

**INSIDE:**  
Community Events,  
Programs & Workshops!



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

Winter 2025-2026  
Leisure Activities Guide

December 1, 2025 - February 28, 2026



## MESSAGE FROM THE 59<sup>TH</sup> ELECTED CHIEF

Welcome to the Six Nations of the Grand River (SNGR) 2025 Winter Leisure Guide!

As we approach the end of another year, I hope you've had the chance to enjoy the incredible events, programs, and services put on by our SNGR departments and staff. There's still so much to experience, don't miss out on the exciting opportunities planned for this season.

Nia:wen/Thank you to everyone who remains committed to making these offerings available to our community throughout the year. Your dedication to planning and coordinating these experiences does not go unnoticed!

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



### 59<sup>TH</sup> 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) 761-2097



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,

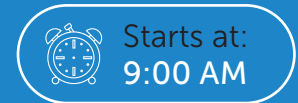
M. Thomas & L. Greene



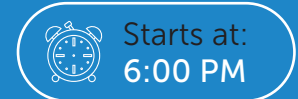
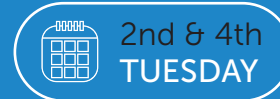
## JOIN OUR COUNCIL MEETINGS!

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

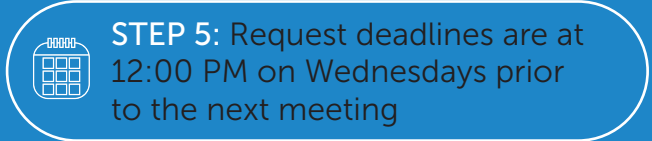
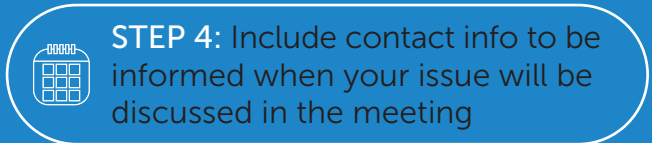
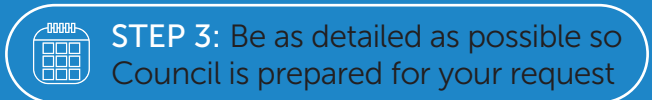
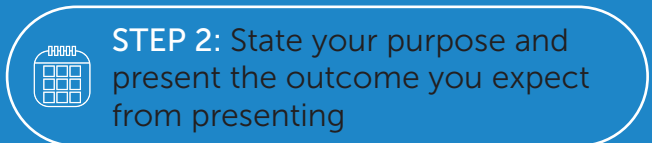
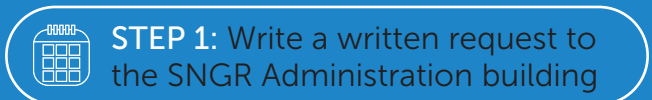
### GENERAL FINANCE



### 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,

Welcome to the 2025 Winter Edwadrohe:k/Entewatia'taro:roke – Leisure Guide!

Six Nations of the Grand River (SNGR) departments, along with community organizations, are offering a wide range of exciting opportunities for the upcoming winter season. This edition highlights all the amazing events, programs, and services available to the community.

I am especially grateful to everyone involved in the planning, coordination, and delivery of these opportunities. Without your hard work, dedication, and commitment to the community, none of this would be possible. Nia:wen for your ongoing contributions and the leadership you all provide to assist our community to thrive!

*Tracy Brant*

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**



**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**





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# DECEMBER CALENDAR/OVERVIEW

MONDAY	TUESDAY	WEDNESDAY
<p>Let's Get Moving (p. 7)</p> <p>Morning Spark (p. 7)</p> <p>1</p>	<p>Indoor Rock Climbing (p. 7)</p> <p>Muscles in Motion (p. 8)</p> <p>Second Wind (p. 8)</p> <p>Sit to Be Fit (p. 8)</p> <p>Soup for Seniors (p. 51)</p> <p>2</p>	<p>Lane Swim &amp; Water Walking (p. 7)</p> <p><a href="#">Tentewata:ton/Dedwadado Community Market</a> (p. 52)</p> <p>Zumba (p. 9)</p> <p>3</p>
<p>Let's Get Moving (p. 7)</p> <p>Morning Spark (p. 7)</p> <p>8</p>	<p>Indoor Rock Climbing (p. 7)</p> <p>Muscles in Motion (p. 8)</p> <p>Second Wind (p. 8)</p> <p>Sit to Be Fit (p. 8)</p> <p>Soup for Seniors (p. 51)</p> <p>9</p>	<p>Lane Swim &amp; Water Walking (p. 7)</p> <p>Safe Food Handling (p. 13)</p> <p><a href="#">Tentewata:ton/Dedwadado Community Market</a> (p. 52)</p> <p>Zumba (p. 9)</p> <p>10</p>
<p>Let's Get Moving (p. 7)</p> <p>Morning Spark (p. 7)</p> <p>15</p>	<p>Indoor Rock Climbing (p. 7)</p> <p>Meal Prep Made Simple (p. 13)</p> <p>Muscles in Motion (p. 8)</p> <p>Second Wind (p. 8)</p> <p>Sit to Be Fit (p. 8)</p> <p>Soup for Seniors (p. 51)</p> <p>16</p>	<p>Lane Swim &amp; Water Walking (p. 7)</p> <p><a href="#">Tentewata:ton/Dedwadado Community Market</a> (p. 52)</p> <p>17</p>
<p>Let's Get Moving (p. 7)</p> <p>22</p>	<p>23</p> <p><b>Closure Notice:</b>                      All SNGR departments are closed from December 23 @ 2pm until January 5, 2026.                      Regular office hours resume January 5, 2026 @ 8:30am.</p>	<p>24</p> <p><b>Christmas Eve</b></p>
<p>29</p>	<p>30</p> <p><b>Essential Services</b>                      will remain available.                      For a complete list of services, please visit our website, social media, and the SNGR app!</p>	<p>31</p> <p><b>New Year's Eve</b></p>



THURSDAY		FRIDAY		SATURDAY/SUNDAY	
<a href="#">Community Kitchen</a> (p. 3) <a href="#">Second Wind</a> (p. 8)	4	<a href="#">Let's Get Moving</a> (p. 7)	5		6
					7
<a href="#">Second Wind</a> (p. 8) <a href="#">Supporting Highly Sensitive Children</a> (p. 13)	11	<a href="#">Holiday Stocking Sewing</a> (p. 13) <a href="#">Let's Get Moving</a> (p. 7)	12	<a href="#">Holiday Stocking Sewing</a> (p. 13)	13
					14
<a href="#">Second Wind</a> (p. 8)	18	<a href="#">Let's Get Moving</a> (p. 7)	19		20
					21
Christmas Day	25	Boxing Day	26		27
					28





## EVENTS & PROGRAMS (DECEMBER)

**NEW** New Event  
Outdoor Event

### **NEW** Community Kitchen

DEPARTMENT OF WELL-BEING

Drop in and enjoy a hot, nutritious meal at no cost. No registration needed — just come as you are! This welcoming space is open to everyone in the community and offers a place to eat, relax, and connect with family and friends. **All ages; everyone welcome!**

**Dates:** First Thursday of every month (December 4, January 8 & February 5) | **Time:** 5-7pm

**Location:** White Pines Wellness Centre, Second Floor Boardroom (1745 Chiefswood Road)

**Contact:** Brittany | (519) 770-6683 | mhacdw3@sixnations.ca



## TENTEWATÁ:TON/DĘDWADADQ **COMMUNITY MARKET**

**WEDNESDAYS  
12 - 5 PM**

Everyone welcome!

**ODROHEKTA'GEH**  
(1676 Chiefswood Road)



# Family Gatherings

## DECEMBER 2025

This month's activities are always free, drop-in style for caregivers of children, primarily aimed for ages 0 to 6, but older siblings are welcome too.

Here at Family Gatherings we promote positive engagement and well-being with various locations to serve Six Nations Band Members. Come visit and utilize our resources, environment, and staff for a relaxed and joyful play date with your child.

**Site 1:** 18 Stoneridge Circle, Ohsweken  
Monday-Friday, 8:30am-3:30pm  
(519) 445-2565 | fgsup@sixnations.ca

**Site 2:** 1790 First Line, Ohsweken  
Monday-Friday, 8:30am-3:30pm  
(226) 446-9905 | fgsup@sixnations.ca

Transportation can be arranged upon request for addresses on reserve. Call us for details or transportation. **Our calendars list the daily activities and are subject to change.**

Explore more programs – Connect with us on Facebook & Instagram: Six Nations Social Services.

## #SixNationsMatters

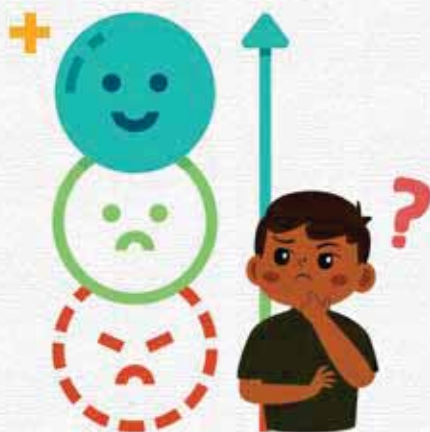


### SITE 1 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
1 CLOSED	2 No Drop-In	3 Snow Storm In A Jar	4 Grinch Ornament	5 Candy Cane Sugar Scrub
8 Easy Wooden Snowflake Ornament	9 No Drop-In	10 Sticker Ornament	11 Salt Dough Christmas Ornament	12 Sparkly Cloud Dough
15 Decorate A Paper Stocking	16 No Drop-In	17 Ugly Sweater Craft	18 Melted Snowman Craft	19 Hot Chocolate Craft
22 Snowflake Collage	23 Closure 2:00pm	24 CLOSED	25 CLOSED	26 CLOSED
29 CLOSED	30 CLOSED	31 CLOSED		

### SITE 2 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
1 CLOSED	2 Arctic Animals Craft	3 Popsicle Stick Frame Ornament	4 Snowglobes	5 Winter Village
8 Paper Mache Ornament	9 Candy Cane Body Scrub	10 DIY Christmas Bark and Hot Chocolate Jars	11 Torn Paper Melted Snowman	12 Mini Wreath Making
15 Snow Dough	16 Marshmallow Snowman	17 Stocking Decorating	18 Christmas Card Making	19 Polar Express Movie and Craft
22 Winter Colouring Sheets	23 Painting With Ice Closure 2:00pm	24 CLOSED	25 CLOSED	26 CLOSED
29 CLOSED	30 CLOSED	31 CLOSED		



## Big Emotions & Little Hearts

*Let's grow together*

This workshop explores the emotional stages and impulsiveness that frequently result in misguided behavior among children.

Six Nations Social Services, Child & Family Services, Clinical Services Unit Presents:

# Growing Together

This multi-evening program provides group sessions for caregivers of children aged 6 to 11. Children will be organized into age-appropriate, gender-specific groups, with mandatory participation from caregivers. The program, titled "Growing Together," is based on the well-established SNAP (Stop Now And Plan) framework. It is offered at no cost to Six Nations band members. Dinner will be provided. Please contact us for information about upcoming sessions.

### What To Expect:

- Emotional Regulation
- Self-Awareness and Confidence
- Identifying Challenges and Overcoming Triggers
- Prevention of Emotional Distress
- Caregiver Situational Awareness and Cues

Inquiries & Enrollment: (519)-445-0408 or  
SCSU@sixnations.ca

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



## 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](mailto:sndrugstrategy@sixnations.ca)



# GOOD MENTAL HEALTH

Is Achievable  
For All Ages



When facing difficult life circumstances, stress can affect mental health and daily life. We encourage you to contact us for friendly, one-on-one support from qualified professionals. We provide various services, including scheduled appointments and mental health workshops, with a focus on promoting positive mental health and well-being.

- Short and long-term counselling
- Children 6 years to adult
- Behavioural programs
- Mental health presentations
- In person & virtual counselling available
- Zero cost to Six Nations band members.

**Contact Clinical Services:**  
**(519) 445-0408**  
**[scsu@sixnations.ca](mailto:scsu@sixnations.ca)**

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

Six Nations Social Services,  
Child & Family Services,  
Clinical Services Unit





## GETTING ACTIVE/MOVEMENT (DECEMBER)

**NEW** New Event

▲ Outdoor Event

### Indoor Rock Climbing

PARKS & RECREATION

Indoor rock climbing for youth! **Ages: 4-12**

**Duration:** Every Tuesday (until December 16) | **Time:** 4:30-7:30pm

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

**Registration Required:** Emerson | (519) 770-8653 | dajoh10@sixnations.ca

### Lane Swim & Water Walking

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

This 10 week aquatic program will allow you the choice of one or both activities (lane swimming and/or water walking) each day. This program is suitable for all fitness levels and will allow community members who can not tolerate land based exercises the opportunity to improve their strength and endurance while exercising in the water. **Ages: Adults 18+; Suitable for community members looking to stay active while being gentle on their joints.**

**Duration:** Every Wednesday (December 3-February 18)\* | **Time:** 9-10am

**\*Holiday Dates (No Program):** December 24 & 31

**Location:** Wayne Gretzky Centre (254 North Park Street, Brantford)

**Registration Required:** Julie | (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 (December 1-February 27)\* | **Time:** 1:30-2:30pm

**\*Holiday Dates (No Program):** December 22-January 2 & February 16

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

**Contact:** Amanda | (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. **NOTE:** This program takes place on Mondays during December, but will switch to Thursdays in January until completion in February. **Ages: Adults 18+; Community members looking to stay active indoors.**

**Duration:** Every Monday (December 1-February 26)\* | **Time:** 8:30-10am

**\*Holiday Dates (No Program):** December 22 & 29

**Location:** Odrohekta'geh (1676 Chiefswood Road)

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

## **NEW Muscles in Motion**

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

This program will be hosted at Movati Brantford. It will introduces you to a variety of training styles including Pilates, yoga, group aerobics, cycling and aquatic fitness. Whether you're looking to build strength, improve flexibility, boost endurance or simply try something new, this program offers a fun and supportive environment for all fitness levels. **Ages: Adults 18+; Community members looking to stay active and try something new.**

**Duration:** Every Tuesday (December 2-February 24)\* | **Time:** 10:30-11:30am

**\*Holiday Dates (No Program):** December 23 & 30, January 6 & February 17

**Location:** Movati Athletic (595 West Street, Brantford)

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

## **Second Wind**

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

An exercise class for individuals with chronic illnesses, for those with COPD, asthma, emphysema, and other lung diseases, that focuses on breath work and proper breathing techniques. Participants learn to exercise in a safe environment utilizing a chair for support. Full body strengthening utilizing body weight and resistance bands. **Ages: Seniors 55+; Those with chronic illnesses (COPD, asthma, emphysema)**

**Duration:** Every Tuesday & Thursday (December 2-February 26)\* | **Time:** 10:30-11:30am

**\*Holiday Dates (No Program):** December 25 & January 1 | **Transportation:** Contact to Inquire

**Location:** Dajoh (1738 Fourth Line)

**Registration Required:** Jenny | (519) 754-5826 | chhlc@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 (December 2-February 24)\* | **Time:** 2-3pm

**\*Holiday Dates (No Program):** December 23 & 30

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

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



## GETTING ACTIVE/MOVEMENT (DECEMBER)

**NEW** New Event

▲ Outdoor Event

### Zumba

#### PARKS & RECREATION

Whether you are looking to get in shape or are already in great shape, all are welcome to join our weekly Zumba fitness class. **Ages: 13+**

**Dates:** December 3 & 10 | **Time:** 6-7pm | **Location:** Dajoh Gymnasium (1738 Fourth Line)

**Registration Required:** Emerson | (519) 770-8653 | [dajoh10@sixnations.ca](mailto:dajoh10@sixnations.ca)



## 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**





“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



Connect & Follow Us Online:  
#SixNationsMatters

IMAGINATIONLIBRARY.COM/  
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ONS/

Register Here:





## 1 Create an account

Sign in for free and get started doing your part. It just takes your email, phone number and address.

## 2 Enter the info that matters most

Enter valuable information that can help us assist more effectively during an emergency.

## 3 Help your Fire Department when seconds count

That's it. Just keep us updated when things change overtime so we can always be prepared.

### WHAT KINDS OF INFORMATION CAN I PROVIDE?

Any information you provide through Community Connect is completely voluntary and based on what you are comfortable sharing. We have made it easy for you to know what may be important by organizing your secure portal into buckets of information you can enter.



Your Property



Your People



Your Needs



Your Pets

### HOW SECURE IS MY DATA AND HOW IS IT USED?

Data that you provide Community Connect is secure and is used only for the purpose of better serving you during emergency situations. Your information is never used for any other purpose. All logins are password protected with bank level encryption and security. If you're comfortable logging in to your online bank you'll be comfortable logging in to Community Connect.



Community Connect is  
**Safe & Secure**





## WORKSHOPS & CLASSES (DECEMBER)

**NEW** New Event  
▲ Outdoor Event

### **NEW** Holiday Stocking Sewing

SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM

Join us for an evening of holiday stocking sewing! Participants will register for one of the two dates available. Light refreshments will be provided while supplies last. **Ages: Adults 18+**

**Date 1:** Friday, December 12 | **Time:** 1-3pm | **Location:** Community Hall (1738 Fourth Line)

**Date 2:** Saturday, December 13 | **Time:** 5-7pm | **Location:** Sports Den (1738 Fourth Line)

**Registration Opens:** November 19 (phone calls only)

**Registration Required:** Jaycie | (519) 717-5892 | ssfwb@sixnations.ca

### Meal Prep Made Simple

DEPARTMENT OF WELL-BEING, ALLIED HEALTH SERVICES

Join us to prep and cook meals ahead of time and learn new meal preparation and planning skills, cooking techniques, and food safety practices from your own kitchen. All recipe ingredients will be provided for you to pick up the day of the class. You will need internet access to join the group virtually. Limited spots available! **Ages: Adults 18+**

**Dates:** December 16, January 29 & February 26 | **Time:** 5:30-7:30pm | **Location:** Virtual (Zoom)

**Registration Required:** Shannon | (519) 754-7405 | hpcd@sixnations.ca or

Avery | (519) 717-3960 | chcf@sixnations.ca

### Safe Food Handling

DEPARTMENT OF WELL-BEING, ALLIED HEALTH SERVICES

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: 14+**

**Dates:** December 10, January 14, 28, February 11 & 25 | **Time:** 8:30am-5pm

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

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

### **NEW** Supporting Highly Sensitive Children

SOCIAL SERVICES' CLINICAL SERVICES UNIT

Join us for an informative session focused on strategies and tips to support highly sensitive children, both at home and in school environments. **Ages: Adults 18+**

**Date:** Thursday, December 11 | **Time:** 5:30-7:30pm

**Location:** GREAT Building, Room 102 (16 Sunrise Court)

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





# Falls Prevention

**Tips on how to prevent slips and trips this winter season.**

## **1 Use Handrails and Walking Aids**

Consider using a cane or walker, especially in icy conditions, to maintain stability.

## **2 Improve Lighting**

Longer nights mean more time in the dark. Improve your lighting in and outdoors so you can walk confidently.

## **3 Keep Walkways Clear**

Shovel snow promptly and apply salt or sand to walkways, driveways, and steps to prevent ice buildup. Make sure paths are clear of obstacles like hoses or tools.

## **4 Check-in on elders when bad weather is approaching**

Help them prepare and get any necessary supplies.



# 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](http://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](https://prestocard.ca) or at select retail stores.



You can add funds to your PRESTO card instantly online by visiting [prestocard.ca](https://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.



# 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.

Symptoms range from none to mild flu-like symptoms such as fever, headache, body aches or fatigue – which typically last for a few days. Call your doctor if you notice any symptoms. Children and Elders are most at risk.

## **FOR MORE INFORMATION:**

Please contact the Six Nations Community Educator program: **(519) 445-2809**, the Environmental Health Officer: **(519) 751-6513**, or visit: [Canada.ca/West-Nile-Virus](https://Canada.ca/West-Nile-Virus)

✓ **PREVENT**

✓ **CHECK**

✓ **TAKE ACTION**



Indigenous Services  
Canada

Services aux  
Autochtones Canada



## **Do you know about YERIWAHRON: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](mailto:snyeri@sixnations.ca)**

**(519) 754-7685**



# 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.

MONDAY		TUESDAY		WEDNESDAY	
					
Chair Exercise Program (p. 27) Let's Get Moving (p. 28)	5	Muscles in Motion (p. 28) Second Wind (p. 28) Sit to Be Fit (p. 29) Soup for Seniors (p. 51)	6	Grief Recovery Group (p. 33) Infant Series (p. 35) Lane Swim & Water Walking (p. 27) Let's Get Active (p. 27) Tentewata:ton/Dedwadado Community Market (p. 52)	7
Chair Exercise Program (p. 27) Family Togetherness (p. 33) Let's Get Moving (p. 28)	12	Growing Together (p. 35) Muscles in Motion (p. 28) Second Wind (p. 28) Sit to Be Fit (p. 29) Soup for Seniors (p. 51)	13	Grief Recovery Group (p. 33) Infant Series (p. 35) Lane Swim & Water Walking (p. 27) Let's Get Active (p. 27) Safe Food Handling (p. 36) Tentewata:ton/Dedwadado Community Market (p. 52)	14
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Chair Exercise Program (p. 27) Family Togetherness (p. 33) Let's Get Moving (p. 28)	26	Growing Together (p. 35) Muscles in Motion (p. 28) Second Wind (p. 28) Sit to Be Fit (p. 29) Soup for Seniors (p. 51)	27	Grief Recovery Group (p. 33) Infant Series (p. 35) Lane Swim & Water Walking (p. 27) Let's Get Active (p. 27) Safe Food Handling (p. 36) Smart Cents Workshop (p. 36) Tentewata:ton/Dedwadado Community Market (p. 52)	28

THURSDAY		FRIDAY		SATURDAY/SUNDAY	
<b>1</b>  <b>New Year's Day</b>		<b>2</b>  <b>Closure Notice:</b> All SNGR departments are closed until January 5, 2026 to observe the Holiday Closure. Regular office hours resume January 5, 2026 @ 8:30am.		<b>3</b>	
				<b>Ribbon Skirt Day</b> <b>4</b>	
<b>8</b> Community Kitchen (p. 21) Morning Spark (p. 28) Rez Hoops (p. 28) Second Wind (p. 28) White Bison Wellbriety Group (p. 34)		<b>9</b> Let's Get Moving (p. 28) Relapse Prevention Planning (p. 33)		<b>10</b> Sew Relaxing (p. 36)	
				<b>11</b>	
<b>15</b> Rez Hoops (p. 28) Second Wind (p. 28) White Bison Wellbriety Group (p. 34)		<b>16</b> Let's Get Moving (p. 28) Relapse Prevention Planning (p. 33)		<b>17</b>	
				<b>18</b>	
<b>22</b> Morning Spark (p. 28) Rez Hoops (p. 28) Second Wind (p. 28) White Bison Wellbriety Group (p. 34)		<b>23</b> Let's Get Moving (p. 28) PA Day Fun (p. 21) Relapse Prevention Planning (p. 33)		<b>24</b>	
				<b>25</b>	
<b>29</b> Meal Prep Made Simple (p. 35) Morning Spark (p. 28) Rez Hoops (p. 28) Second Wind (p. 28) White Bison Wellbriety Group (p. 34)		<b>30</b> Let's Get Moving (p. 28) Relapse Prevention Planning (p. 33)		<b>31</b>	



## EVENTS & PROGRAMS (JANUARY)

**NEW** New Event  
▲ Outdoor Event

### **NEW** Community Kitchen

DEPARTMENT OF WELL-BEING

Drop in and enjoy a hot, nutritious meal at no cost. No registration needed — just come as you are! This welcoming space is open to everyone in the community and offers a place to eat, relax, and connect with family and friends. **All ages.**

**Dates:** First Thursday of every month (December 4, January 8 & February 5) | **Time:** 5-7pm

**Location:** White Pines Wellness Centre, Second Floor Boardroom (1745 Chiefswood Road)

**Contact:** Brittany | (519) 770-6683 | mhacdw3@sixnations.ca

### PA Day Fun

SOCIAL SERVICES' CHILD & FAMILY SERVICES

No details are currently available for the program. Information will be released on our social media platforms – stay tuned! **All ages.**

**Date:** Friday, January 23 | **Time:** 9am-3pm | **Location:** TBD

**Registration Required:** Quentin | (519) 445-2950 | ppsw1@sixnations.ca



#### DON'T FORGET:

You can also access the Leisure Guide online at: [sixnations.ca](https://www.sixnations.ca), by visiting our social media pages, or by logging into the SNGR App!



## LOOKING TO CONNECT with SIX NATIONS of the GRAND RIVER?

DOWNLOAD THE APP!



VISIT OUR WEBSITE:

[www.sixnations.ca](https://www.sixnations.ca)

FOLLOW US ONLINE!

@sixnationsgr

# COMMUNITY AWARENESS



## 2026 CALL OUT

We invite **Community Organizations** to host an event in this year's Community Awareness Month!

Events will run from **May 1-29, 2026**.  
The first planning meeting will be **February 11**.

To be added to the contact list, reach out to Summer Hill: **[ceft@sixnations.ca](mailto:ceft@sixnations.ca)**

For more information about Community Awareness, visit the "**Community Bulletins**" section on **[sixnations.ca](https://sixnations.ca)**



# Family Gatherings

## JANUARY 2026

This month's activities are always free, drop-in style for caregivers of children, primarily aimed for ages 0 to 6, but older siblings are welcome too.

Here at Family Gatherings we promote positive engagement and well-being with various locations to serve Six Nations Band Members. Come visit and utilize our resources, environment, and staff for a relaxed and joyful play date with your child.

**Site 1:** 18 Stoneridge Circle, Ohsweken  
Monday-Friday, 8:30am-3:30pm  
(519) 445-2565 | fgsup@sixnations.ca

**Site 2:** 1790 First Line, Ohsweken  
Monday-Friday, 8:30am-3:30pm  
(226) 446-9905 | fgsup@sixnations.ca

Transportation can be arranged upon request for addresses on reserve. Call us for details or transportation. **Our calendars list the daily activities and are subject to change.**

Explore more programs – Connect with us on Facebook & Instagram:  
Six Nations Social Services.

## #SixNationsMatters



### SITE 1 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
			1	2
5 Hats And Mitts Craft	6	7 Winter Animal Paper Plate Craft	8 Snowflake Sticks Craft	9 Hot Chocolate
12 Snowflake Stamping	13	14 Snowflake Painting	15 Popsicle Stick Snowflakes	16 Snowflake Salt Painting
19 Clan Painting	20	21 Ribbon Art On Canvas	22 Colour Your Moccas Craft	23 Midwinter Colouring Pages
26 Yeti Craft	27	28 Snowman Puffy Paint	29 Snowstorm In A Jar	30 Marshmallow Igloos

### SITE 2 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
			1	2
5 Snowstorm In A Jar	6 Design Mittens	7 Abominable Snowman Craft	8 Snowy Village Craft	9 Cooking Homemade Applesauce
12 Penguin Pompom Shooters	13 Paper Plate Winter Hats	14 Disguise A Gingerbread Man	15 Lantern & Lamp Craft	16 Camera Craft
19 Arctic Animal Sun Catcher	20 Glove Monsters	21 Salt Painting	22 Winter Sensory Bottles	23 Snowy Tree Craft
26 Crystal Icicles	27 Narwhal Painting	28 Sparkly Snow Paint	29 Arctic Animals Experiment	30 DIY Bouncy Snow Balls

# Become a Vaccine Champion!

We are looking for people from the community to help share easy-to-understand and culturally appropriate vaccine information. You'll help others learn about vaccines and feel more confident.

## How can you help?

- Share your experiences getting a vaccine
- Attend community events and support local outreach
- Share public health resources on ALL publicly funded vaccines
- Ensure people know how to access immunization records



**Scan the QR code to fill out an application!**



<https://forms.office.com/r/JMXsGwLODA>

## Why should you apply?

- No experience needed
- Materials will be provided
- Compensation can be provided for your time
- Receive education and training on Vaccine Preventable Diseases

Questions? Email [chspo@sixnations.ca](mailto:chspo@sixnations.ca) or call 519-761-9789 for more information.



# 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)**

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)



*Kayanase*  
*Restoring Mother Earth*



## Services

Ecological Restoration Services  
Invasive Species Removal  
Turtle Nest Protection  
Site Assessment

Environmental Outreach  
Native Plant and Seed Production  
Eco-cultural Tourism Programming  
Property Rentals

\*OUR GREENHOUSE IS CLOSED FOR THE WINTER\*

**COME TOUR OUR BEAUTIFUL GROUNDS!**

519-770-0013 | [kayanase.ca](http://kayanase.ca) |   @kayanasegreenhouse



## GETTING ACTIVE/MOVEMENT (JANUARY)

**NEW** New Event

▲ Outdoor Event

### Chair Exercise Program

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

Come and enjoy exercises focused on building functional strength for everyday tasks using weights, exercise bands, and body weight while safely seated on a chair. **Ages: Adults 18+;** All fitness levels welcome.

**Duration:** Every Monday (January 5-February 23)\* | **Time:** 8-9am

**\*Holiday Dates (No Program):** February 16 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

**Registration Required:** Jenny | (519) 751-5826 | [chhlc@sixnations.ca](mailto:chhlc@sixnations.ca)

### Lane Swim & Water Walking

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

This 10 week aquatic program will allow you the choice of one or both activities (lane swimming and/or water walking) each day. This program is suitable for all fitness levels and will allow community members who can not tolerate land based exercises the opportunity to improve their strength and endurance while exercising in the water. **Ages: Adults 18+; Suitable for community members looking to stay active while being gentle on their joints.**

**Duration:** Every Wednesday (December 3-February 18)\* | **Time:** 9-10am

**\*Holiday Dates (No Program):** December 24 & 31

**Location:** Wayne Gretzky Centre (254 North Park Street, Brantford)

**Registration Required:** Julie | (519) 754-5730 | [hpk8@sixnations.ca](mailto:hpk8@sixnations.ca)

### Let's Get Active

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

Active program for kids! **Ages: Children 5-8.**

**Duration:** Every Wednesday (January 7-February 18) | **Time:** 6-7pm

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

**Registration Required:** Emerson | (519) 770-8653 | [dajoh10@sixnations.ca](mailto:dajoh10@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 (December 1-February 27)\* | **Time:** 1:30-2:30pm

**\*Holiday Dates (No Program):** December 22-January 2 & February 16

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

**Contact:** Amanda | (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 Thursday (December 1-February 26)\* | **Time:** 8:30-10am

**\*Holiday Dates (No Program):** January 1 & 15, February 19

**Location:** Odrohekta'geh (1676 Chiefswood Road)

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

## NEW Muscles in Motion

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

This program will be hosted at Movati Brantford. It will introduce you to a variety of training styles including Pilates, yoga, group aerobics, cycling and aquatic fitness. Whether you're looking to build strength, improve flexibility, boost endurance or simply try something new, this program offers a fun and supportive environment for all fitness levels. **Ages: Adults 18+; Community members looking to stay active and try something new.**

**Duration:** Every Tuesday (December 2-February 24)\* | **Time:** 10:30-11:30am

**\*Holiday Dates (No Program):** January 6 & February 17

**Location:** Movati Athletic (595 West Street, Brantford)

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

## Rez Hoops

PARKS & RECREATION

Basketball program that participates in Rez Hoops Tournament! **Ages: 11-17; Youth athletes (boys and girls) in grades 6-12.**

**Duration:** Every Thursday (January 8-February 12) | **Time:** 6:30-7:30pm

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

**Registration Required:** Emerson | (519) 770-8653 | dajoh10@sixnations.ca

## Second Wind

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

An exercise class for individuals with chronic illnesses, for those with COPD, asthma, emphysema, and other lung diseases, that focuses on breath work and proper breathing techniques. Participants learn to exercise in a safe environment utilizing a chair for support. Full body strengthening utilizing body weight and resistance bands. **Ages: Seniors 55+; Those with chronic illnesses (COPD, asthma, emphysema)**



## GETTING ACTIVE/MOVEMENT (JANUARY)

**NEW** New Event

▲ Outdoor Event

Duration: Every Tuesday & Thursday (December 2-February 26)\* | Time: 10:30-11:30am

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

Location: Dajoh (1738 Fourth Line)

Registration Required: Jenny | (519) 754-5826 | chhlc@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 (December 2-February 24) | Time: 2-3pm

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

Registration Required: Julie | (519) 754-5730 | hpk8@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 Spring collection dates, please find the **Guidelines for Sorting Household Waste!**

Access all documents online: [www.sixnations.ca/public-works/](http://www.sixnations.ca/public-works/)





# ONKWEHÓN:WE HEALTH CHECK-IN

The Onkwehón:we Health Check-In is a community health survey. Are you interested in participating?

Are you..

- At least 16 years old
  - Live on Six Nations
- OR**
- Belong to Six Nations and reside in the surrounding areas

**We want to hear from you!**



**Receive a \$50 gift card  
for completing the  
survey!**

Refer friends/family and  
receive up to \$75 more  
(max 3 referrals)

## Drop-in or Appointment:

Monday - Friday 9:00AM - 3:00PM  
Iroquois Plaza Office Suites  
1721 Chiefswood Road, Ohsweken

**Survey runs until we reach  
1000 participants  
(300/1000)**

## Please note:

- Survey is in-person only • Approx. 75 mins in length
- In-home, Evenings & Saturdays by Appointment.

Want to schedule? Contact us at:

☎ (519) 751-9671

✉ CHSOL@sixnations.ca

🌐 OHClsixnations.ca

**#ohcheckinit**



## 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](mailto: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](http://sixnations.ca)**

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

**[bmccomber@sixnations.ca](mailto: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](http://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](http://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 (JANUARY)

**NEW** New Event  
▲ Outdoor Event

### Family Togetherness

SOCIAL SERVICES, PRIMARY PREVENTION SERVICES

The Family Togetherness Program aims to foster strong connections among family members through shared activities. The focus is on engaging in experiences as a family unit, with complimentary meals provided. Certain weeks may feature off-reserve outings; however, please note that transportation will not be supplied for these events. Registration is required via phone or email, and families may enroll for a maximum of four weeks in the program. **Ages: Caregivers with children, all ages.**

**Duration:** Every Monday (January 12-February 23)\* | **Time:** 5-6:30pm

**\*Holiday Dates:** February 16 program will be on February 17 | **Registration Opens:** December 12

**Location:** TBD (See Six Nations Social Services social media for all the latest updates)

**Registration Required:** Trinity | (519) 445-2950 | [cfppw@sixnations.ca](mailto:cfppw@sixnations.ca)

### Grief Recovery Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Grief Recovery Method Group provides a structured and compassionate approach to healing from loss. 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 seeking support for grief.**

**Duration:** Every Wednesday (January 7-March 25) | **Time:** 6:30-8pm

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

**Registration Required:** Sage | (519) 445-2143 | [mhmwc@sixnations.ca](mailto:mhmwc@sixnations.ca)

### Relapse Prevention Planning

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Relapse Prevention Planning 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 looking to gain knowledge and build a Relapse Prevention Plan.

**Duration:** Every Friday (January 9-March 13) | **Time:** 6:30-8pm

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

**Registration Required:** Sage | (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 based on Indigenous values and the teachings of 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 spiritual connection, 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 strengths, honor their traditions, and walk the path of recovery with purpose and dignity. **Ages: Adults 18+;** Those looking to gain supports and knowledge around sobriety.

**Duration:** Every Thursday (January 8-March 26) | **Time:** 6:30-8pm

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

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



**OGWEHOWEH**  
Skills and Trades Training Centre

**WINTER 2026**

**PROGRAMS AND COURSES**

- Residential Construction
- Human Resources Essentials
- \*in partnership with Fanshawe College\*
- Canadian Adult Education Credentials
- Introduction to Metal Fabricator (Level 1)
- 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](http://www.osttc.com)



## WORKSHOPS & CLASSES (JANUARY)

**NEW** New Event  
▲ Outdoor Event

### Growing Together

#### SOCIAL SERVICES' CLINICAL SERVICES UNIT

This multi-evening program provides group sessions for caregivers of children aged 6 to 11. Children will be organized into age-appropriate, gender-specific groups, with mandatory participation from caregivers. The program, titled "Growing Together," is based on the well-established SNAP (Stop Now And Plan) framework. It is offered at no cost to Six Nations Band members. Dinner will be provided. Please contact us for information about upcoming sessions. What To Expect: Emotional Regulation, Self-Awareness and Confidence, Identifying Challenges and Overcoming Triggers, Prevention of Emotional Distress, Caregiver Situational Awareness and Cues. **Ages: Caregivers of child(ren) ages 6-11; Band members/caregivers to child(ren) experiencing behavioural challenges.**

**Duration:** Every Tuesday (January 13-March 31)\* | **Times:** 4-6pm or 6-8pm

**\*Holiday Dates (No Program):** March 17 | **Transportation:** Contact to Inquire

**Location:** TBD (Registered participants will be notified closer to the start date)

**Registration Required:** Kim | (519) 445-0408 | [scsu@sixnations.ca](mailto:scsu@sixnations.ca)

### Infant Series

#### SOCIAL SERVICES' FAMILY GATHERINGS

The Infant Series emphasizes the bond between caregivers and children, offering age-appropriate toys and interactive play facilitated by qualified staff. This program allows caregivers to take a break while remaining on-site. Participants are encouraged to register for all four sessions. Additionally, transportation from designated addresses on the reserve is available upon advance request. **Caregivers with child(ren) ages 0-12months**

**Dates:** Wednesday, January 7, 14, 21 & 28 | **Time:** 9:30-11:30am | **Registration Opens:** December 10

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

**Registration Required:** Family Gatherings | (519) 445-2565 | [fgsup@sixnations.ca](mailto:fgsup@sixnations.ca)

### Meal Prep Made Simple

#### DEPARTMENT OF WELL-BEING, ALLIED HEALTH SERVICES

Join us to prep and cook meals ahead of time and learn new meal preparation and planning skills, cooking techniques, and food safety practices from your own kitchen. All recipe ingredients will be provided for you to pick up the day of the class. You will need internet access to join the group virtually. Limited spots available! **Ages: Adults 18+**



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

**Dates:** January 29 & February 26 | **Time:** 5:30-7:30pm | **Location:** Virtual (Zoom)

**Registration Required:** Shannon | (519) 754-7405 | [hpcd@sixnations.ca](mailto:hpcd@sixnations.ca) or  
Avery | (519) 717-3960 | [chcfa@sixnations.ca](mailto:chcfa@sixnations.ca)

## Safe Food Handling

DEPARTMENT OF WELL-BEING, ALLIED HEALTH SERVICES

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: 14+**

**Dates:** January 14, 28, February 11 & 25 | **Time:** 8:30am-5pm

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

**Registration Required:** Michelle | (519) 445-2809 | [michellejamieson@sixnations.ca](mailto:michellejamieson@sixnations.ca)

## NEW Sew Relaxing

SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM

A drop-in sewing group, bring your own materials/projects. We'll provide access to sewing machines, instructor assistance and lunch while supplies last. **Ages: 18+**

**Dates:** Saturday, January 10 & February 7 | **Time:** 9am-3:30pm

**Location:** Community Hall (1738 Fourth Line)

**Contact:** Jaycie | (519) 717-5892 | [ssfwbn@sixnations.ca](mailto:ssfwbn@sixnations.ca)

## NEW Smart Cents Workshop

SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM

Register for this insightful workshop, first 10 community members to register & complete will receive a gift card. Participants may register for one time slot only. **Ages: 18+**


**Dates:** Saturday, January 28 | **Times:** 1-3pm or 5-7pm


**Location:** Sports Den, Community Hill (1738 Fourth Line)

**Registration Opens:** January 12 @ 9am (phone calls only)

**Registration Required:** Maureen | (519) 732-5881 | [mninham-harvey@sixnations.ca](mailto:mninham-harvey@sixnations.ca)



MONDAY	TUESDAY	WEDNESDAY
		
<p>Chair Exercise Program (p. 43)</p> <p>Family Togetherness (p. 47)</p> <p>Let's Get Moving (p. 43)</p>	<p>Growing Together (p. 49)</p> <p>Leather Work: Purse/Pouch Making (p. 49)</p> <p>Muscles in Motion (p. 44)</p> <p>Second Wind (p. 44)</p> <p>Sit to Be Fit (p. 45)</p> <p>Soup for Seniors (p. 51)</p>	<p>Grief Recovery Group (p. 47)</p> <p>Lane Swim &amp; Water Walking (p. 43)</p> <p>Let's Get Active (p. 43)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 52)</p> <p>Toddler Series (p. 48)</p>
<p>Chair Exercise Program (p. 43)</p> <p>Family Togetherness (p. 47)</p> <p>Let's Get Moving (p. 43)</p> <p>Youth Darts League (p. 45)</p>	<p>Growing Together (p. 49)</p> <p>Muscles in Motion (p. 44)</p> <p>Second Wind (p. 44)</p> <p>Sit to Be Fit (p. 45)</p> <p>Soup for Seniors (p. 51)</p>	<p>Grief Recovery Group (p. 47)</p> <p>Lane Swim &amp; Water Walking (p. 43)</p> <p>Let's Get Active (p. 43)</p> <p>Safe Food Handling (p. 50)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 52)</p> <p>Toddler Series (p. 48)</p>
<p><b>Closure Notice:</b></p> <p>All SNGR departments are closed for Family Day.</p> <p>Regular office hours resume February 17 @ 8:30am.</p>	<p>Growing Together (p. 49)</p> <p>Muscles in Motion (p. 44)</p> <p>Second Wind (p. 44)</p> <p>Sit to Be Fit (p. 45)</p> <p>Soup for Seniors (p. 51)</p>	<p>Grief Recovery Group (p. 47)</p> <p>Lane Swim &amp; Water Walking (p. 43)</p> <p>Let's Get Active (p. 43)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 52)</p> <p>Toddler Series (p. 48)</p>
<p>Chair Exercise Program (p. 43)</p> <p>Family Togetherness (p. 47)</p> <p>Let's Get Moving (p. 43)</p> <p>Youth Darts League (p. 45)</p>	<p>Growing Together (p. 49)</p> <p>Muscles in Motion (p. 44)</p> <p>Second Wind (p. 44)</p> <p>Sit to Be Fit (p. 45)</p> <p>Soup for Seniors (p. 51)</p>	<p>Grief Recovery Group (p. 47)</p> <p>Safe Food Handling (p. 50)</p> <p>Smart Cents Workshop (p. 50)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 52)</p> <p>Toddler Series (p. 48)</p>

THURSDAY	FRIDAY	SATURDAY/SUNDAY
		
		1
Community Kitchen (p. 39) <b>5</b> Morning Spark (p. 44) Rez Hoops (p. 44) Second Wind (p. 44) White Bison Wellbriety Group (p. 48)	Let's Get Moving (p. 43) <b>6</b> Relapse Prevention Planning (p. 48)	Sew Relaxing (p. 50) <b>7</b>
		Leather Work: Purse/Pouch Making (p. 49) <b>8</b>
Morning Spark (p. 44) <b>12</b> Rez Hoops (p. 44) Second Wind (p. 44) Valentine's Day (p. 39) White Bison Wellbriety Group (p. 48)	Let's Get Moving (p. 43) <b>13</b> Relapse Prevention Planning (p. 48)	Valentine's Day <b>14</b>
		15
Second Wind (p. 44) <b>19</b> White Bison Wellbriety Group (p. 48)	Let's Get Moving (p. 43) <b>20</b> Relapse Prevention Planning (p. 48)	<b>21</b>
		22
Meal Prep Made Simple (p. 49) <b>26</b> Morning Spark (p. 44) Second Wind (p. 44) White Bison Wellbriety Group (p. 48)	Let's Get Moving (p. 43) <b>27</b> Relapse Prevention Planning (p. 48)	Community Breakfast (p. 39) <b>28</b>



## EVENTS & PROGRAMS (FEBRUARY)

**NEW** New Event  
▲ Outdoor Event

### Community Breakfast

#### SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM

Join us for a free community breakfast, supporting Six Nations Band members. While supplies last, no take out. **All ages.**

**Date:** Saturday, February 28 | **Time:** 8-11am (or while supplies last)

**Location:** Community Hall (1738 Fourth Line)

**Registration Required:** Jaycie | (519) 717 5892 | [ssfwbn@sixnations.ca](mailto:ssfwbn@sixnations.ca)

### **NEW** Community Kitchen

#### DEPARTMENT OF WELL-BEING

Drop in and enjoy a hot, nutritious meal at no cost. No registration needed — just come as you are! This welcoming space is open to everyone in the community and offers a place to eat, relax, and connect with family and friends. **All ages; everyone welcome!**

**Dates:** First Thursday of every month (February 5) | **Time:** 5-7pm

**Location:** White Pines Wellness Centre, Second Floor Boardroom (1745 Chiefswood Road)

**Contact:** Brittany | (519) 770-6683 | [mhacd3@sixnations.ca](mailto:mhacd3@sixnations.ca)

### Valentine's Party

#### SOCIAL SERVICES' FAMILY GATHERINGS

Join us for a delightful morning filled with creative activities designed for caregivers and their little ones aged 0-6 years. This session emphasizes family bonding, well-being, and engagement! **Ages: Caregivers with child(ren) 0-6.**

**Date:** Thursday, February 12 | **Time:** 10am-12pm | **Registration Opens:** January 28

**Location:** Family Gatherings, Site 1 (18 Stoneridge Circle)

**Transportation:** Available to on-reserve addresses with advance notice

**Registration Required:** Family Gatherings | (519) 445-2565 | [fgsup@sixnations.ca](mailto:fgsup@sixnations.ca)





# Be Safe

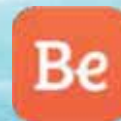
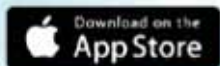
by  mindyourmind

**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 App

Scan  
Me

Choose Six Nations of the Grand River in your App Settings



 @besafeapp\_ca

 @besafeapp.ca

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

# What you should know about: **LYME DISEASE**

Despite the colder weather, we are entering into a second 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.

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**

## **FOR MORE INFORMATION:**

Please visit: [Canada.ca/LymeDisease](https://Canada.ca/LymeDisease)

✓ **PREVENT**

✓ **CHECK**

✓ **TAKE ACTION**



Indigenous Services  
Canada

Services aux  
Autochtones Canada



## **FREE** COMMUNITY KITCHEN MEALS

Please come eat & connect with community & friends!

**Join us on the first Thursday of the  
month and enjoy a **FREE** meal!  
No registration required!**

### **Dates:**

December 4, 2025  
January 8, 2026  
February 5, 2026

**Time:** 5- 7pm

**Location:** White Pines Boardroom  
(1745 Chiefswood Rd.)

### **Questions? Contact:**

Kyleigh: (226) 450-4064 | [kfarmer@sixnations.ca](mailto:kfarmer@sixnations.ca)  
Brittany: (519) 770-6683 | [mhacdww3@sixnations.ca](mailto:mhacdww3@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](http://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**



## GETTING ACTIVE/MOVEMENT (FEBRUARY)

**NEW** New Event  
▲ Outdoor Event



### Chair Exercise Program

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

Come and enjoy exercises focused on building functional strength for everyday tasks using weights, exercise bands, and body weight while safely seated on a chair. **Ages: Adults 18+;** All fitness levels welcome.

**Duration:** Every Monday (January 5-February 23)\* | **Time:** 8-9am

**\*Holiday Dates (No Program):** February 16 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

**Registration Required:** Jenny | (519) 751-5826 | [chhlc@sixnations.ca](mailto:chhlc@sixnations.ca)

### Lane Swim & Water Walking

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

This 10 week aquatic program will allow you the choice of one or both activities (lane swimming and/or water walking) each day. This program is suitable for all fitness levels and will allow community members who can not tolerate land based exercises the opportunity to improve their strength and endurance while exercising in the water. **Ages: Adults 18+; Suitable for community members looking to stay active while being gentle on their joints.**

**Duration:** Every Wednesday (December 3-February 18)\* | **Time:** 9-10am

**\*Holiday Dates (No Program):** December 24 & 31

**Location:** Wayne Gretzky Centre (254 North Park Street, Brantford)

**Registration Required:** Julie | (519) 754-5730 | [hpk8@sixnations.ca](mailto:hpk8@sixnations.ca)

### Let's Get Active

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

Active program for kids! **Ages: Children 5-8.**

**Duration:** Every Wednesday (January 7-February 18) | **Time:** 6-7pm

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

**Registration Required:** Emerson | (519) 770-8653 | [dajoh10@sixnations.ca](mailto:dajoh10@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 (December 1-February 27)\* | **Time:** 1:30-2:30pm  
**\*Holiday Dates (No Program):** February 16 | **Transportation:** Available Upon Request  
**Location:** Odrohekta'geh (1676 Chiefswood Road)  
**Contact:** Amanda | (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 Thursday (December 1-February 26)\* | **Time:** 8:30-10am

**\*Holiday Dates (No Program):** January 1 & 15, February 19

**Location:** Odrohekta'geh (1676 Chiefswood Road)

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

## NEW Muscles in Motion

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

This program will be hosted at Movati Brantford. It will introduce you to a variety of training styles including Pilates, yoga, group aerobics, cycling and aquatic fitness. Whether you're looking to build strength, improve flexibility, boost endurance or simply try something new, this program offers a fun and supportive environment for all fitness levels. **Ages: Adults 18+; Community members looking to stay active and try something new.**

**Duration:** Every Tuesday (December 2-February 24)\* | **Time:** 10:30-11:30am

**\*Holiday Dates (No Program):** February 17 | **Location:** Movati Athletic (595 West Street, Brantford)

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

## Rez Hoops

PARKS & RECREATION

Basketball program that participates in Rez Hoops Tournament! **Ages: 11-17; Youth athletes (boys and girls) in grades 6-12.**

**Duration:** Every Thursday (January 8-February 12) | **Time:** 6:30-7:30pm

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

**Registration Required:** Emerson | (519) 770-8653 | dajoh10@sixnations.ca

## Second Wind

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

An exercise class for individuals with chronic illnesses, for those with COPD, asthma, emphysema, and other lung diseases, that focuses on breath work and proper breathing techniques. Participants learn to exercise in a safe environment utilizing a chair for support. Full body strengthening utilizing body weight and resistance bands. **Ages: Seniors 55+; Those**





## GETTING ACTIVE/MOVEMENT (FEBRUARY)

**NEW** New Event

▲ Outdoor Event

with chronic illnesses (COPD, asthma, emphysema)

**Duration:** Every Tuesday & Thursday (December 2-February 26) | **Time:** 10:30-11:30am

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

**Registration Required:** Jenny | (519) 754-5826 | [chhlc@sixnations.ca](mailto:chhlc@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 (December 2-February 24) | **Time:** 2-3pm

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

**Registration Required:** Julie | (519) 754-5730 | [hpk8@sixnations.ca](mailto:hpk8@sixnations.ca)

### Youth Darts League

PARKS & RECREATION

Show off your accuracy skills by taking part in our after school Youth Darts Program! **Ages:** Youth 12-16.

**Duration:** Every Monday (February 9-March 9)\* | **Time:** 3:30-5pm

**\*Holiday Dates (No Program):** February 16

**Location:** Dajoh Gymnasium (1738 Fourth Line)

**Registration Required:** Emerson | (519) 770-8653 | [dajoh10@sixnations.ca](mailto:dajoh10@sixnations.ca)



# Family Gatherings

## FEBRUARY 2026

This month's activities are always free, drop-in style for caregivers of children, primarily aimed for ages 0 to 6, but older siblings are welcome too.

Here at Family Gatherings we promote positive engagement and well-being with various locations to serve Six Nations Band Members. Come visit and utilize our resources, environment, and staff for a relaxed and joyful play date with your child.

**Site 1:** 18 Stoneridge Circle, Ohsweken  
Monday-Friday, 8:30am-3:30pm  
(519) 445-2565 | fgsup@sixnations.ca

**Site 2:** 1790 First Line, Ohsweken  
Monday-Friday, 8:30am-3:30pm  
(226) 446-9905 | fgsup@sixnations.ca

Transportation can be arranged upon request for addresses on reserve. Call us for details or transportation. **Our calendars list the daily activities and are subject to change.**

Explore more programs – Connect with us on Facebook & Instagram: Six Nations Social Services.

## #SixNationsMatters

### SITE 1 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
2  CLOSED No Drop-In	3	4 After 12PM Drop In Paper Snowflake	5  Snowflake Gnome	6  Unicorn Paper Plate Craft
9  Paper Heart Wreath	10	11 After 12PM Drop In Fingerprint Heart	12  Valentines Day Card Making	13  Valentines Day Party
16	17	18  Snowflake Painting	19  Snow Globe Picture Craft	20  Family Names Craft
23  Yogurt Parfait	24	25  Apple Crisp Bars	26  Picture Frame Decorating	27  Penguin Craft

### SITE 2 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
2  CLOSED No Drop-In	3  DIY Painted Pasta Necklaces	4  Clan Collages	5  DIY Horseshoe Paper Plate Craft	6  Vintage Lovebirds Craft
9  Sock Octopus	10  Cardboard Treehouse Making	11  Jell-O Dig	12  Family Tree Fingerprints	13  Valentines Day Decorating
16	17  Nutrition Bags- No Drop In	18  Ice Cream Sundae Making	19  Rainbow Fish Craft	20  Board Game Day
23  Cosmic Sun Catchers	24  DIY Lip Balm	25  Movie Day	26  Sugar Sprinkle Cookie Making	27  Pour Painting On Wooden Designs





## COMMUNITY SUPPORTS (FEBRUARY)

**NEW** New Event

▲ Outdoor Event

### Family Togetherness

SOCIAL SERVICES, PRIMARY PREVENTION SERVICES

The Family Togetherness Program aims to foster strong connections among family members through shared activities. The focus is on engaging in experiences as a family unit, with complimentary meals provided. Certain weeks may feature off-reserve outings; however, please note that transportation will not be supplied for these events. Registration is required via phone or email, and families may enroll for a maximum of four weeks in the program. **Ages: Caregivers with children, all ages.**

**Duration:** Every Monday (January 12-February 23)\* | **Time:** 5-6:30pm

**\*Holiday Dates:** February 16 program will be on February 17 | **Registration Opens:** December 12

**Location:** TBD (See Six Nations Social Services social media for all the latest updates)

**Registration Required:** Trinity | (519) 445-2950 | [cfppw@sixnations.ca](mailto:cfppw@sixnations.ca)

### Grief Recovery Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Grief Recovery Method Group provides a structured and compassionate approach to healing from loss. 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 seeking support for grief.**

**Duration:** Every Wednesday (January 7-March 25) | **Time:** 6:30-8pm

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

**Registration Required:** Sage | (519) 445-2143 | [mhmwc@sixnations.ca](mailto:mhmwc@sixnations.ca)

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[www.sixnations.ca](http://www.sixnations.ca)

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## Relapse Prevention Planning

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Relapse Prevention Planning 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 looking to gain knowledge and build a Relapse Prevention Plan.**

**Duration:** Every Friday (January 9-March 13) | **Time:** 6:30-8pm

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

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

## Toddler Series

SOCIAL SERVICES, FAMILY GATHERINGS

Caregivers are encouraged to register for and participate in all four sessions planned for February. Transportation can be arranged upon early request to support participants. This program is designed to foster family bonding and engagement, thereby enhancing overall well-being. Caregivers will be greeted by qualified staff members who are experienced in childcare and age-appropriate skill development. If caregivers need a break while attending, staff will provide assistance with childcare activities and play. Registration by phone call only. **Ages: Caregivers to band members aged 12-36 months; Band members.**

**Duration:** Every Wednesday (February 4-25) | **Time:** 9:30-11:30am

**Location:** Family Gatherings Too (1790 First Line) | **Registration Opens:** January 21 @ 9am

**Transportation:** Available Upon Request (to on-reserve addresses only)

**Registration Required:** Chelsea | (519) 445-2565 | chelseanelson@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 based on Indigenous values and the teachings of 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 spiritual connection, 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 strengths, honor their traditions, and walk the path of recovery with purpose and dignity. **Ages: Adults 18+; Those looking to gain supports and knowledge around sobriety.**

**Duration:** Every Thursday (January 8-March 26) | **Time:** 6:30-8pm

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

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



## WORKSHOPS & CLASSES (FEBRUARY)

**NEW** New Event  
▲ Outdoor Event

### Growing Together

#### SOCIAL SERVICES' CLINICAL SERVICES UNIT

This multi-evening program provides group sessions for caregivers of children aged 6 to 11. Children will be organized into age-appropriate, gender-specific groups, with mandatory participation from caregivers. The program, titled "Growing Together," is based on the well-established SNAP (Stop Now And Plan) framework. It is offered at no cost to Six Nations Band members. Dinner will be provided. Please contact us for information about upcoming sessions. What To Expect: Emotional Regulation, Self-Awareness and Confidence, Identifying Challenges and Overcoming Triggers, Prevention of Emotional Distress, Caregiver Situational Awareness and Cues. **Ages: Caregivers of child(ren) ages 6-11; Band members/caregivers to child(ren) experiencing behavioural challenges.**

**Duration:** Every Tuesday (January 13-March 31)\* | **Times:** 4-6pm or 6-8pm

**\*Holiday Dates (No Program):** March 17 | **Transportation:** Contact to Inquire

**Location:** TBD (Registered participants will be notified closer to the start date)

**Registration Required:** Kim | (519) 445-0408 | [scsu@sixnations.ca](mailto:scsu@sixnations.ca)

### **NEW** Leather Work: Purse/Pouch Making

#### SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM

Join us in crafting either a leather pouch or purse! Light refreshments will be provided while supplies last. **Ages: 14+ with an adult.**

**Date 1:** Tuesday, January 3 | **Location:** Community Hall (1738 Fourth Line)

**Date 2:** Sunday, January 8 | **Location:** Sports Den (1738 Fourth Line)

**Time:** 9am-3pm | **Registration Opens:** January 20 @ 9am (phone calls only)

**Registration Required:** Jaycie | (519) 717-5892 | [ssfwb@sixnations.ca](mailto:ssfwb@sixnations.ca)

### Meal Prep Made Simple

#### DEPARTMENT OF WELL-BEING, ALLIED HEALTH SERVICES

Join us to prep and cook meals ahead of time and learn new meal preparation and planning skills, cooking techniques, and food safety practices from your own kitchen. All recipe ingredients will be provided for you to pick up the day of the class. You will need internet access to join the group virtually. Limited spots available! **Ages: Adults 18+**

**Dates:** February 26 | **Time:** 5:30-7:30pm | **Location:** Virtual (Zoom)

**Registration Required:** Shannon | (519) 754-7405 | [hpcd@sixnations.ca](mailto:hpcd@sixnations.ca) or

Avery | (519) 717-3960 | [chcfa@sixnations.ca](mailto:chcfa@sixnations.ca)



## Safe Food Handling

DEPARTMENT OF WELL-BEING, ALLIED HEALTH SERVICES

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: 14+**

**Dates:** February 11 & 25 | **Time:** 8:30am-5pm

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

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

## NEW Sew Relaxing

SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM

A drop-in sewing group, bring your own materials/projects. We'll provide access to sewing machines, instructor assistance and lunch while supplies last. **Ages: 18+**

**Dates:** Saturday, January 10 & February 7 | **Time:** 9am-3:30pm

**Location:** Community Hall (1738 Fourth Line)

**Contact:** Jaycie | (519) 717-5892 | ssfwb@sixnations.ca

## NEW Smart Cents Workshop

SOCIAL SERVICES' FAMILY WELL-BEING PROGRAM

Join us in an informative session regarding budgeting. The first 10 community members to register & complete the session will receive a gift card. Limited spaces, supporting Six Nations Band members. Participants may register for one of the two dates. **Ages: 18+**

**Date:** Wednesday, February 25 | **Times:** 1-3pm or 5-7pm

**Location:** Sports Den, Community Hill (1738 Fourth Line)

**Registration Opens:** February 9 @ 9am (phone calls only)

**Registration Required:** Maureen | (519) 732-5881 | mninham-harvey@sixnations.ca





## MULTI-DAY/ONGOING EVENTS & PROGRAMS



Events & Programs



Community Supports



Getting Active/Movement



Workshops & Classes

### Elected Council Meetings

#### SIX NATIONS OF THE GRAND RIVER 59TH ELECTED COUNCIL

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

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

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

**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

### **NEW** Fireside Wellbriety Healing Circle

This is a Wellbriety Healing Circle for all who are struggling with Addiction. Includes prayer and drumming. Wear ribbon skirts and bring your hand drum! **Ages: 18+**

**Duration:** Every Sunday (Ongoing) | **Holiday Date (No Program):** December 28

**Time:** 12:30-2pm | **Location:** Dajoh, Seneca Room (1738 Fourth Line)

**Contact:** June | (905) 309-5558 | vansicklej552@gmail.com

### Free Skate

#### PARKS & RECREATION

Free Skate on Six Nations Sports & Cultural Memorial Centre ice. **All ages; Children 12 and under must be accompanied by an adult.**

**Duration:** Every Monday, Wednesday, Friday & Saturday (October 15-March 26)\*

**\*Holiday Date (No Program):** During Holiday Closure (December 23-January 5)

**Time (Monday, Wednesday, Friday):** 12-1pm | **Time (Saturday):** 6-7pm

**Location:** Six Nations Sports & Cultural Memorial Centre (1738 Fourth Line)

**Registration Required:** Emerson | (519) 770-8653 | dajoh10@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):** December 23 & 30

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

**Contact:** Avery | (519) 761-0013 | chcfa@sixnations.ca

## Tentewatá:ton Dędwadado Community Market

DEPARTMENT OF WELL-BEING, ALLIED HEALTH SERVICES

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)

**\*Holiday Dates (No Program):** December 24 & 31, January 7 & 14

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

## **NEW** Well-Anon from White Bison Wellbriety

Well-Anon meeting is for Indigenous peoples dealing with an addict in their lives. **Ages: 18+**

**Duration:** Every Tuesday (Ongoing) | **Holiday Date (No Program):** December 23 & 30

**Time:** 12-1:30pm | **Location:** Dajoh(1738 Fourth Line)

**Contact:** June | (905) 309-5558 | vansicklej552@gmail.com



# SAVE ON ENERGY: **SMALL BUSINESS PROGRAM**

Small businesses can receive financial incentive from the **Save on Energy: Small Business Program**.

Businesses with an operating capacity of 50 or fewer employees can apply, and could receive up to **\$3,000** for eligible lighting equipment and up to **\$2,500** for eligible non-lighting equipment!

If you are interested in applying for your business, please fill out an application:

**<https://saveonenergy.ca/Start-your-lighting-project>**

Pick up a physical copy at:

**Public Works (1953 Fourth Line)**

Need help with applying? Contact Crystal Campbell:

**[crystalcampbell@sixnations.ca](mailto:crystalcampbell@sixnations.ca)**

**(519) 445-4242, ext. 5620**



# WINTER DRIVING

Snow plows concentrate on priority roads to provide access to neighbouring communities for essentials. During heavy snowfall, it takes 4 hours for the Roads Department to complete their route.

## WHAT TO DO

**Slow down** your driving speeds to weather conditions.

**Stay indoors** during major snowfall.

**Avoid travel** on roads or sidewalks during major snowfall.

## WHAT NOT TO DO

Do **NOT** pass snow plows, keep a safe distance behind them.

Do **NOT** plow snow onto or across the road.

## PRIORITY ROADS

### Fourth Line

(Mohawk Road - the tracks)

### Chiefswood Road

(Highway 54 - Townline Road)

### Second Line

(Bateman Line - Chiefswood Road)

### Second Line

(East of Chiefswood Road)

### Sixth Line

(East of Chiefswood Road)

### Onondaga Road

(Fourth Line - Second Line)

### Cayuga Road

(Fourth Line - Sixth Line)

### Mohawk Road



## 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**



## 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**





## ESSENTIAL SERVICES (DURING HOLIDAY CLOSURE)

Six Nations of the Grand River will be observing a holiday closure from Tuesday, December 23, 2025-Sunday, January 4, 2025. SNGR will resume regular business hours (8:30am-4:30pm) on Monday, January 5, 2025. The following pages list local essential services available to community members during this closure. For further crisis supports available, please visit our Six Nations of the Grand River social media!

### Department of Well-Being

#### CHILD & YOUTH TEAM – JORDAN'S PRINCIPLE

Ontario Region: 1 (833) 442-2429 or 1 (855) JP-CHILD – 1 (855) 572-4453

Call for urgent Jordan's Principle requests, the SNGR office will be closed.

#### FAMILY HEALTH TEAM

Closed: December 23, 2025-January 5, 2026\*

\*Open: December 30, 2025 from 9am-3pm

#### HOME & COMMUNITY CARE PROGRAM:

Phone: (519) 445-0077

**Essential Services Provided:** Jay Silverheels Supportive Housing (open 24/7), Case Management On-Call Service with Extend Communications, Personal Support Services (high-need clients), and Palliative Care

#### IROQUOIS LODGE

Iroquois Lodge has no change in hours or operation and visitation. Administrative staff will observe the closure, but a manager is assigned for any emergencies.

#### MEDICAL TRANSPORTATION

Phone: (519) 445-0410 | Please leave a voicemail as the office will be closed. Voicemails will be checked on December 29 & January 2, 2026.

#### MIDWIVES (BIRTHING CENTRE)

Phone: (519) 445-4922

Midwifery services will be available 24/7. All regular programming will be closed.

### Emergency Services

#### IN CASE OF AN EMERGENCY

Phone: 911

#### FIRE & EMERGENCY SERVICES

Administration staff will be on call, however 911 services will be continued as normal throughout the holidays.

#### PARAMEDIC SERVICES

Deputy Officer: (519) 717-0182 (for non-emergency situations only)

**Community Paramedics:** (519) 750-3908

Administration staff will be off during the holidays and senior management will be available for emergencies during the closure.

## Local Crisis Supports

### SIX NATIONS CRISIS LINE

**Phone 24/7:** (519) 445-2204 or 1 (866) 445-2204

**Text:** (226) 777-8480 (Monday-Friday, 8:30am-4pm)

## Public Works

### SEPTIC SERVICES

**Phone:** (519) 445-4242 | **Address:** 1953 Fourth Line

Septic calls paid and placed prior to December 18, 2025 at 4:30pm will be completed prior to the Holiday Closure. Calls placed after this deadline and time may not be completed until January 5, 2026.

**Note:** Online payments take 2 business days to process.

### TRANSFER STATION

**Closed:** December 24-26, 2025 and January 1, 2026

**Hours:** 8am-4:30pm (Tuesday-Saturday) | **Last load:** 4:15pm

No debris approvals will be completed between December 23, 2025-January 4, 2026.

### TRUCKFILL STATION

Payment on accounts must be made before noon on December 23, 2025 to be applied to accounts before January 5, 2026. Online payments take 2 business days to process.

**Note:** Online payments take 2 days to process.

## Six Nations Housing

### AFTER-HOURS MAINTENANCE

**Phone:** (519) 757-7187 (emergencies only) | **Secondary Contact:** (226) 387-4962

An emergency is considered someone who does not have heat, water, hydro (that is not related to a community power outage) or significant water leaks.

## Six Nations of the Grand River Ontario Works

### EMERGENCIES ONLY

**Rebecca Logan:** (519) 754-6562 | **Heather Hadley:** (519) 732-2307

**Bobbi Villeneuve:** (226) 388-4426 | **Crystal Martin:** (226) 387-3340

The Ontario Works office will be open December 31, 2025, from 9am until 2pm for individuals needing to pick up cheques. A Case Manager will also be available.





## ESSENTIAL SERVICES (DURING HOLIDAY CLOSURE)

### Social Services

#### CHILD & FAMILY SERVICES BAND REPRESENTATIVES

Dates & Times: December 23: 2-4pm | December 24, 29-31, January 2: 8:30am-4pm

Court Coverage: (519) 717-4788 | Team Lead Support: (548) 328-4783

Band Rep Coverage: December 23-24: (519) 732-3862

December 29-30: (519) 732-5271 | December 31 & January 2: (519) 771-3424

**Note:** Available for court matters only involving child protection during this time period. All organizations must continue to provide notification and updates through the normal process of email, fax, and voicemails.

#### CORRECTIONAL SERVICES:

Phone: (519) 445-2628 | Dates & Times: December 23-24, 27, 30-31, and January 2

**Note:** On-call voicemails and emails will be retrieved daily.

### SNGR Departments

#### ALL OTHER SNGR SERVICES AND PROGRAMS

Closed: December 23, 2025-January 4, 2026.

Re-Opening: January 5, 2026 to resume regular business hours (8:30am-4:30pm)

### Utilities

#### CHILD & FAMILY SERVICES BAND REPRESENTATIVES

Water: (519) 752-4712 | Roads: (519) 757-5501

Hydro One Customer Service: Call 1 (888) 664-9376

or visit: <https://www.hydroone.com/support/contact>

Six Nations Natural Gas: (519) 445-4213 | Six Nations Food Bank: (519) 771-0025

Six Nations Internet: (519) 445-4168 | First Nations Cable: (519) 445-2981

For more available utilities, visit: <https://www.tworivers.ca/businessdirectory>



## 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	<a href="https://snpl.ca/digital-archive/">https://snpl.ca/digital-archive/</a>
<b>Library Catalogue</b>	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
<b>Libby: ebook app</b>	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](http://www.snpl.ca/eresources)**



# 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!**

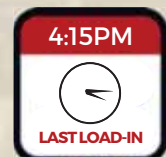
519-445-2222 | [greatsn.com](http://greatsn.com) |   @greatsn

## Transfer Station Winter Hours

The Six Nations Transfer Station is currently operating under its Winter hours.



Winter hours are **8am-4:30pm** with the last load in taking place 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**



## JOIN OUR TEAM!!

Your career is just a click away!  
Find all of SNGR's latest career opportunities by visiting:

[www.sixnations.ca](http://www.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](http://www.sngrsocialservices.ca)
- Facebook: Six Nations Social Services
- Instagram: Six Nations Social Services

**#SixNationsMatters**



SIXNATIONS.SOCIALSERVICES





## 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](http://www.sixnations.ca)

