. Greene

**Lands and Resources & Wealth
and Economy**

Chair: C. Jamieson | **Co-Chair:** A. Key Jr.

A. VanEvery, D. Hill, G. Frazer & H. Miller

**Unity Building, External Government
Relations & Justice**

Chair: G. Frazer | **Co-Chair:** C. Jamieson

L. Greene, D. Hill & M. Thomas

Well-Being Committee

Chair: A. Key Jr.

A. Powless-Bomberly, H. Johnson,

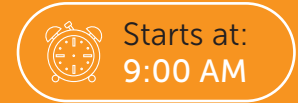
M. Thomas & L. Greene



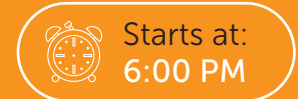
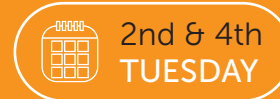
JOIN OUR COUNCIL MEETINGS!

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

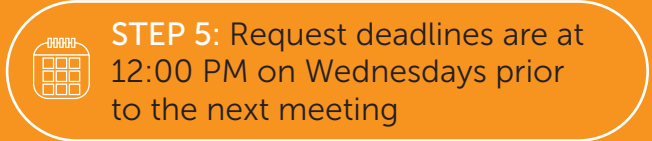
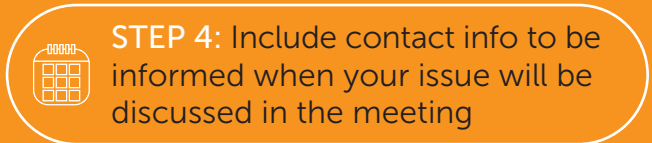
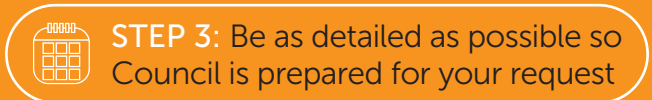
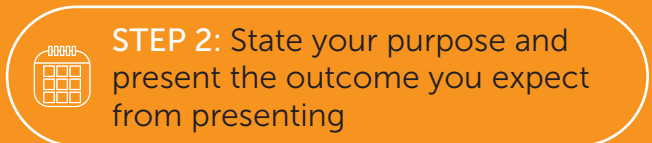
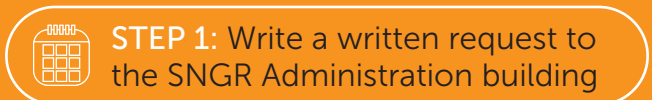
GENERAL FINANCE



GENERAL COUNCIL



HOW YOU CAN GET ON THE SNGR COUNCIL/COMMITTEE AGENDA



POLITICAL UPDATES

Keep informed on the latest Political Updates by following our social media channels – Facebook, Instagram, and X! @sixnationsgr



MESSAGE FROM SNGR'S CEO OFFICE

Shé:kon sewakwé:kon,

I'm pleased to welcome you to the Fall edition of the 2025 Edwadrohe:k/Entewatia'taro:roke – Leisure Guide!

With a wide range of events planned, I encourage you to step out and enjoy the activities and experiences available to community members of all ages.

Nia:wen to all the dedicated SNGR departments and community organizations whose hard work and commitment to our community continue to make these programs and events possible.

Tracy Brant, CEO, Six Nations of the Grand River



SNGR ADMINISTRATION OFFICES



CENTRAL ADMINISTRATION
1695 Chiefswood Road
P: (519) 445-2201 F: (519) 445-2208



PUBLIC WORKS - Administration:
1953 Fourth Line
P: (519) 445-445-4242 F: (519) 445-4763



DEPARTMENT OF WELL-BEING
1745 Chiefswood Road
P: (519) 445-2418 F: (519) 445-0368



PUBLIC WORKS - Transfer Station:
2470 Fourth Line
P: (519) 445-445-1212



FIRE & EMERGENCY SERVICES
17 Veterans Lane
P: (519) 445-4054 F: (519) 445-4208



SOCIAL SERVICES
15 Sunrise Court
P: (519) 445-445-2071 F: (519) 445-1783



PARKS & RECREATION
1738 Fourth Line
P: (519) 445-4311 F: (519) 445-4401



SEE THE BACK COVER FOR WAYS TO STAY CONNECTED WITH SNGR!

CRISIS SUPPORTS

MOBILE CRISIS RAPID RESPONSE TEAM

(226) 446-9902

(Monday-Friday, 8am-11pm)

1546 Chiefswood Road

(Walk-in Available)

SIX NATIONS CRISIS LINE

1 (866) 445-2204 or

(519) 445-2204 (Call 24/7)

(226) 777-8480 (Text Monday-

Friday, 8:30am-4pm)

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)

GANOHKWASRA FAMILY ASSAULT SUPPORT SERVICES

(519) 445-4324 (Call 24/7)

OHSWEKEN PUBLIC HEALTH

(519) 761-9053 (8:30am-4:30pm)

NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE

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

KIDS HELP LINE

1 (800) 668-6868 (Call 24/7) or

CONNECT to 686868 (Text)

kidshelpphone.ca (Online Chat)

TALK SUICIDE CANADA

1 (833) 456-4566 (Call 24/7)

or **45645** (Text)

TALK 4 HEALING for INDIGENOUS WOMEN

1 (855) 554-4325 (Call/Text 24/7)

www.beendigen.com (Live Chat)

FIRST NATIONS & INUIT HOPE for WELLNESS HELP LINE

1 (855) 242-3310 (Call 24/7)

hopeforwellness.ca (Online Chat)

SNGR DEPARTMENTS

CENTRAL ADMINISTRATION

(519) 445-2201 • 1695 Chiefswood Road

DEPARTMENT OF WELL-BEING

(519) 445-2418 • 1745 Chiefswood Road

FIRE & EMERGENCY SERVICES

(519) 445-4054 • 17 Veterans Lane

HOUSING

(519) 445-2235 • 67 Bicentennial Trail

JUSTICE DEPARTMENT

(226) 227-2192 • 1721 Chiefswood Road

LANDS & MEMBERSHIP

(519) 445-4613 • 67 Bicentennial Trail

LANDS & RESOURCES

(519) 753-0665 • 2498 Chiefswood Road

ONTARIO WORKS

(519) 445-2084 • 12 Sunrise Court

PARKS & RECREATION

(519) 445-4311 • 1738 Fourth Line

PUBLIC WORKS

(519) 445-4242 • 1953 Fourth Line

SOCIAL SERVICES

(519) 445-0232 • 15 Sunrise Court

TOURISM

(519) 758-5444 • 1037 Highway 54

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

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



Ohsweken
PUBLIC HEALTH

Weekly Vaccine Clinics



Every Thursday

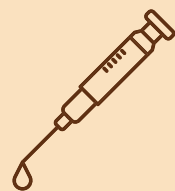


9:00 am - 3:00 pm

Appointment necessary



White Pines Wellness Centre
1745 Chiefswood Rd



Come to the clinic and take a simple step towards staying safe and healthy. The clinic is open to all ages, and you can receive any publicly funded vaccine at no cost.

Call 519-761-9053 to book an appointment.

As a bonus, anyone who gets vaccinated at the weekly clinics will be entered into a monthly draw for a prize.

ISC INDIGENOUS
SERVICES
CANADA



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SEPTEMBER CALENDAR/OVERVIEW

MONDAY		TUESDAY		WEDNESDAY	
1 Closure Notice: All SNGR departments are closed today for Labour Day. Regular office hours resume September 3 @ 8:30am.		2 First Day of School Bike the Rail Trail (p. 9) Sit to Be Fit (p. 11) Soup for Seniors (p. 52)		3 Community Beautification (p. 9) Knitting/Crochet Club (p. 4) Tentewata:ton/Dedwadado Community Market (p. 52)	
8 55+ Craft Group (p. 19) Let's Get Moving (p. 10) Morning Spark (p. 10) MuscleFIT (p. 10) Youth Pool League (p. 11)		9 Bike the Rail Trail (p. 9) Sit to Be Fit (p. 11) Soup for Seniors (p. 52) Virtual Soup Share (p. 20)		10 3-Pitch for Boys (p. 9) 3-Pitch for Girls (p. 9) Community Beautification (p. 9) Knitting/Crochet Club (p. 4) Lights to Remember (p. 4) Moment 4 Life Colour Run (p. 4) Tentewata:ton/Dedwadado Community Market (p. 52)	
15 Let's Get Moving (p. 10) Morning Spark (p. 10) MuscleFIT (p. 10) Youth Pool League (p. 11)		16 Bike the Rail Trail (p. 9) Line Dancing (p. 10) Sit to Be Fit (p. 11) Soup for Seniors (p. 52) Virtual Soup Share (p. 20)		17 3-Pitch for Boys (p. 9) 3-Pitch for Girls (p. 9) 55+ Paint & Create (p. 19) Community Beautification (p. 9) Knitting/Crochet Club (p. 4) Tentewata:ton/Dedwadado Community Market (p. 52)	
22 55+ Craft Group (p. 19) Let's Get Moving (p. 10) Morning Spark (p. 10) MuscleFIT (p. 10) Youth Pool League (p. 11)		23 Bike the Rail Trail (p. 9) Line Dancing (p. 10) SafeTALK Training (p. 20) Sit to Be Fit (p. 11) Soup for Seniors (p. 52) Virtual Soup Share (p. 20)		24 3-Pitch for Boys (p. 9) 3-Pitch for Girls (p. 9) Community Beautification (p. 9) Knitting/Crochet Club (p. 4) Grief Recovery Method Group (p. 15) Safe Food Handling (p. 19) Tentewata:ton/Dedwadado Community Market (p. 52)	
29 Let's Get Moving (p. 10) Morning Spark (p. 10) MuscleFIT (p. 10) Youth Pool League (p. 11)		30 Closure Notice: SNGR departments are closed today for National Truth and Reconciliation Day. Regular office hours resume October 1 @ 8:30am.			



THURSDAY	FRIDAY	SATURDAY/SUNDAY
National Wildlife Day 4	Grandparents Day Tea (p. 3) Let's Get Moving (p. 10) 5	Athletes Celebration Parade (p. 3) 6
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Rain Date: Moment 4 Life Colour Run (p. 4) Youth Basketball (p. 11) 11	Let's Get Moving (p. 10) 12	13
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6N Film Club (p. 3) Spooky Stories (p. 5) Youth Basketball (p. 11) 18	Let's Get Moving (p. 10) 19	20
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White Bison Wellbriety Group (p. 16) Youth Basketball (p. 11) 25	Diabetes Screening (p. 15) Let's Get Moving (p. 10) Orange Shirt Day Drive-Thru Event (p. 4) Relapse Prevention Planning (p. 15) 26	Family Time (p. 3) 27
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EVENTS & PROGRAMS (SEPTEMBER)

NEW New Event
▲ Outdoor Event

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Community members are encouraged to join our monthly meet at Dajoh, which takes place on the third Thursday of every month (including December). NOTE: Length of the meet varies from week to week, but will begin at 6pm. **Ages: 15+**

Date: Thursday, September 18, October 16 & November 20, 2025 | **Time:** 6pm

Location: Dajoh (1738 Fourth Line) | **Contact:** Front Desk | (519) 445-2954 | info@snpl.ca

Athletes Celebration Parade ▲

COMMUNICATIONS

Six Nations community members who identify as athletes for 2024-2025 can meet at 10am at Six Nations Public Works (1953 Fourth Line) to walk in a parade down Fourth Line to Lawrence Jonathan Lane. Those who walk in the parade will receive FREE admission to the SN Fall Fair. SNGREC will have a recognition ceremony on the stage at 11am inside the Six Nations Sports & Cultural Memorial Centre. **All ages; Athletes**

Date: Saturday, September 6 | **Time:** 10am-12pm | **Location:** Dajoh (1738 Fourth Line)

Registration Required: Leigh Thompson | (519) 445-2201 | sncec@sixnations.ca

Family Time

SOCIAL SERVICES' FAMILY GATHERINGS

This weekend drop-in event is designed for families to set aside time for engagement in healthy development, building positive relationships and wellness practice. Light refreshments provided, while supplies last. **All ages.**

Date: Saturday, September 27 | **Time:** 9am-12pm | **Transportation:** Available Upon Request

Location: Family Gatherings (18 Stoneridge Circle)

Registration Required: Magan Aaron | (519) 445-2565 | fgsup@sixnations.ca

Grandparents Day Tea

SOCIAL SERVICES' FAMILY GATHERINGS

Grandparents are invited to drop-in and enjoy a cup of tea with us! **All ages.**

Date: Friday, September 5 | **Time:** 9am-12pm | **Transportation:** Contact to Inquire

Location: Family Gatherings (18 Stoneridge Circle)

Registration Required: Magan Aaron | (519) 445-2565 | fgsup@sixnations.ca



Knitting/Crochet Club

SIX NATIONS PUBLIC LIBRARY

Bring your yarn and your needles to this club to socialize, learn and share your knowledge, or ask questions. Group projects optional. Other crafts or artists welcome to attend. **Ages: 12+; Knitters, Crocheters, Crafters**

Duration: Every Wednesday (September 3-November 26) | **Time:** 4:30-6:30pm

Location: Dajoh (1738 Fourth Line) | **Contact:** Front Desk | (519) 445-2954 | info@snpl.ca

NEW Lights to Remember ▲

SOCIAL SERVICES' CHILD & FAMILY SERVICES

In support of suicide awareness week, please join Social Services for an evening to remember loved ones and community members lost by suicide. Join us for an informal candlelight gathering to acknowledge loss and share messages of hope. Candles and refreshments will be provided. If you're unable to attend, please join us online with messages of hope. **All ages.**

Date: Wednesday, September 10 | **Time:** 7-8:30pm | **Location:** Veterans Park (17 Veterans Lane)

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

Moment 4 Life Colour Run ▲

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

All are welcome to join us for the annual Moment 4 Life Colour Run in recognition of World Suicide Prevention Day. Walk or Run to raise awareness of suicide prevention, to support those that are struggling, and to honour those that have gone before us. Interact with information booths to learn about supports available in the community. This is a FREE family friendly event. The rain date for the event is: September 11, 2025. **All ages.**

Date: Wednesday, September 10 | **Time:** 5:30-7pm | **Location:** Blue Track (1738 Fourth Line)

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

Orange Shirt Day Drive-Thru Event ▲

COMMUNICATIONS

To commemorate Orange Shirt Day (National Day of Truth & Reconciliation), we are hosting a drive-thru giveaway event. Community members are welcome to pick up a family togetherness package! **All ages.**

Duration: Friday, September 26 | **Time:** 3-7pm (or while supplies last)

Location: Oneida Business Park (50 Generations Drive)

Contact: Summer Hill | ceft@sixnations.ca

NEW Senior Prom

DEPARTMENT OF WELL-BEING, SENIOR SUPPORT HUB & SIX NATION POLICE

Enjoy an evening of music, dancing, and joyful memories with friends old and new. Celebrate the spirit of community and timeless fun! **Ages: Seniors 55+**

Date: Wednesday, September 10 | **Time:** 4-8pm | **Transportation:** Contact to Inquire

Location: Mont Hill Golf & Country Club (4925 Highway 6)

Registration Required: Senior Support Hub | (519) 445-4481 | chsshom@sixnations.ca



EVENTS & PROGRAMS (SEPTEMBER)

NEW New Event

▲ Outdoor Event

NEW Spooky Stories ▲

SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM

Spooky story telling with special guests, Lance Logan-Key, Rod Miller & Jay Smith! **All ages.**

Date: Thursday, September 18 | Time: 5-8pm | Transportation: Contact to Inquire

Location: Chiefswood Park (1037 Highway 54)

Contact: Jaycie Homer | (519) 717-5892 | ssfwbn3@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/DE̐DWADADQ **COMMUNITY MARKET**

**WEDNESDAYS
12 - 5 PM**

Everyone welcome!

ODROHEKTA'GEH

(1676 Chiefswood Road)



HOW WELL... IS YOUR WELL?

You should test your well/cistern water 3 times a year!

Test your water in the spring, summer, and fall – or any time you notice a change in your water. We offer free bacteriological water tests for wells and cisterns on Six Nations. Visit us at **White Pines Wellness Centre (1745 Chiefswood Road)** to pick up a test bottle today!

The following are types of bacteria that act as indicators and help determine if 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.

If your sample indicates Coliforms and/or E. coli:

- 1 Follow the recommended disinfection procedures appropriate for your well/cistern.
NOTE: Your water may be unsafe to drink unless boiled or treated.
- 2 Conduct a second water sample within 1-2 weeks of completing the appropriate treatment procedures. If the second water sample indicates the presence of bacteria, follow up with the Community Educator to contact the Environmental Public Health Officer (EPHO).
- 3 The EPHO will inspect your well/cistern, make recommendations on where the contamination could be coming from, and advise you on how to correct the problem.

NOTE: Correcting the problem is the discretion of the homeowner.

Drop off your water samples by 2pm, Monday-Thursday, at the **White Pines Wellness Centre**. If you are an elder, please call to book an appointment to have your water tested by the Community Educator.



For more information, contact the Community Educators at Health Promotion:
(519) 445-2809 • White Pines Wellness Centre (1745 Chiefswood Road)

GO Transit has come to SIX NATIONS of the GRAND RIVER!

GO bus route 15B now makes stops across Six Nations of the Grand River and Mississauga of the Credit First Nation. It makes 3 trips in each direction, 7 days a week, connecting to Brantford Bus Terminal, McMaster University and to Lakeshore West GO train service at Aldershot GO station.

WEEKDAY STOPS

(Weekend times in parentheses)

Stop 1: Oneida Business Park (50 Generations Drive)

Trip 1: 6:23am (7:47am)
Trip 2: 9:33am (11:32am)
Trip 3: 5:01pm (5:37pm)

Stop 3: Sour Springs @ Chiefswood Road

Trip 1: 6:41am (8:05am)
Trip 2: 9:51am (11:50am)
Trip 3: 5:19pm (5:55pm)

Stop 2: Fourth Line @ Chiefswood Road

Trip 1: 6:37am (8:01am)
Trip 2: 9:47am (11:46am)
Trip 3: 5:15pm (5:51pm)

Stop 4: Sour Springs @ Mohawk Road

Trip 1: 6:45am (8:09am)
Trip 2: 9:55am (11:54am)
Trip 3: 5:23pm (5:59pm)

Catch a ride back to Six Nations from the Brantford Bus Terminal:
8:02am (9:17am) | 2:55pm (3:07pm) | 5:00pm (9:08pm)

Go bus schedules can change at any time. More information is available at **Central Administration (1695 Chiefswood Road)**, **Public Works (1953 Fourth Line)**, or online at: gotransit.com.



GO Transit helps connect Six Nations to Brantford, Hamilton, Toronto, and more! Ride the GO bus through Brantford, Hamilton, and to Aldershot Station, or travel throughout the Greater Toronto Area using the GO Train!

PRESTO card

The easiest way to ride with GO.

Pay to ride all types of GO transit using a debit/credit card or by using a reloadable PRESTO card.

PRESTO cards are available online at prestocard.ca or at select retail stores.



You can add funds to your PRESTO card instantly online by visiting prestocard.ca, via the PRESTO app, by using your mobile wallet, or in person at any PRESTO vending machine!

REMINDER: Always tap ON and OFF when riding GO transit.





GETTING ACTIVE/MOVEMENT (SEPTEMBER)

NEW New Event

▲ Outdoor Event

3-Pitch for Boys ▲

PARKS & RECREATION

Male youth in the community are invited to register for our 3-pitch program on Wednesday evenings. The program begins September 10 and ends on October 15. **Ages: 12-17**

Duration: Every Wednesday (September 10-October 15) | **Time:** 6:30-7:30pm

Location: Six Nations Parks & Recreation – Ball Diamond 1 (1738 Fourth Line)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

3-Pitch for Girls ▲

PARKS & RECREATION

Female youth in the community are invited to register for our 3-pitch program on Wednesday evenings. The program begins September 10 and ends on October 15. **Ages: 12-17**

Duration: Every Wednesday (September 10-October 15) | **Time:** 5:30-6:30pm

Location: Six Nations Parks & Recreation – Ball Diamond 1 (1738 Fourth Line)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

Bike the Rail Trail ▲

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

Come out and bike the Brantford to Port Dover Rail Trail. We will be dividing the 50km trail ride into sections. Each section will cover 15-20km return trip. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. Bells and reflectors are also recommended for safety purposes. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: Adults 18+; Individuals looking to be more active in a supportive environment.**

Duration: Every Tuesday (September 2-October 21)* | **Time:** 9-11am

***Holiday Date (No Program):** September 30 | **Location:** Various locations along the Rail Trail

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

Community Beautification ▲

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

An active community improvement program that encourages healthy living and caring for our surroundings. This program will allow adults to mentally, emotionally, spiritually and physically focus on their health while beautifying the gardens around the community. Participants will be provided



DROP-IN PROGRAMS: Check out more of Parks & Recreation's drop-in programs available in the Multi-Day & Ongoing Events & Programs section on **pages 51 & 52!**

with gardening gloves and tools. **Ages: Adults 18+; All fitness levels welcome.**

Duration: Every Wednesday (September 3-November 19) | **Time:** 9-10am

Location: Iroquois Lodge (1755 Chiefswood Road)

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

Let's Get Moving

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

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. **Ages: Seniors 55+; Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls.**

Duration: Every Monday & Friday (September 5-November 28)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** October 13 | **Transportation:** Available Upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

Contact: Amanda Martin | (519) 751-5324 | amandamartin@sixnations.ca

Line Dancing

PARKS & RECREATION

Line Dancing with Joan Minnery. **Ages: Adults 18+**

Duration: Every Tuesday (September 16-October 28)* | **Time:** 12-1pm

***Holiday Dates (No Program):** September 30 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Emerson Oakes | (519) 445-4311 | dajoh10@sixnations.ca

Morning Spark

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

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. **Ages: Adults 18+; Community members looking to stay active, indoors.**

Duration: Every Monday (September 8-November 24)* | **Time:** 8:30-10am

***Holiday Dates (No Program):** October 13 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

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

MuscleFIT

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

This energizing exercise class is designed to focus on proper technique while lifting weights and working on muscular endurance and strength. **Ages: Adults 18+; All fitness levels are welcome.**

Duration: Every Monday (September 8-October 20)* | **Time:** 12-1pm

***Holiday Dates (No Program):** October 13 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Jenny LaForme | (519) 754-5826 | chhlc@sixnations.ca





GETTING ACTIVE/MOVEMENT (SEPTEMBER)

NEW New Event

▲ Outdoor Event

Rockwall Climbing

PARKS & RECREATION

Rockwall instruction. **Ages: 4-12**

Duration: Every Tuesday (September 9-October 14)*

Times: 4:30-5:15pm | 5:30-6:15pm | 6:30-7:15pm

***Holiday Dates (No Program):** September 30 | **Location:** Dajoh Gym - Court 2 (1738 Fourth Line)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

Sit to Be Fit

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

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

Duration: Every Tuesday (September 2-November 25)* | **Time:** 2-3pm

***Holiday Dates (No Program):** September 30 & November 11

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

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

Youth Basketball

PARKS & RECREATION

Six Nations youth basketball, available in 3 different age categories! **Ages: 6-13**

Duration: Every Thursday (September 11-November 27) | **Registration Starts:** August 25

Time (Ages 6-7): 5-5:45pm | **Time (Ages 8-10):** 6-6:45pm | **Time (Ages 11-13):** 7-8pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

Youth Pool League

PARKS & RECREATION

Six Nations community youth are invited to join the pool league! **Ages: 12-17**

Duration: Every Monday (September 8-October 27)* | **Time:** 3:30-5pm

***Holiday Dates (No Program):** October 13 | **Registration Starts:** August 25

Location: Dajoh - Oneida Room (1738 Fourth Line)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca



SNAP[®]

SNAP[®], an acronym for Stop Now And Plan, is an evidence-based behavioral model designed to equip children facing behavioral challenges, along with their parents, with essential skills in emotional regulation, self-control, and problem-solving. The primary objective of SNAP[®] is to empower participants to make improved choices “in the moment.”

This comprehensive 12-week in-person program serves families with children aged 6 to 11, offering separate groups for boys and girls, alongside a mandatory parenting group. Meals are provided for all participants, and transportation may be available. For more information, please do not hesitate to contact us today.

Inquires & enrollment:
(519)-445-0408
SCSU@sixnations.ca

Six Nations Social Services,
Child & Family Services,
Clinical Support Unit,
SNAP Program.

Connect & Follow Us Online:
#SixNationsMatters



LANDS & MEMBERSHIP

STATUS CARD RENEWALS



Status cards are issued every Monday, Tuesday, Wednesday, and Thursday only, 9am-3:30pm.

Cost: Children 0-17 and Seniors 55+: \$5, Adults: \$10

When renewing your status card, please **bring 2 pieces of identification with you:**

- ✓ Birth Certificate or Statement of Live Birth
- ✓ Canadian or US passport (counts as 2 pieces of ID)
- ✓ Drivers License
- ✓ Employee ID – with photo
- ✓ Indian status ID Card
- ✓ Provincial Acquisition Certificate (FAC)
- ✓ Nexus card (counts as 2 pieces of ID)
- ✓ Incarceration release form
- ✓ Guarantor form – with photo

Have you lost your status card? Reported lost status cards have a 30-day probationary period until you can replace your card. Lost card fee is \$20. Bring 2 pieces of identification from the list above.

NOTE: Maximum 2 replacement cards allowed per year.

Lands & Membership
67 Bicentennial Trail
P.O. Box 204, Ohsweken
Monday - Friday, 8:30AM - 4:30PM
(519) 445-4613





“YOU CAN NEVER GET ENOUGH
BOOKS
INTO THE HANDS
OF ENOUGH
CHILDREN”
Dolly



INSPIRE A LOVE OF READING

Enroll your child in Dolly Parton's Imagination Library and get a **FREE BOOK** every month until their 5th birthday.

“ Our daughter **LOVES READING** and being read to, and the **VARIETY** she receives from the Imagination Library is a **SIGNIFICANT** part of this ”

Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five, through funding shared by Dolly Parton and local community partners in the United States, United Kingdom, Canada, Australia and Republic of Ireland.



Six Nations Social Services
Early Years & Child Care Services



Register Here:



Connect & Follow Us Online:
#SixNationsMatters

IMAGINATIONLIBRARY.COM/
CA/AFFILIATE/ONFNSIXNATI
ONS/



COMMUNITY SUPPORTS (SEPTEMBER)

NEW New Event
▲ Outdoor Event

NEW Diabetes Screening

DEPARTMENT OF WELL-BEING, FAMILY HEALTH TEAM AND DIABETES WELLNESS PROGRAM

Join us for a free Diabetes screening. **Ages: Adults 18+**

Dates: Friday, September 26, October 31 & November 28 | **Time:** 9am-3pm

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Dakota Sinasac | (519) 757-6042 | drclah@sixnations.ca

Grief Recovery Method Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Grief Recovery Method Program provides a structured and compassionate approach to healing from loss of any kind. Designed to help individuals navigate the emotional pain of grief, this evidence-based program offers tools to address unresolved feelings and find closure. Participants will engage in guided discussions and reflective exercises in a safe and supportive group setting. Whether grieving the loss of a loved one, a relationship, or other life changes, this program fosters emotional healing and personal growth. By honoring each unique experience, participants gain the skills to move forward with hope and renewed purpose. **Ages: Adults 18+; Those struggling with loss of any kind.**

Duration: Every Wednesday (September 24-November 26) | **Time:** 6:30-8:30pm

Location: Mental Health & Addictions Services (1769 Chiefswood Road)

Registration Required: Sage Takacs | (519) 445-2143 | mhmwc@sixnations.ca

Relapse Prevention Planning

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

This group supports individuals in building personalized strategies to maintain their recovery journey. Participants will identify triggers, develop coping skills, and strengthen their resilience to prevent relapse. Using a supportive and collaborative approach, the group explores practical tools such as mindfulness, stress management, and healthy lifestyle choices. Emphasis is placed on creating actionable culturally-relevant plans tailored to individual needs. Whether transitioning from treatment or seeking continued recovery support, this group provides a safe space to share experiences, foster accountability and stay on the path to lasting wellness. **Ages: Adults 18+; Those actively in recovery looking to build further skills to avoid relapse.**

Duration: Every Friday (September 27-November 18) | **Time:** 6:30-8pm

Location: Mental Health & Addictions Services (1769 Chiefswood Road)

Registration Required: Sage Takacs | (519) 445-2143 | mhmwc@sixnations.ca



FINANCIAL SUPPORTS: See pages 31-32 for financial supports available to the community!

White Bison Wellbriety Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The White Bison Wellbriety Group offers a culturally grounded approach to healing and recovery using Indigenous values for anyone of any culture. Based on the Medicine Wheel, this peer-led group fosters a sense of community and shared resilience, supporting individuals on their journey to sobriety and personal growth. Through world viewed spiritual connections, cultural practices, and group discussions, participants explore balance, accountability, and the Four Directions of wellness – Mental, Physical, Emotional and Spiritual. The Wellbriety Group empowers individuals to embrace their personal strengths, honour their traditions, and walk the path to recovery with purpose and dignity. **Ages: Adults 18+; Those wishing to work within a group to live substance-free.**

Duration: Every Thursday (September 25-November 27) | **Time:** 6:30-8:30pm

Location: Mental Health & Addictions Services (1769 Chiefswood Road)

Registration Required: Sage Takacs | (519) 445-2143 | mhmwc@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!



OGWEHOWEH
Skills and Trades Training Centre

WINTER 2026 PROGRAMS AND COURSES

- Human Resources Essentials
*Partnered with Fanshawe College
- Canadian Adult Education Credential (CAEC)
*Formerly GED
- Introduction to Metal Fabricator (Level 1)
- Residential Construction
- First Aid/CPR

Make Sure to Ask About Our Application Deadlines!

APPLY TODAY!
16 Sunrise Court, Ohsweken
Call our office at 519-445-1515
Online at www.osttc.com

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- pet wellness days, spay & neuter clinics.

Six Nations Public Health: 529-761-9053

- 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**



Egowadiya'dagenha' Land Based Healing Centre

FALL PROGRAM CYCLE

October 14-December 18, 2025

Egowadiya'dagenha' is a land-based healing program based on our ceremonial calendar. The program, offered in 10-12 week seasonal cycles, is available to Six Nations Band members 18+ living on and off the territory*

***NOTE:** Own transportation required if living off the territory.

Our philosophy, "busy the body, busy the mind", engages participants in revitalizing Haudenosaunee ways of being through land-based programming.

Monday-Thursday | 9:30am-2:30pm

Land Based Healing Centre
(727 Third Line)

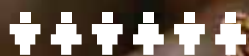
ELIGIBILITY:

Must adhere to Traditional Medicine protocols, be in maintenance stage of recovery, able to participate in medium intensity indoor/outdoor activities, and be willing to attend 2 days minimum per week for the duration of the program cycle.

If interested in participating in our fall programming, please register with our Mental Wellness Intake Worker:

(519) 445-2143





WORKSHOPS & CLASSES (SEPTEMBER)

NEW New Event
▲ Outdoor Event

55+ Craft Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

Crafting items are a supplied and instruction is given. **Ages: Seniors 55+; New registrants only.**

Dates: Monday, September 8 & 22, October 6 & 20, November 3 & 17 | **Time:** 4-6pm

Location: Dajoh (1738 Fourth Line) | **Registration Opens:** September 1

Registration Required: Tiffany VanEvery | (519) 750-4480 | tiffanyvanevery@sixnations.ca

NEW 55+ Paint & Create

DEPARTMENT OF WELL-BEING, MENTAL WELLNESS

Paint class. All materials supplied. No experience necessary. **Ages: Seniors 55+**

Dates: Wednesday, September 17, October 1, 15 & 29, November 12 & 26 | **Time:** 10am-12pm

Location: Seniors Complex (37 Sunrise Court) | **Registration Opens:** September 1

Registration Required: Tiffany VanEvery | (519) 750-4480 | tiffanyvanevery@sixnations.ca

Safe Food Handling

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

This FREE certification course is open to all Six Nations community members! Participants will learn general principles of safe food handling, including topics: Temperature Control, Cross-Contamination, Personal Hygiene, and Cleaning & Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: Adults 18+**

Dates: Wednesday, September 24, October 22 & November 26 | **Time:** 8:30am-5pm

Location: White Pines Wellness Centre Boardroom (1745 Chiefswood Road)

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



LOOKING TO CONNECT with
SIX NATIONS of the GRAND RIVER?

DOWNLOAD THE APP!



VISIT OUR WEBSITE:

www.sixnations.ca

FOLLOW US ONLINE!



@sixnationsgr

SafeTALK Training

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

At a LivingWorks safeTALK workshop, you'll learn to become alert to suicide ideation and how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support. Training is FREE for community members and dinner is provided at the training. **Ages: Adults 18+**

Date: Tuesday, September 23 | **Time:** 5-8:30pm | **Registration Starts:** September 2

Location: Odrohekta'geh (1676 Chiefswood Road)

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

Virtual Soup Share

DEPARTMENT OF WELL-BEING, ALLIED HEALTH

Join us to prep and cook different kinds of soup and learn new cooking techniques from your own kitchen. All soup ingredients will be provided for you to pick up on the day of class. You will need internet access to join the group virtually. Limited spots available! **Ages: Adults 18+**

Date: Tuesday, September 9, 16 & 23, October 7, 14 & 21 | **Time:** 5:30-7:30pm

Location: Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Avery McCorkell | (519) 717-3960 | chcfa@sixnations.ca
or Michelle Jamieson | (519) 445-2809 | michellejamieson@sixnations.ca





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

To share concerns and complaints about SNGR's programs, services, and unmet needs, please fill out a form on the SNGR App or contact:

Joe Martin
snyeri@sixnations.ca
(519) 754-7685



MONDAY	TUESDAY	WEDNESDAY
		
<p>55+ Craft Group (p. 35)</p> <p>Let's Get Moving (p. 28)</p> <p>Morning Spark (p. 28)</p> <p>MuscleFIT (p. 28)</p> <p>Youth Pool League (p. 29)</p>	<p>6</p> <p>Bike the Rail Trail (p. 27)</p> <p>Line Dancing (p. 28)</p> <p>Senior Haircuts (p. 25)</p> <p>Sit to Be Fit (p. 29)</p> <p>Soup for Seniors (p. 52)</p> <p>Traditional Clothing Sewing Workshop (p. 36)</p> <p>Virtual Soup Share (p. 36)</p>	<p>1</p> <p>3-Pitch for Boys (p. 27)</p> <p>3-Pitch for Girls (p. 27)</p> <p>55+ Paint & Create (p. 35)</p> <p>Community Beautification (p. 27)</p> <p>Grief Recovery Method Group (p. 33)</p> <p>Infant Series (p. 35)</p> <p>Knitting/Crochet Club (p. 24)</p> <p>National Seniors Day (p. 24)</p>
	<p>7</p> <p>Bike the Rail Trail (p. 27)</p> <p>Line Dancing (p. 28)</p> <p>Senior Haircuts (p. 25)</p> <p>Sit to Be Fit (p. 29)</p> <p>Soup for Seniors (p. 52)</p> <p>Traditional Clothing Sewing Workshop (p. 36)</p> <p>Virtual Soup Share (p. 36)</p>	<p>8</p> <p>Stop Bullying Day</p> <p>3-Pitch for Boys (p. 27)</p> <p>3-Pitch for Girls (p. 27)</p> <p>Community Beautification (p. 27)</p> <p>Grief Recovery Method Group (p. 33)</p> <p>Infant Series (p. 35)</p> <p>Knitting/Crochet Club (p. 24)</p> <p>Traditional Clothing Sewing Workshop (p. 36)</p>
<p>Closure Notice:</p> <p>All SNGR departments are closed today for Thanksgiving. Regular office hours resume October 14 @ 8:30am.</p>	<p>14</p> <p>Bike the Rail Trail (p. 27)</p> <p>Line Dancing (p. 28)</p> <p>Sit to Be Fit (p. 29)</p> <p>Soup for Seniors (p. 52)</p> <p>Virtual Soup Share (p. 36)</p>	<p>15</p> <p>3-Pitch for Boys (p. 27)</p> <p>3-Pitch for Girls (p. 27)</p> <p>55+ Paint & Create (p. 35)</p> <p>Community Beautification (p. 27)</p> <p>Grief Recovery Method Group (p. 33)</p> <p>Infant Series (p. 35)</p> <p>Knitting/Crochet Club (p. 24)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 52)</p>
<p>20</p> <p>55+ Craft Group (p. 35)</p> <p>Let's Get Moving (p. 28)</p> <p>Morning Spark (p. 28)</p> <p>MuscleFIT (p. 28)</p> <p>Youth Pool League (p. 29)</p>	<p>21</p> <p>Bike the Rail Trail (p. 27)</p> <p>Line Dancing (p. 28)</p> <p>Sit to Be Fit (p. 29)</p> <p>Soup for Seniors (p. 52)</p> <p>Virtual Soup Share (p. 36)</p>	<p>22</p> <p>Community Beautification (p. 27)</p> <p>Grief Recovery Method Group (p. 33)</p> <p>Infant Series (p. 35)</p> <p>Knitting/Crochet Club (p. 24)</p> <p>Safe Food Handling (p. 35)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 52)</p>
<p>27</p> <p>Let's Get Moving (p. 28)</p> <p>Morning Spark (p. 28)</p> <p>Youth Pool League (p. 29)</p>	<p>28</p> <p>Fall Family Fun Night (p. 23)</p> <p>Line Dancing (p. 28)</p> <p>Sit to Be Fit (p. 29)</p> <p>Soup for Seniors (p. 52)</p>	<p>29</p> <p>55+ Paint & Create (p. 35)</p> <p>Community Beautification (p. 27)</p> <p>Grief Recovery Method Group (p. 33)</p> <p>Knitting/Crochet Club (p. 24)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 52)</p>

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>White Bison Wellbriety Group (p. 34) Youth Basketball (p. 29)</p> <p>2</p>	<p>Let's Get Moving (p. 28) Relapse Prevention Planning (p. 33)</p> <p>3</p>	<p>Fire Prevention Week Open House (p. 24)</p> <p>4</p>
		5
<p>White Bison Wellbriety Group (p. 34) Youth Basketball (p. 29)</p> <p>9</p>	<p>World Mental Health Day</p> <p>10</p> <p>Let's Get Moving (p. 28) Relapse Prevention Planning (p. 33) Thanksgiving Dinner (p. 25)</p>	<p>11</p>
		12
<p>6N Film Club (p. 23) White Bison Wellbriety Group (p. 34) Youth Basketball (p. 29)</p> <p>16</p>	<p>Let's Get Moving (p. 28) Relapse Prevention Planning (p. 33)</p> <p>17</p>	<p>Fall Festival (p. 24)</p> <p>18</p>
		19
<p>White Bison Wellbriety Group (p. 34) Youth Basketball (p. 29)</p> <p>23</p>	<p>Let's Get Moving (p. 28) Relapse Prevention Planning (p. 33)</p> <p>24</p>	<p>Haldimand Treaty Day (p. 24)</p> <p>25</p>
		26
<p>Halloween Party (p. 24) White Bison Wellbriety Group (p. 34) Youth Basketball (p. 29)</p> <p>30</p>	<p>Halloween!</p> <p>31</p> <p>Cozy Care Baskets (p. 23) Diabetes Screening (p. 33) Let's Get Moving (p. 28) Relapse Prevention Planning (p. 33)</p>	



EVENTS & PROGRAMS (OCTOBER)

NEW New Event
▲ Outdoor Event

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Community members are encouraged to join our monthly meet at Dajoh, which takes place on the third Thursday of every month (including December). NOTE: Length of the meet varies from week to week, but will begin at 6pm. **Ages: 15+**

Date: Thursday, October 16 & November 20 | **Time:** 6pm | **Location:** Dajoh (1738 Fourth Line)
Contact: Front Desk | (519) 445-2954 | info@snpl.ca

Community White Corn Picking & Braiding ▲

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

All are welcome to drop-in to pick white corn, learn about our traditional uses of white corn and how to braid it. You will be able to take your corn home with you to use. **All ages.**

Date: TBD (Late October) | **Time:** 10am-1pm | **Registration Starts:** October 1
Location: Community White Corn Field (exact location to be announced closer to event date)
Registration Required: Arli Harrison | (519) 754-7359 | aharrison@sixnations.ca

NEW Cozy Care Baskets

DEPARTMENT OF WELL-BEING, SENIOR SUPPORT HUB & SIX NATIONS POLICE

Thoughtfully prepared to bring warmth and comfort, these baskets are a simple way to share a little extra joy and seasonal cheer this fall. **Ages: Seniors 55+**

Date: Friday, October 31 | **Time:** 8:30am-4:30pm | **Registration Starts:** October 1
Location: Senior Support Hub (1745 Chiefswood Road)
Registration Required: Senior Support Hub | (519) 445-4481 | chsshom@sixnations.ca

NEW Fall Family Fun Night

SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM

Drop-in for art activities, costume contest, games, self-care stations, and more. **All ages.**

Date: Tuesday, October 28 | **Time:** 4-8pm | **Location:** Community Hall (1738 Fourth Line)
Contact: Jaycie Homer | (519) 717-5892 | ssfwb3@sixnations.ca



FOLLOW US FOR FURTHER DETAILS: Tune into our social media (@sixnationsgr) for all of the latest updates and information regarding our events and programs!

Fall Festival ▲

SIX NATIONS OF THE GRAND RIVER DEVELOPMENT CORPORATION

Join us for our annual Fall Festival at Chiefswood Park! There's something for everyone, including rides, face painting, a petting zoo, a prize raffle, live music by James Wilson, and more! All prize raffle proceeds will be donated to a local Six Nations organization. Be sure to follow SNGRDC's social media pages for updates! **All ages.**

Date: Saturday, October 18 | **Time:** 11am-4pm | **Location:** Chiefswood Park (1037 Highway 54)

Contact: Katie Montour | (548) 328-3590 | publicrelations@sndevcorp.ca

Fire Prevention Week Open House ▲

SIX NATIONS FIRE & EMERGENCY SERVICES

Open house with fire education & safety with vendors, SPARKY, and children's activities! **All ages.**

Date: Saturday, October 4 | **Time:** 11am-4pm | **Location:** SN Fire Hall #1 (17 Veterans Lane)

Contact: Fire Department | (905) 445-4054 | snflse@sixnations.ca

NEW Haldimand Treaty Day ▲

LANDS AND RESOURCES

A day of education and celebration! **All ages.**

Date: Saturday, October 25 | **Time:** 10am-4pm

Location: Woodland Culture Centre (184 Mohawk Street, Brantford)

Contact: Tayler Hill | (519) 753-0665 | tayler.hill@sixnations.ca

Halloween Party

SOCIAL SERVICES' FAMILY GATHERINGS

Join our Halloween Party for spooky fun promoting development for children ages 0-6 with caregiver intersection & support! **All ages.**

Date: Thursday, October 30 | **Time:** 9am-12pm | **Transportation:** Available Upon Request

Location: Family Gatherings (18 Stoneridge Circle) | **Registration Starts:** September 1

Registration Required: Magan Aaron | (519) 445-2565 | fgsup@sixnations.ca

Knitting/Crochet Club

SIX NATIONS PUBLIC LIBRARY

Bring your yarn and your needles to this club to socialize, learn and share your knowledge, or ask questions. Group projects optional. Other crafts or artists welcome to attend. **Ages: 12+; Knitters, Crocheters, Crafters**

Duration: Every Wednesday (September 3-November 26) | **Time:** 4:30-6:30pm

Location: Dajoh (1738 Fourth Line) | **Contact:** Front Desk | (519) 445-2954 | info@snpl.ca

National Seniors Day

COMMUNICATIONS

Six Nations community members 55+ are invited to the Community Hall on October 1st to enjoy a meal and entertainment from 11am-2pm. **Ages: Seniors 55+**



EVENTS & PROGRAMS (OCTOBER)

Duration: Wednesday, October 1 | Time: 11am-2pm

Location: Community Hall (1738 Fourth Line)

Contact: Leigh Thompson | (519) 445-2201 | sncec@sixnations.ca

Senior Haircuts

DEPARTMENT OF WELL-BEING, WAGYO'SEHTA'GEH

Free haircuts for Seniors 55+. New participants will have priority. Ages: Seniors 55+

Date: Tuesday, October 7 | Time: All day (must register a time)

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

Registration Required: Wagyo'sehta'geh | (519) 445-1867

NEW Thanksgiving Dinner

SOCIAL SERVICES' FAMILY GATHERINGS

Join us for thanksgiving dinner! Tailored to caregivers of children aged 0-6, but not limited to that age group (all are welcome!). This zero-cost event promotes family bonding & positive relationships. All ages.

Date: Friday, October 10 | Time: 9am-12pm | Transportation: Available Upon Request

Location: Family Gatherings (18 Stoneridge Circle) | Registration Starts: September 1

Registration Required: Magan Aaron | (519) 445-2565 | fgsup@sixnations.ca

DROP IN BASKETBALL

FOR AGES 12+, PARENTAL SUPERVISION IS REQUIRED FOR THOSE UNDER 12.

INDOOR SHOES REQUIRED.

SEPTEMBER-DECEMBER
SUMMER SCHEDULE:

MONDAYS
3:00-5:45PM

WEDNESDAYS
3:00-6:00PM

FRIDAYS
3:00-6:00PM

SATURDAYS
12:00-3:00PM

SUNDAYS
12:00-3:00PM



Six Nations Parks & Recreation

Public Skating

Begins October 15!

MONDAY, WEDNESDAY, FRIDAY: 12-1pm

SATURDAY: 6-7pm

HELMETS REQUIRED

Six Nations Sports & Cultural Memorial Centre



Gahwajiya:de' Detenatgwa'ta' FAMILY GATHERINGS

Family Gatherings offers two on reserve locations and one site in Brantford, focusing on **Drop-in Program** on most weekdays with some activities requiring pre-registration. Our Toddler and infant series consist of six-week program that alternate monthly. Our staff facilitate positive and safe play, creating a vibrant and educational environment tailored to the appropriate age group. We are geared toward 0-6 yrs in age but we welcome the whole family. Transportation may be available for those in need, call the numbers below to arrange.

Locations:

Site 1:

18 Stoneridge Circle
Ohsweken ON N0A1M0
(519) 445-2565

Drop-In Program:
Mondays, Wednesdays,
Thursdays & Fridays

Site 2:

1790 First Line Road
Ohsweken, ON N0A1M0
(226) 446-9905

Drop-In Program:
Monday - Friday

Site 3:

Harmony Square
120 Colborne St. Suite 105
Brantford, ON N3T 2G6
(519) 720-0488

Stay Up To Date:

Find our latest program information & closure dates on our Facebook Page, Instagram @**Six Nations Social Services**

#SixNationsMatters



"Join us anytime
at drop in.

FREE & available
most weekdays!"

Brantford Location: EarlyON Programs – City Of Brantford
Six Nations Social Services > Child Care & Early Years > Family Gatherings





GETTING ACTIVE/MOVEMENT (OCTOBER)

NEW New Event

▲ Outdoor Event

3-Pitch for Boys ▲

PARKS & RECREATION

Male youth in the community are invited to register for our 3-pitch program on Wednesday evenings. The program begins September 10 and ends on October 15. **Ages: 12-17**

Duration: Every Wednesday (September 10-October 15) | **Time:** 6:30-7:30pm

Location: Six Nations Parks & Recreation – Ball Diamond 1 (1738 Fourth Line)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

3-Pitch for Girls ▲

PARKS & RECREATION

Female youth in the community are invited to register for our 3-pitch program on Wednesday evenings. The program begins September 10 and ends on October 15. **Ages: 12-17**

Duration: Every Wednesday (September 10-October 15) | **Time:** 5:30-6:30pm

Location: Six Nations Parks & Recreation – Ball Diamond 1 (1738 Fourth Line)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

Bike the Rail Trail ▲

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

Come out and bike the Brantford to Port Dover Rail Trail. We will be dividing the 50km trail ride into sections. Each section will cover 15-20km return trip. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. Bells and reflectors are also recommended for safety purposes. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: Adults 18+; Individuals looking to be more active in a supportive environment.**

Duration: Every Tuesday (September 2-October 21)* | **Time:** 9-11am

Location: Various locations along the Rail Trail

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

Community Beautification ▲

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

An active community improvement program that encourages healthy living and caring for our surroundings. This program will allow adults to mentally, emotionally, spiritually and physically focus on their health while beautifying the gardens around the community. Participants will be provided with gardening gloves and tools. **Ages: Adults 18+; All fitness levels welcome.**

Duration: Every Wednesday (September 3-November 19) | **Time:** 9-10am

Location: Iroquois Lodge (1755 Chiefswood Road)

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



Let's Get Moving

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

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. **Ages: Seniors 55+; Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls.**

Duration: Every Monday & Friday (September 5-November 28)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** October 13 | **Transportation:** Available Upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

Contact: Amanda Martin | (519) 751-5324 | amandamartin@sixnations.ca

Line Dancing

PARKS & RECREATION

Line Dancing with Joan Minnery. **Ages: Adults 18+**

Duration: Every Tuesday (September 16-October 28)* | **Time:** 12-1pm

***Holiday Dates (No Program):** September 30 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

Morning Spark

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

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. **Ages: Adults 18+; Community members looking to stay active, indoors.**

Duration: Every Monday (September 8-November 24)* | **Time:** 8:30-10am

***Holiday Dates (No Program):** October 13 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

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

MuscleFIT

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

This energizing exercise class is designed to focus on proper technique while lifting weights and working on muscular endurance and strength. **Ages: Adults 18+; All fitness levels welcome.**

Duration: Every Monday (September 8-October 20)* | **Time:** 12-1pm

***Holiday Dates (No Program):** October 13 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Jenny LaForme | (519) 754-5826 | chhlc@sixnations.ca

Rockwall Climbing

PARKS & RECREATION

Rockwall instruction. **Ages: 4-12**

Duration: Every Tuesday (September 9-October 14)*

Times: 4:30-5:15pm | 5:30-6:15pm | 6:30-7:15pm

Location: Dajoh Gym - Court 2 (1738 Fourth Line)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca



GETTING ACTIVE/MOVEMENT (OCTOBER)

NEW New Event

▲ Outdoor Event

Sit to Be Fit

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

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

Duration: Every Tuesday (September 2-November 25)* | **Time:** 2-3pm

***Holiday Dates (No Program):** November 11 | **Transportation:** Available Upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

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

Youth Basketball

PARKS & RECREATION

Six Nations youth basketball, available in 3 different age categories! **Ages: 6-13**

Duration: Every Thursday (September 11-November 27) | **Registration Starts:** August 25

Time (Ages 6-7): 5-5:45pm | **Time (Ages 8-10):** 6-6:45pm | **Time (Ages 11-13):** 7-8pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca



JOIN OUR TEAM!

Visit www.sixnations.ca to find all of SNGR's latest career opportunities.

Your career is just a click away!



Youth Pool League

PARKS & RECREATION

Six Nations community youth are invited to join the pool league!

Ages: 12-17

Duration: Every Monday
(September 8-October 27)*

Time: 3:30-5pm

***Holiday Dates (No Program):**
October 13

Location: Dajoh - Oneida Room
(1738 Fourth Line)

Registration Starts: August 25

Registration Required:
Emerson Oaks | (519) 445-4311
dajoh10@sixnations.ca





Grand River Employment & Training

Employer & Client Services

Training-on-the-Job	Apprenticeships
Wage Subsidy	Student Supports
Job Search Assistance	Career Counselling
Employment Supports	Service Canada Rep
Recruitment & Hiring Support	

CONTACT US TODAY TO TAKE YOUR NEXT STEP!

519-445-2222 | greatsn.com |   @greatsn

SAVE THE DATE - JOB FAIR - WEDNESDAY SEPT. 24TH 1-6PM @ SN COMMUNITY HALL

WANTED! Community Members For the Hiring & Grievance Committees*

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

Training 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: Name, Phone/Cell #, Committee Preference (Hiring Committee, Grievance Committee, or both), Employment Area of Expertise and Availability

*Current SNGR Staff & Councillors are NOT ELIGIBLE to participate on the committees.

For more information, or to express interest in joining the Hiring & Grievance Committees, please contact Anne Thurgood (hrmanager@sixnations.ca) or mail/drop-off information at:

Human Resources Department
1697 Fourth Line, Ohsweken, NOA 1M0
P.O. Box 5000



FREE DRIVE-THRU (September-May)

SOUP for SENIORS

TUESDAYS @ 11AM
(while supplies last)

For Six Nations Elders & Seniors (55+)

WAGYO'SEHTA'GEH (VISITING PLACE)
(1745 Chiefswood Road)



FINANCIAL SUPPORTS AVAILABLE!

SNCR's Finance department 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!



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. This is a program that **reimburses students for the following fees:**

- **Enhanced Course**
- **Post-Secondary Application**
- **School**
- **Sports**
- **Co-Op***

***Co-Op Fees/Expenses:**

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

For more information, please contact Becky McComber:

bmccomber@sixnations.ca

ENROLLMENT ALLOWANCE for High School Students

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

Enrollment Allowance (formerly the 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.

Receive your allowance via direct deposit (cheques no longer issued) by completing an application and EFT form. It is given out in December, April, and June each year.

EFT Forms: Find at **sixnations.ca**

For further inquiries and more info, please contact Becky McComber:

bmccomber@sixnations.ca

UPDATED: Donation Fund Policy

All youths and vulnerable individuals, on & off reserve, are eligible to apply!

The updated policy can be picked up at Central Administration (1695 Chiefswood Road) or viewed online: **www.sixnations.ca**

Application Deadline:
4pm on the 3rd Friday of every month

For submissions and more information, contact us at: **(519) 445-2201** or visit: **www.sixnations.ca/contact**

FUNDING Categories:

Community • Arts & Culture
Health • Education • Recreation

ELIGIBILITY*

Community Associations:

Eligible to receive up to \$3,000.

Further approval from Elected Chief & Council is required when requesting more than \$3,000.

Individuals: Eligible to receive up to \$1,000.

*Applicants are eligible to receive one (1) donation every two (2) fiscal years.





COMMUNITY SUPPORTS (OCTOBER)

NEW New Event
▲ Outdoor Event

NEW Diabetes Screening

DEPARTMENT OF WELL-BEING, FAMILY HEALTH TEAM AND DIABETES WELLNESS PROGRAM

Join us for a free Diabetes screening. **Ages: Adults 18+**

Dates: Friday, October 31 & November 28 | **Time:** 9am-3pm

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Dakota Sinasac | (519) 757-6042 | drclah@sixnations.ca

Grief Recovery Method Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Grief Recovery Method Program provides a structured and compassionate approach to healing from loss of any kind. Designed to help individuals navigate the emotional pain of grief, this evidence-based program offers tools to address unresolved feelings and find closure. Participants will engage in guided discussions and reflective exercises in a safe and supportive group setting. Whether grieving the loss of a loved one, a relationship, or other life changes, this program fosters emotional healing and personal growth. By honoring each unique experience, participants gain the skills to move forward with hope and renewed purpose. **Ages: Adults 18+; Those struggling with loss of any kind.**

Duration: Every Wednesday (September 24-November 26) | **Time:** 6:30-8:30pm

Location: Mental Health & Addictions Services (1769 Chiefswood Road)

Registration Required: Sage Takacs | (519) 445-2143 | mhmwc@sixnations.ca

Relapse Prevention Planning

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

This group supports individuals in building personalized strategies to maintain their recovery journey. Participants will identify triggers, develop coping skills, and strengthen their resilience to prevent relapse. Using a supportive and collaborative approach, the group explores practical tools such as mindfulness, stress management, and healthy lifestyle choices. Emphasis is placed on creating actionable culturally-relevant plans tailored to individual needs. Whether transitioning from treatment or seeking continued recovery support, this group provides a safe space to share experiences, foster accountability and stay on the path to lasting wellness. **Ages: Adults 18+; Those actively in recovery looking to build further skills to avoid relapse.**

Duration: Every Friday (September 27-November 18) | **Time:** 6:30-8pm

Location: Mental Health & Addictions Services (1769 Chiefswood Road)

Registration Required: Sage Takacs | (519) 445-2143 | mhmwc@sixnations.ca



White Bison Wellbriety Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

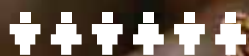
The White Bison Wellbriety Group offers a culturally grounded approach to healing and recovery using Indigenous values for anyone of any culture. Based on the Medicine Wheel, this peer-led group fosters a sense of community and shared resilience, supporting individuals on their journey to sobriety and personal growth. Through world viewed spiritual connections, cultural practices, and group discussions, participants explore balance, accountability, and the Four Directions of wellness – Mental, Physical, Emotional and Spiritual. The Wellbriety Group empowers individuals to embrace their personal strengths, honour their traditions, and walk the path to recovery with purpose and dignity. **Ages: Adults 18+; Those wishing to work within a group to live substance-free.**

Duration: Every Thursday (September 25-November 27) | **Time:** 6:30-8:30pm

Location: Mental Health & Addictions Services (1769 Chiefswood Road)

Registration Required: Sage Takacs | (519) 445-2143 | mhmwc@sixnations.ca





WORKSHOPS & CLASSES (OCTOBER)

NEW New Event
▲ Outdoor Event

55+ Craft Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

Crafting items are a supplied and instruction is given. **Ages: Seniors 55+; New registrants only.**

Dates: October 6 & 20, November 3 & 17 | **Time:** 4-6pm

Location: Dajoh (1738 Fourth Line) | **Registration Opens:** September 1

Registration Required: Tiffany VanEvery | (519) 750-4480 | tiffanyvanevery@sixnations.ca

NEW 55+ Paint & Create

DEPARTMENT OF WELL-BEING, MENTAL WELLNESS

Paint class. All materials supplied. No experience necessary. **Ages: Seniors 55+**

Dates: Wednesday, October 1, 15 & 29, November 12 & 26 | **Time:** 10am-12pm

Location: Seniors Complex (37 Sunrise Court) | **Registration Opens:** September 1

Registration Required: Tiffany VanEvery | (519) 750-4480 | tiffanyvanevery@sixnations.ca

Infant Series

SOCIAL SERVICES' FAMILY GATHERINGS

Providing a safe & enriching environment for parents/caregivers to child(ren) ages 0-1. Register for all 4 sessions. Follow us (Six Nations Social Services, #SixNationsMatters) online for more up-to-date information! **Ages: Pre-infants (0-1) & Adults 18+**

Dates: Wednesday, October 1, 8, 15 & 22 | **Time:** 9am-12pm | **Transportation:** Contact to Inquire

Location: Family Gatherings Too (1790 First Line) | **Registration Opens:** September 1

Registration Required: Magan Aaron | (519) 445-2565 | fgsup@sixnations.ca

Safe Food Handling

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

This FREE certification course is open to all Six Nations community members! Participants will learn general principles of safe food handling, including topics: Temperature Control, Cross-Contamination, Personal Hygiene, and Cleaning & Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: Adults 18+**

Dates: Wednesday, October 22 & November 26 | **Time:** 8:30am-5pm

Location: White Pines Wellness Centre Boardroom (1745 Chiefswood Road)

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



DON'T FORGET: Check out all of the multi-day/ongoing events and programs on **pages 51-52!**

NEW Traditional Clothing Sewing Workshop**SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM**

Participants will purchase their own materials as we provide the space and instructors to sewing traditional clothing. Follow us online for possible updates! **Ages: Adults 18+**

Dates: Tuesday, October 7 & Wednesday, October 8 | **Time:** 9am-4pm

Location: (942 Third Line) | **Transportation:** Contact to Inquire

Registration Required: Jaycie Homer | (519) 717-5892 | ssfwbn3@sixnations.ca

Virtual Soup Share**DEPARTMENT OF WELL-BEING, ALLIED HEALTH**

Join us to prep and cook different kinds of soup and learn new cooking techniques from your own kitchen. All soup ingredients will be provided for you to pick up on the day of class. You will need internet access to join the group virtually. Limited spots available!

Ages: Adults 18+

Date: Tuesday, October 7, 14 & 21 | **Time:** 5:30-7:30pm

Location: Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Avery McCorkell | (519) 717-3960 | chcfa@sixnations.ca
or Michelle Jamieson | (519) 445-2809 | michellejamieson@sixnations.ca

**PUBLIC WORKS SUPPORTS & SERVICES**

See below for more information about the following supports & services:

Recycling • Transfer Station • Household Hazardous Waste




RECYCLING: Learn about the impact of recycling and how & what to recycle by checking out the **Recycling Handbook** online!

TRANSFER STATION: Review the **Six Nations Transfer Station Booklet** for guidance on using the Transfer Station, located at 2470 Fourth Line.

HOUSEHOLD HAZARDOUS WASTE: To learn more about storing household hazardous waste while waiting for the Winter collection dates, please find the **Guidelines for Sorting Household Waste!**

Access all documents online: www.sixnations.ca/public-works/

MONDAY		TUESDAY		WEDNESDAY	
					
55+ Craft Group (p. 49) Let's Get Moving (p. 43) Morning Spark (p. 43)	3	Sit to Be Fit (p. 44) Soup for Seniors (p. 52)	4	Community Beautification (p. 43) Grief Recovery Method Group (p. 45) Knitting/Crochet Club (p. 39) Tentewata:ton/Dedwadado Community Market (p. 52)	5
Let's Get Moving (p. 43) Morning Spark (p. 43)	10	11 Closure Notice: All SNGR departments are closed for Remembrance Day. Regular office hours resume November 12 @ 8:30am.		55+ Paint & Create (p. 49) Community Beautification (p. 43) Grief Recovery Method Group (p. 45) Knitting/Crochet Club (p. 39) Tentewata:ton/Dedwadado Community Market (p. 52)	12
55+ Craft Group (p. 49) Let's Get Moving (p. 43) Morning Spark (p. 43)	17	Sit to Be Fit (p. 44) Soup for Seniors (p. 52)	18	Community Beautification (p. 43) Grief Recovery Method Group (p. 45) Knitting/Crochet Club (p. 39) Tentewata:ton/Dedwadado Community Market (p. 52)	19
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		Daylight Savings Time Ends 2
		Indigenous Veterans Day 8
		9
White Bison Wellbriety Group (p. 46) 6 Youth Basketball (p. 44) Youth Cooking Program (p. 49)	Let's Get Moving (p. 43) 7 Relapse Prevention Planning (p. 45)	Santa Claus Parade Brunch (p. 39) 15
White Bison Wellbriety Group (p. 46) 13 Youth Basketball (p. 44) Youth Cooking Program (p. 49)	Let's Get Moving (p. 43) 14 Relapse Prevention Planning (p. 45)	16
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White Bison Wellbriety Group (p. 46) 27 Youth Basketball (p. 44) Youth Cooking Program (p. 49)	Black Friday 28	Maize (Corn) Day 29
	A Winter Wellness Day (p. 39) Diabetes Screening (p. 45) Let's Get Moving (p. 43)	30



EVENTS & PROGRAMS (NOVEMBER)

NEW New Event
▲ Outdoor Event

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Community members are encouraged to join our monthly meet at Dajoh, which takes place on the third Thursday of every month. Length of meet varies, but will begin at 6pm. **Ages: 15+**

Date: Thursday, November 20 | **Time:** 6pm | **Location:** Dajoh (1738 Fourth Line)

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

NEW A Winter Wellness Day

DEPARTMENT OF WELL-BEING, SENIOR SUPPORT HUB & SIX NATIONS POLICE

A day dedicated to relaxation, self-care, and feeling your best this winter season. Enjoy calming activities, uplifting conversations, and moments that nourish the body and spirit. **Ages: Seniors 55+**

Date: Friday, November 28 | **Time:** 10am-3pm | **Transportation:** Contact to Inquire

Location: Community Hall (1738 Fourth Line) | **Registrations Opens:** November 1

Registration Required: Senior Support Hub | (519) 445-4481 | chsshom@sixnations.ca

Household Hazardous Waste Event ▲

PUBLIC WORKS' TRANSFER STATION

Drop off of residential household hazardous waste to the Six Nations Transfer Station for safe disposal. **Ages: Adults 18+ & Seniors 55+**

Date: Saturday, November 1 | **Time:** 9am-4pm | **Location:** Transfer Station (2470 Fourth Line)

Contact: Public Works | (519) 445-4242 | dpw@snpl.ca

Knitting/Crochet Club

SIX NATIONS PUBLIC LIBRARY

Bring your yarn and your needles to this club to socialize, learn and share your knowledge, or ask questions. Group projects optional. Other crafts or artists welcome to attend. **Ages: 12+; Knitters, Crocheters, Crafters**

Duration: Every Wednesday (September 3-November 26) | **Time:** 4:30-6:30pm

Location: Dajoh (1738 Fourth Line) | **Contact:** Front Desk | (519) 445-2954 | info@snpl.ca

NEW Santa Claus Parade Brunch

SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM

Now serving brunch after the annual Santa Clause Parade, serving one meal per Six Nations Band member. Zero cost, while supplies last. **All ages.**

Date: Saturday, November 15 | **Time:** 11am-1pm | **Location:** Community Hall (1738 Fourth Line)

Contact: Jaycie Homer | (519) 717-5892 | ssfwb3@sixnations.ca



JORDAN'S PRINCIPLE



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

What can be covered?

Medical Equipment • Therapies • Tutoring • Respite • Emergency Supports
Assistive Devices • NHIB Denied Services • Assessments • Recreation • & More!

Updates:

Please be advised that there is a large volume of requests submitted in the Ontario region. Files are reviewed in the order they are received, unless the request is urgent or time-sensitive.

Urgent Requests: Defined as "Child requires urgent assistance, is in palliative care, or a risk of irreparable harm is reasonably foreseeable."

Bear Witness Day:

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**

Settlement:

For updates on the recent First Nations Child and Family Services and Jordan's Principle Settlement, please call: **1 (833) 852-0755** or visit: fnchildclaims.ca

Six Nations Jordan's Principle:

Update: The Six Nations Jordan's Principle team is currently providing Navigation Services to Six Nations band members and residents only. To inquire about a possible Jordan's Principle application, please visit the website below or by contacting:

Child and Youth Health Office: **(519) 445-4983** • Jordan's Principle hotline: **1 (855) 572-4453**

TREE & BRUSH CUTTING SERVICES

The Six Nations Public Works office offers tree & brush cutting services:

Total Tree Removal

Lot Clearing

Storm Clean-up

Brush Cutting

To receive a quote, contact the Public Works office:

(519) 445-4242



RENTING SCHOOL FACILITIES

Those interested in renting any federal school facilities can do so by reaching out to the Six Nations Public Works Office!

For more information, contact the Public Works office:

(519) 445-4242



Transfer Station Closure Sept. 30 & Nov. 11

The Six Nations Transfer Station will be closed on **Tuesday, September 30 & Tuesday, November 11.**

The Transfer Station will otherwise be operating under its regular schedule of **Tuesday to Saturday.**

For more info, call the Transfer Station:
(519) 445-1212



Transfer Station Winter Hours

The Six Nations Transfer Station will change from summer hours (8am-5:30pm with last load in happening at 5:15pm) to winter hours on **Tuesday, November 4.**

Winter schedule hours are **8am-4:30pm** with the last load in happening at **4:15pm.**

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

For more info, call the Transfer Station:
(519) 445-1212



SAVE ON ENERGY:

Energy Affordability Program

You could receive energy saving products (energy saving kit, replacement appliances, insulation) or services at no cost!*

***NOTE:** Results may vary, dependent on individual circumstances.

Who is Eligible?

Residents of Ontario who are responsible for paying electricity bills – this includes both homeowners and renters!**

****NOTE:** Social housing residents may also qualify.

Funding Eligibility:

- Household income
- How many people live in your home
- Receipt of qualifying government/energy support benefit

Find Out if You Qualify!

Please contact Crystal Campbell,
Community Energy Champion:

(519) 445-4242 ext. 5620
(548) 328-1709

Accessing Forms

Forms are available via email:
crystalcampbell@sixnations.ca

Or by visiting Public Works:
1953 Fourth Line



GETTING ACTIVE/MOVEMENT (NOVEMBER)

NEW New Event

▲ Outdoor Event

Community Beautification ▲

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

An active community improvement program that encourages healthy living and caring for our surroundings. This program will allow adults to mentally, emotionally, spiritually and physically focus on their health while beautifying the gardens around the community. Participants will be provided with gardening gloves and tools. **Ages: Adults 18+; All fitness levels welcome.**

Duration: Every Wednesday (September 3-November 19) | **Time:** 9-10am

Location: Iroquois Lodge (1755 Chiefswood Road)

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

Let's Get Moving

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

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. **Ages: Seniors 55+; Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls.**

Duration: Every Monday & Friday (September 5-November 28) | **Time:** 1:30-2:30pm

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

Contact: Amanda Martin | (519) 751-5324 | amandamartin@sixnations.ca

Morning Spark

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

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. **Ages: Adults 18+; Community members looking to stay active, indoors.**

Duration: Every Monday (September 8-November 24)* | **Time:** 8:30-10am

Location: Odrohekta'geh (1676 Chiefswood Road)

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



LOOKING TO CONNECT with
SIX NATIONS of the GRAND RIVER?

DOWNLOAD THE APP!



VISIT OUR WEBSITE:

www.sixnations.ca

FOLLOW US ONLINE!



@sixnationsgr

Sit to Be Fit

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

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

Duration: Every Tuesday (September 2-November 25)* | **Time:** 2-3pm

***Holiday Dates (No Program):** November 11 | **Transportation:** Available Upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

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

Youth Basketball

PARKS & RECREATION

Six Nations youth basketball, available in 3 different age categories! **Ages: 6-13**

Duration: Every Thursday (September 11-November 27) | **Registration Starts:** August 25

Time (Ages 6-7): 5-5:45pm | **Time (Ages 8-10):** 6-6:45pm | **Time (Ages 11-13):** 7-8pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Required: Emerson Oakes | (519) 445-4311 | dajoh10@sixnations.ca





Kayanase
Restoring Mother Earth

Services

Ecological Restoration Services	Greenhouse Sales - Open to Public
Invasive Species Removal	Native Plant and Seed Production
Turtle Nest Protection	Eco-cultural Tourism Programming
Site Assessment	Property Rentals

Environmental Outreach

CONTACT US TODAY!

519-770-0013 | kayanase.ca |   @kayanasegreenhouse

MONDAY - FRIDAY 8:30 - 2:30

SATURDAY & SUNDAY 8:30 - 1:30



COMMUNITY SUPPORTS (NOVEMBER)

NEW New Event
▲ Outdoor Event

NEW Diabetes Screening

DEPARTMENT OF WELL-BEING, FAMILY HEALTH TEAM AND DIABETES WELLNESS PROGRAM

Join us for a free Diabetes screening. **Ages: Adults 18+**

Dates: Friday, November 28 | **Time:** 9am-3pm

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Dakota Sinasac | (519) 757-6042 | drclah@sixnations.ca

Grief Recovery Method Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Grief Recovery Method Program provides a structured and compassionate approach to healing from loss of any kind. Designed to help individuals navigate the emotional pain of grief, this evidence-based program offers tools to address unresolved feelings and find closure. Participants will engage in guided discussions and reflective exercises in a safe and supportive group setting. Whether grieving the loss of a loved one, a relationship, or other life changes, this program fosters emotional healing and personal growth. By honoring each unique experience, participants gain the skills to move forward with hope and renewed purpose. **Ages: Adults 18+; Those struggling with loss of any kind.**

Duration: Every Wednesday (September 24-November 26) | **Time:** 6:30-8:30pm

Location: Mental Health & Addictions Services (1769 Chiefswood Road)

Registration Required: Sage Takacs | (519) 445-2143 | mhmwc@sixnations.ca

Relapse Prevention Planning

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

This group supports individuals in building personalized strategies to maintain their recovery journey. Participants will identify triggers, develop coping skills, and strengthen their resilience to prevent relapse. Using a supportive and collaborative approach, the group explores practical tools such as mindfulness, stress management, and healthy lifestyle choices. Emphasis is placed on creating actionable culturally-relevant plans tailored to individual needs. Whether transitioning from treatment or seeking continued recovery support, this group provides a safe space to share experiences, foster accountability and stay on the path to lasting wellness. **Ages: Adults 18+; Those actively in recovery looking to build further skills to avoid relapse.**

Duration: Every Friday (September 27-November 18) | **Time:** 6:30-8pm

Location: Mental Health & Addictions Services (1769 Chiefswood Road)

Registration Required: Sage Takacs | (519) 445-2143 | mhmwc@sixnations.ca



LOOKING FOR RESOURCES? See the next page for a list of helpful online resources from SNPL!

White Bison Wellbriety Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The White Bison Wellbriety Group offers a culturally grounded approach to healing and recovery using Indigenous values for anyone of any culture. Based on the Medicine Wheel, this peer-led group fosters a sense of community and shared resilience, supporting individuals on their journey to sobriety and personal growth. Through world viewed spiritual connections, cultural practices, and group discussions, participants explore balance, accountability, and the Four Directions of wellness – Mental, Physical, Emotional and Spiritual. The Wellbriety Group empowers individuals to embrace their personal strengths, honour their traditions, and walk the path to recovery with purpose and dignity. **Ages: Adults 18+; Those wishing to work within a group to live substance-free.**

Duration: Every Thursday (September 25-November 27) | **Time:** 6:30-8:30pm

Location: Mental Health & Addictions Services (1769 Chiefswood Road)

Registration Required: Sage Takacs | (519) 445-2143 | mhmwc@sixnations.ca



ONLINE RESOURCES @ SNPL



The Six Nations Public Library subscribes to a wide variety of online resources for the community. These can be accessed with your library card from the library's website.

Community Digital Archive	https://snpl.ca/digital-archive/
Library Catalogue	Search or place holds for library books
Ancestry.com	Available while using library internet
Music Online:	Stream with Alexander Street
A to Z World Food	Essential culinary resources
A to Z World Travel	Travel • Cultures • Activities Transportation • Security
Chilton Auto Manuals	Auto repair manuals and guides
Career Cruising	Interactive career resource
Digitalia Film	Movies & documentaries
EBSCO Resources	Engine repair, hobbies, crafts, home improvement, small business
Libby: ebook app	Read/listen anytime, anywhere
Literature Resource Centre Gale Ebooks & Periodicals	Research, books, periodicals
Novelist	Book recommendations
Proquest	Scholarly journals, dissertations & theses
WorldBook	Trustworthy resource for grades pre-K through high school
World Cinema	Stream films from around the world

www.snpl.ca/eresources

Achieving Good Mental Health Is Possible

When facing challenges in life or mental health issues, we provide confidential support and assistance, welcoming both self and professional referrals.

Services Provided:

Behavioural Programs

Mental Health Presentations

Short & Long Term Counselling

Assisting Band Members 6+

Contact Clinical Services: (519) 445-0408
scsu@sixnations.ca



Connect & Follow Us Online:
#SixNationsMatters
@Six Nations Social Services





What you should know about



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

Ticks will be sent to the lab to test for Lyme Disease.

For Tick Submission information, or to make arrangements for tick drop-off, contact the Health Promotion Community Educator: (519) 445-2809



**PREVENT
CHECK
TAKE ACTION**



Indigenous Services
Canada

Services aux
Autochtones Canada



What you should know about WEST NILE Virus

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.



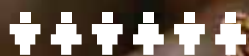
**PREVENT
CHECK
TAKE ACTION**

For more information: Contact the Six Nations Community Educator program (519) 445-2809 or Environmental Health Officer (519) 751-6513 or visit: canada.ca/LymeDisease



Indigenous Services
Canada

Services aux
Autochtones Canada



WORKSHOPS & CLASSES (NOVEMBER)

NEW New Event

▲ Outdoor Event

55+ Craft Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

Crafting items are a supplied and instruction is given. **Ages: Seniors 55+; New registrants only.**

Dates: Monday, November 3 & 17 | **Time:** 4-6pm

Location: Dajoh (1738 Fourth Line) | **Registration Opens:** September 1

Registration Required: Tiffany VanEvery | (519) 750-4480 | tiffanyvanevery@sixnations.ca

NEW 55+ Paint & Create

DEPARTMENT OF WELL-BEING, MENTAL WELLNESS

Paint class. All materials supplied. No experience necessary. **Ages: Seniors 55+**

Dates: Wednesday, November 12 & 26 | **Time:** 10am-12pm

Location: Seniors Complex (37 Sunrise Court) | **Registration Opens:** September 1

Registration Required: Tiffany VanEvery | (519) 750-4480 | tiffanyvanevery@sixnations.ca

NEW Youth Cooking Program

SOCIAL SERVICES' KANIKONRIIO CHILD & YOUTH PROGRAMS, YOUTH LIFE PROMOTION

Six Nations youth will learn cooking and budgeting basics. A social will be held for the participants and their families during the final session. **Ages: 12-14**

Dates: Thursday, November 6, 13, 20 & 27 | **Time:** 4:30-7:30pm

Location: Family Gatherings (18 Stoneridge Circle) | **Registration Opens:** October 23

Registration Required: Brittany Vervaet | (519) 750-3408 | kaylp19@sixnations.ca

Safe Food Handling

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

This FREE certification course is open to all Six Nations community members! Participants will learn general principles of safe food handling, including topics: Temperature Control, Cross-Contamination, Personal Hygiene, and Cleaning & Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: Adults 18+**

Dates: Wednesday, September 24, October 22 & November 26 | **Time:** 8:30am-5pm

Location: White Pines Wellness Centre Boardroom (1745 Chiefswood Road)

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



SUPPORT FOR SENIORS: Read about support services available to ours Elders on **page 54.**



Be Safe

by  mindyourmind

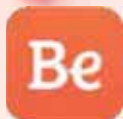


This App Helps You:

- 🕒 Create a Personal Safety Plan
- 🕒 Find Six Nations Community Resources for Support
- 🕒 Be Prepared if you Find Yourself in a Crisis

FREE to download & use the app!

Choose "Six Nations of the Grand River" in the App Settings



NEW



MULTI-DAY/ONGOING EVENTS & PROGRAMS

 Events & Programs

 Community Supports

 Getting Active/Movement

 Workshops & Classes

Dajoh 55 Club

PARKS & RECREATION

Dajoh 55 Club is hosted on Mondays! **Ages: Seniors 55+**

Duration: Every Monday (September 8-December 15)* | **Time:** 12-1:30pm

***Holiday Date (No Program):** October 13 | **Location:** Dajoh - Seneca Room (1738 Fourth Line)

Registration Required: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

Drop-In Badminton

PARKS & RECREATION

Drop-in badminton for all ages! **All ages.**

Duration: Every Monday (Starting September 8)* | **Time:** 6-8pm

***Holiday Date (No Program):** October 13 | **Location:** Dajoh Gym (1738 Fourth Line)

Contact: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

Drop-In Pickleball

PARKS & RECREATION

Join us for drop-in Pickleball on Mondays, Tuesdays, or Fridays! See information below for respective schedules. **Ages: 15+**

Duration: Every Monday, Tuesday & Friday (September 8-December 19)*

Time (Monday): 10am-12pm | **Time (Tuesday):** 2-7pm | **Time (Friday):** 12-2pm

***Holiday Dates (No Program):** September 30, October 13 & November 11

Location: Dajoh Gym (1738 Fourth Line)

Contact: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

Drop-In Volleyball

PARKS & RECREATION

Join us for some drop in volleyball games! **Ages: 12+**

Duration: Every Tuesday (September 9-December 16)* | **Time:** 7:30-9pm

***Holiday Dates (No Program):** September 30 & November 11

Location: Dajoh Gym (1738 Fourth Line)

Contact: Emerson Oaks | (519) 445-4311 | dajoh10@sixnations.ca

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

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

SNAP™ Group

SOCIAL SERVICES' CHILD & FAMILY SERVICES, CLINICAL SERVICES UNIT, SNAP TEAM

SNAP is a 12-week in person program for families with children (ages 6-11) who are experiencing behavioral struggles. Meals will be provided! If you require help with transportation or childcare, please reach out to us to see how we can assist you. **Ages: 6-8 and 9-11 girls groups & boys groups, mandatory parent groups.**

Date: Every Tuesday (September 16-December 9) | **Time:** 4:30-6pm or 6-7:30pm

Location: Family Gatherings (18 Stoneridge Circle) | **Transportation:** Contact to Inquire

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

Soup for Seniors ▲

DEPARTMENT OF WELL-BEING, ALLIED HEALTH

A weekly drive-thru service that provides a free bowl of soup to Six Nations Elders.

Ages: Seniors 55+

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

***Holiday Dates (No Program):** September 30 & November 11

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

Contact: Avery McCorkell | chcfa@sixnations.ca

Tentewatá:ton Dędwadado Community Market

DEPARTMENT OF WELL-BEING, ALLIED HEALTH

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:** 12-5pm | **Location:** Odrohekta'geh (1676 Chiefswood Road)

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





Six Nations of the Grand River **SOCIAL SERVICES**

OUR DEPARTMENT CONSISTS OF:

Child Care & Early Years

Child & Family Services

Kanikonriio (Good Mind)
Child & Youth Programs

Outreach

Family Well-Being
Task Force

Corrections

Six Nations of the Grand River Social Services comprises a diverse array of departments aimed at supporting the community and band members. Our services include family programming, summer day camps, counseling, childcare services, and even correctional services. Given the extensive range of available assistance, we strongly encourage you to visit our website for a comprehensive list of offerings.

To access our current programming and available services, please connect with us on social media or our website:

- www.sngrsocialservices.ca
- Facebook: Six Nations Social Services
- Instagram: Six Nations Social Services

#SixNationsMatters



SIXNATIONS.SOCIALSERVICES





Senior Support Hub

Dementia support for individuals and families with personalized guidance to promote safety, independence, and aging at home.

Elder companion's provides weekly visits with stimulating activities like conversation, games, and crafts.

Resources, referrals, or advocacy—whatever it takes to meet your needs.

We prioritize social connection through year-round Senior Support Hub **events** that keep seniors engaged and prevent isolation.

Hub Happenings

Call and ask to register for the Hub Happens. Whenever we have an event or program, we will give you a call/text!

We're dedicated to providing **clear, informed, and compassionate support** at every step, ensuring you feel confident and cared for throughout the process.



Contact the Senior Support Hub
by calling **(519) 445-4481**.



Have an ambulance bill that needs to be paid by NIHB?

- Call the phone number of the service provider listed on the bill.
- Provide your 10 digit status number.
- The provider will bill NIHB directly.

NIHB Client
Information Line:
1 (800) 640-0642

For more information,
call or text: (226) 387-7879



DIABETES PREVENTION IS POSSIBLE

Detecting diabetes early and maintaining a healthy, balanced lifestyle can help delay or prevent Type 2 Diabetes and its related complications. Make your health a priority and get checked today! Adults 18+

Last Friday of the Month

White Pines Wellness Centre
(1745 Chiefswood Road), 9am-3pm

to register, call (519) 445-2226

**ENTER TO
WIN PRIZES**

Harm Reduction Outreach & Education Program

WHO WE ARE:

We aim to educate community members about substance use and mental wellness through awareness events and educational programming. We also look to reduce barriers for those 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
- Substance use information
- Sexual health education
- Much more!

For inquiries, contact (548) 328-2038
or sndrugstrategy@sixnations.ca



Falls Prevention

Tips on how to prevent slips and trips this fall season!

- ① **Watch for Wet Leaves and Debris**
Fallen leaves can be just as slippery as ice. Clear walkways regularly and use a broom or leaf blower to keep paths safe.
- ② **Wear Proper Footwear**
Use sturdy, non-slip shoes with good support to prevent slips on wet grass, loose soil, or uneven ground.
- ③ **Stock Up on Winter Supplies**
Salt or sand for slippery spots, snow shovels, proper winter clothing
- ④ **Support Elderly Family or Community Members with Home Maintenance**
Cleaning gutters, maintaining walkways and laneways etc.



HAVING OFF-ROAD DRAINAGE ISSUES?

On-reserve community members can report off-road drainage issues by contacting our **Manager of Technical Services and Drainage:**

Vince Longboat

Call the Public Works office:
(519) 445-4242 or email:
vincelongboat@sixnations.ca



SIX NATIONS of
the **GRAND RIVER**

LITIGATION UPDATES

Six Nations Of The Grand River Band Of Indians V.
The Attorney General Of Canada And His Majesty
The King In Right Of Ontario.

A trial date has been set for the litigation, and is expected to begin on **Monday, October 5, 2026!**

A trial judge will be selected in January 2026.

For further information, contact Lands & Resources:
(519) 753-0665





WAYS TO STAY CONNECTED!

FOLLOW SNGR'S SOCIAL MEDIA ACCOUNTS!



@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

