

INSIDE:
Community Events,
Programs & Workshops!



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

Spring 2026
Leisure Activities Guide

March 1 - May 31, 2026



MESSAGE FROM THE 59th ELECTED CHIEF

Welcome to the 2026 Six Nations of the Grand River (SNGR) Spring Leisure Guide!

As a new year is upon us, SNGR departments and staff are excited to offer a wide range of events, programs, and services for community members of all ages. I encourage you to enjoy some social time by going out and taking part in the many opportunities available throughout the community.

Nia:wen to everyone who remains dedicated to planning events and providing services to our community, your hard work doesn't go unnoticed.

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



59th ELECTED CHIEF & COUNCILLORS



CHIEF SHERRI-LYN HILL
(519) 445-2201



COUNCILLOR DAYLE BOMBERRY
(226) 387-8096



COUNCILLOR HAZEL JOHNSON
(519) 732-2169



COUNCILLOR KERRY BOMBERRY
(519) 732-1477



COUNCILLOR AMOS KEY JR.
(226) 387-8089



COUNCILLOR GREG FRAZER
(226) 387-9112



COUNCILLOR HELEN MILLER
(519) 717-2565



COUNCILLOR CAROLE LESLEY GREENE
(519) 761-2097



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

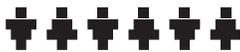
Join 59th Elected Council every Friday for the Six Nations of the Grand River Elected Council Update on local radio stations!

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

 2:15 PM
FRIDAY

 4:15 PM
FRIDAY

You can also listen to the update on Jukasa Radio on Sundays at 3:15pm.



59th ELECTED COUNCIL POLITICAL COMMITTEES

Built Environment, Climate Adaptation & Lands and Membership

Chair: D. Bomberry | Co-Chair: H. Miller
A. VanEvery, K. Bomberry, H. Johnson & L. Greene

Community Committee

Chair: D. Hill | Co-Chair: D. Bomberry
M. Thomas & K. Bomberry

Data Governance

Chair: D. Hill | Co-Chair: G. Frazer
A. Key Jr.

Education Language & Culture

Chair: A. Key Jr. | Co-Chair: A. Powless-Bomberry
L. Greene

Finance Committee

Chair: A. VanEvery | Co-Chair: D. Bomberry
A. Key Jr., C. Jamieson

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-Bomberry, 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

 1st & 3rd
MONDAY

 Starts at:
9:00 AM

GENERAL COUNCIL

 2nd & 4th
TUESDAY

 Starts at:
6:00 PM



HOW YOU CAN GET ON THE SNGR COUNCIL/COMMITTEE AGENDA

-  **STEP 1:** Write a written request to the SNGR Administration building
-  **STEP 2:** State your purpose and present the outcome you expect from presenting
-  **STEP 3:** Be as detailed as possible so Council is prepared for your request
-  **STEP 4:** Include contact info to be informed when your issue will be discussed in the meeting
-  **STEP 5:** Request deadlines are at 12:00 PM on Wednesdays prior to the next meeting



POLITICAL UPDATES

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



MESSAGE FROM SNGR'S COO OFFICE

Sge:no, welcome to the 2026 Spring Edwadrohe:k/Entewatia'taro:roke – Leisure Guide!

Our departments and staff have an array of exciting opportunities planned for the community over the next three months. I hope you're able to come out and experience all the meaningful, engaging opportunities ahead.

None of these opportunities would be possible without the hardworking individuals who remain dedicated to providing events, programs, and services for our community. Nya:węh for your commitment to the organization!

Debra Jonathan, COO, 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



Presented by: Six Nations Social Services'
Child & Family Services, Clinical Services Unit:

SNAP[®]

(Stop Now And Plan)

The SNAP Program is a 12-session program for children ages 6-11 to learn skills for emotional regulation and impulse control.

Children participate with peers in group sessions organized into age-appropriate, gender-specific groups.

Caregivers learn how to support their children to use new skills in simultaneous caregiver groups and will receive support from SNAP staff.

Let's Grow TOGETHER!

Children Learn:

- Reflection of feelings
- Positive decision making
- Problem managing
- Navigation of self emotions

SNAP is offered at no cost to Six Nations Band members with meals provided.

Contact us for registration or more information:

(519) 445-0408 • CSSW1@sixnations.ca

Connect & follow us online:
#SixNationsMatters





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MARCH CALENDAR/OVERVIEW

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MARCH BREAK: Check out the Multi-Day/Ongoing section (pages 51-54) for March Break programming and activities!



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<p>Family Fun & Dance (p. 52)</p> <p>Second Wind (p. 9)</p>		<p>Drop-in Basketball (p. 51)</p> <p>Drop-in Pickleball (p. 51)</p> <p>Let's Get Moving (p. 8)</p>		Drop-in Basketball (p. 51)	22
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EVENTS & PROGRAMS (MARCH)

NEW New Event
▲ Outdoor Event

Black Balloon Day

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

In honour of those lost to overdose, Black Balloon Day is a time to remember, raise awareness for harm prevention, and support those impacted by substance use disorder. Sharing our stories with a Living Library and bringing the community together through shared experiences will help break the stigma and drive real change in our community. FREE Meal and Activities for those who attend.

Ages: 16+

Date: Wednesday, March 4 | **Time:** 5-7pm

Location: Six Nations Community Hall (1738 Fourth Line)

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

NEW Men's Social: Anaheim Ducks vs Toronto Maple Leafs

DEPARTMENT OF WELL-BEING

Enjoy a guys' night with your friends and leave the cooking to us! Join us for a free meal, games, guest speakers, door prizes, and watch the Maple Leafs take on the Anaheim Ducks at 7pm! **Ages: 18+; Maple Leafs fans.**

Date: Thursday, March 12 | **Time:** 5-9:30pm (Game time at 7pm)

Location: Upper Pavilion at Chiefswood Park (1037 Highway 54)

Registration Required: Marcus | (519) 750-4307 | mshsl@sixnations.ca

NEW Soup & Sign Ups

FIRE & EMERGENCY SERVICES

Community Connect: Sign ups and information session (Max: 100). **Ages: 18+; Homeowners.**

Date: Thursday, March 5 | **Time:** 11am-1pm

Location: Fire & Emergency Services (17 Veterans Lane)

Contact: Fire Department | (519) 445-4054 | snflse@sixnations.ca



LOOKING TO CONNECT with SIX NATIONS of the GRAND RIVER?

DOWNLOAD THE APP!



VISIT OUR WEBSITE:

www.sixnations.ca

FOLLOW US ONLINE!





Meet our Dental Services Team!

Dr Holly Nepinak
Dentist



Dawn Martin
Dental Clerk



Dr Alex Scheiter
Dentist



Audrey MacDonald
Admin. Assistant



Valerie Johnson
Dental Assistant



Brittney Longboat
Dental Hygienist



Located outside of the
White Pines Wellness Center
(1745 Chiefswood Road)
T: (519) 445-2221 C: (519) 717-6456



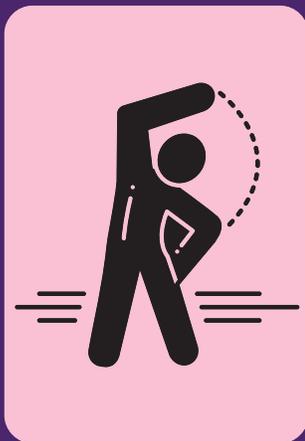
Do you know about **YERIWAHRON:KAS** **(THEY HEAR THE MATTERS)?**

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

(519) 754-7685



MARCH BREAK Programs:

Offering fun activities for Six Nations Band members between the ages of 6 and 13, free of charge.

Full details to be posted on our social media platforms. Follow us:

Six Nations Social Services
#SixNationsMatters



Six Nations Social Services

Social Services has been delivering services to Six Nations band members for over 30 years, offering programming that supports individuals ranging from infants to elders, as well as families.

The five primary departments, as illustrated below, encompass multiple units that provide a wide array of services, integrating traditional knowledge and teachings. Our staff is eager to share additional information about both ongoing and newly introduced programs. For inquiries, please call (519) 445-2071 or visit us on social media.

Child Care & Early Years

- Bicentennial, Clarence Street, Stoneridge Child Care
- Special Needs Resourcing
- Family Gatherings
- EarlyOn
- Before & After School

Child & Family Services

- Intake Unit
- Band Representatives
- Family Support Unit
- Primary Prevention Unit
- 24 Hour Crisis Line
- Clinical Services Unit > SNAP (Stop Now And Plan)

Kanikonriio (Good Mind) Child & Youth Program (KCYP)

- Youth Life Promotion Program (YLP)
- Children's Mental Health & Addictions Team
- Indigenous Community Worker
- Student Support & Counseling Program

Outreach

- Youth In Transition/ Post Majority Support Services (PMSS)
- Aboriginal Alternative Dispute Resolution (AADR)
- Family Well Being Program

Correctional Services

- Indigenous Youth Probation (IYP)
- Youth Community Service Order (YCSO)
- Adult Community Service Order (ACSO)
- Indigenous Reintegration & Support Services (IR&SS)
- Indigenous Extrajudicial Measure (EJM)
- Adult Native Supervision Program (ANSP)



Follow us on Facebook & Instagram:

Six Nations Social Services

#SixNationsMatters

www.sngsocialservices.ca





GETTING ACTIVE/MOVEMENT (MARCH)

NEW New Event
▲ Outdoor Event

Drop-In Badminton

PARKS & RECREATION

Drop-in badminton for all ages! All ages.

Duration: Every Monday (March 2-May 25)* | Time: 6-8pm

Location: Dajoh (1738 Fourth Line) | *Holiday Dates (No Program): April 6 & May 18

Contact: Emerson | (519) 445-4311, ext. 5226 | recprograms@sixnations.ca

Escape from Rage Program

SOCIAL SERVICES' KANIKONRII CHILD & YOUTH PROGRAM AND YOUTH LIFE PROMOTION

Six Nations youth between the ages of 12-17 will register for 1 month. During the first session, they will enjoy dinner at Kelsey's and an escape room at Escape Key in Brantford. In the final session, they will enjoy dinner at East Side Mario's and a rage room experience with Wreck It Room Cambridge! Ages: 12-17.

Dates: Tuesday, March 10 & 24, April 7 & 21, May 5 & 19

Time: 4:30-8:30pm | Drop Off/Pick-Up Location: 18 Stoneridge Circle

Registration Required: Brittany | (519) 750-3408 (no texts or voicemails) | kaylp19@sixnations.ca

Registration Opens: February 26 (Maximum: 13)

Indoor Rock Climbing

PARKS & RECREATION

Indoor rock climbing! Ages: 4-12.

Duration: Every Tuesday (March 3-April 7) | Time: 4:30-7:30pm | Location: Dajoh (1738 Fourth Line)

Registration Required: Emerson | (519) 445-4311, ext. 5226 | recprograms@sixnations.ca

Registration Opens: February 17 (Maximum 15)

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 session. 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+; Individuals of all fitness levels welcome.

Duration: Every Wednesday (March 4-May 6) | Time: 9-10am



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

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

Registration Opens: February 23 (Maximum: 25)

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 (March 1-May 31)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** April 3 & 6, May 18

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

Registration Required: Amanda | (519) 751-5324 | amandamartin@sixnations.ca

Registration Opens: March 2 (Maximum: 18)

Lil Stars Softball

PARKS & RECREATION

Softball for children! **Ages: 4-6.**

Duration: Every Thursday (March 19-April 23) | **Time:** 5:30-7:30pm

Location: Sports & Cultural Memorial Centre (1738 Fourth Line) | **Registration Opens:** March 2

Registration Required: Emerson | (519) 445-4311, ext. 5226 | recprograms@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+; All fitness levels welcome.**

Duration: Every Monday (March 2-May 25)* | **Time:** 8:30-10am

***Holiday Dates (No Program):** April 6 & May 18

Location: Odrohekta'geh (1676 Chiefswood Road)

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

Registration Opens: February 23 (Maximum: 25)

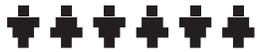
Muscles in Motion

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+**

Duration: Every Tuesday (March 3-April 21)* | **Time:** 10:30-11:30am

***Holiday Dates (No Program):** March 17 & 31 | **Registration Opens:** February 23 (Maximum: 25)



GETTING ACTIVE/MOVEMENT (MARCH)

NEW New Event

▲ Outdoor Event

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 (March 3-May 28) | Time: 10:30-11:30am

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

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

Registration: Ongoing (Maximum: 12)

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 (March 3-May 26) | Time: 2-3pm

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

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

Registration Opens: February 23 (Maximum: 25)



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

✓ **PREVENT**

✓ **CHECK**

✓ **TAKE ACTION**



Indigenous Services
Canada

Services aux
Autochtones Canada



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

From April to November, there is a small chance of being exposed to Lyme Disease if bitten by an infected Black Legged Tick. Lyme Disease is a serious illness, however, it is easy to prevent and treat when caught early. Do your best to prevent being bitten by a tick, but in the event you have been bitten, remove the tick and submit the tick for testing.

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

✓ **PREVENT**

✓ **CHECK**

✓ **TAKE ACTION**



Indigenous Services
Canada

Services aux
Autochtones Canada





COMMUNITY SUPPORTS (MARCH)

NEW New Event
▲ Outdoor Event

Service Ontario OHIP "Health Card" Renewal Clinic

DEPARTMENT OF WELL-BEING

Renew your Health Card with us at the White Pines Wellness Centre. Three pieces of ID are required: 1. Proof of Citizenship (status card, valid Canadian passport, or birth certificate), 2. Proof of Residency (monthly bank statements, college or university report card or transcript, or utility bill in your name), and 3. Support of Identity (valid Ontario Driver's License, credit card, or current employee ID). **All ages.**

Dates: Wednesday, March 11, April 15 & May 13 | **Time:** 10am-3pm

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

Registration Required: (519) 445-2418

Six Nations Social Services' Child & Family Services presents:

Family Fun & Dance

Join us for an engaging drop-in event highlighting traditional pow wow dance presentations and instruction free of charge.

This judgement-free zone promotes cultural connections, family interaction, and personal positivity. Substance-free environment. Children require parental supervision.

Supporting Six Nations Band members & caregivers of. Transportation not available. Dinner will be provided, while supplies last.

For any inquiries, please call:
(519) 761-9145

LOCATION: Yogi's Barn
(2318 Chiefswood Road)

TIME: 5-7pm

DATES*:
March 5 & 19
April 2, 16 & 30
May 14

*Dates subject to change.
Follow our social media pages
for all the up-to-date information!

Connect & follow us online:
[@SixNationsSocialServices](#) • [#SixNationsMatters](#)



Family Gatherings



MARCH 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: @SixNationsSocialServices

#SixNationsMatters



SITE 1 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
2 March Coloring	3	4 PM: Craft & Activities	5 Gnome Craft	6 Money Craft Tree
9 Green Playdough	10	11 PM: Craft & Activities	12 Rainbow Finger Paint	13 Make A Green Float
16 Finger Painting	17	18 Green Cupcakes	19 Froot Loops Necklace	20 Lucky Charm Rice Krispie Squares
23 Chocolate Chip Cookies	24	25 Pastel Bunny Craft	26 Carrot Cake Muffins	27 Shaving Cream Eggs
30 Pot Of Gold Craft	31			<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; background-color: red; margin-right: 5px;"></div> CLOSED <div style="width: 10px; height: 10px; background-color: yellow; margin-left: 10px; margin-right: 5px;"></div> No Drop-In </div>

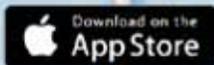
SITE 2 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
2 Pot Of Gold Craft	3 Dr. Seuss Birthday Cake Craft	4 Wacky Wednesday Dress Up	5 Oobleck Sensory	6 Cat In The Hat Movie
9 Squishy Sensory Bags	10 Four Leaf Clover Suncatcher	11 Shamrock Marble Painting	12 Dirt & Worms	13 Pot Of Gold
16 DIY Flower Wreath	17 Dress In Green	18 DIY Candy Apples	19 Tissue Paper Rainbow	20 Unicorn Craft
23 Spring Flower Craft	24 Paper Plate Owls	25 Gnome Decorating	26 Spring Fence	27 Make A Wish Craft
30 Spring Memory Match	31 Butterfly Painting			<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; background-color: red; margin-right: 5px;"></div> CLOSED <div style="width: 10px; height: 10px; background-color: yellow; margin-left: 10px; margin-right: 5px;"></div> No Drop-In </div>



Be Safe

by  mindyourmind



This App Helps You:

- ◎ Create a Personal Safety Plan
- ◎ Find Six Nations community support resources
- ◎ Be prepared if you find yourself in a crisis

FREE to download & use the app!

Choose "Six Nations of the Grand River" in the app settings.



Falls Prevention

Tips on how to prevent slips and trips this spring season:

1 Wear Well-Fitting, Comfortable Clothing

Wear clothes that aren't too loose or baggy—they can catch on tools or plants.

2 Use Kneeling Pads or Garden Seats

These provide support and help reduce strain on knees and hips.

3 Use Raised Garden Beds

These reduce the need to bend or kneel, which lowers the risk of losing balance or straining muscles.

4 Maintain Good Posture

Bend at the knees, not the waist, when lifting pots or tools. Keep loads light and manageable.



Do you have a Falls Prevention question?
Call: **(519) 445-4779**





WORKSHOPS & CLASSES (MARCH)

NEW New Event
▲ Outdoor Event

Elders Bingo

SOCIAL SERVICES' FAMILY GATHERINGS

Elders are invited to join us for a fun game of bingo. Light refreshments & transportation available, zero cost. **Ages: Seniors 55+; Six Nations Band members**

Date: Monday, March 23 | **Time:** 1-3pm | **Location:** Family Gatherings (18 Stoneridge Circle)

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

Registration Opens: March 1 (Maximum: 15)

Piecemakers Quilt Club

MARILYN MORLEY AND DAYNA MARTIN

Piecemakers Quilt Club meet at the Community Living Activity Room for the love of sewing and learning the art of quilting from one another. Join us every other Saturday from 9am until 3pm starting March 14th! Bring your sewing machine, interests, patience, and humour as we share quilting techniques & block patterns with one another. **Ages: 16+; Those interested in community projects.**

Duration: Biweekly - Every other Saturday (March 14-December 5) | **Time:** 9am-3pm

Location: Community Living - Activity Room (1676 Chiefswood Road)

Registration Required: Dayna | (226) 208-2922 | dmartin2848@gmail.com

Registration Opens: March 14

Safe Food Handling

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

This FREE certification course is open to all Six Nations community members! Participants will learn general principles of safe food handling, including topics: temperature control, cross-contamination, personal hygiene, and cleaning & sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: 14+**

Dates: Wednesday, March 11 & 25, April 8 & 22, and May 13 & 27 | **Time:** 8:30am-5pm

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

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

NEW When Your Brain Works Differently (ADHD Tools for Adults)

SOCIAL SERVICES' CHILD & FAMILY SERVICES, CLINICAL SERVICES UNIT

This virtual presentation explores adult ADHD— what it is, how it impacts thinking and behavior, and why it can make everyday tasks feel harder than they should. Learn practical, ADHD-friendly strategies to support focus, organization, and energy, along with a more compassionate understanding of how different brains work. **Ages: 14+**

Date: Monday, March 23 | **Time:** 5:30-7pm | **Location:** Virtual (Zoom)

Registration Required: Chantal | (519) 751-6778 | cblackshaw@sixnations.ca





Join us every Friday & Sunday for **SNGREC UPDATES**

on local radio stations, with the
59th ELECTED COUNCIL

Tune in to CKRZ (100.3FM) at 2:15pm or Jukasa Radio (93.5FM) at 4:15pm to listen on Fridays. You can also listen to Jukasa Radio at 3:15pm on Sundays.

Find us on:    



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)



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

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

WEEKDAY STOPS (Weekend times in parentheses)

Stop 1: Oneida Business Park (50 Generations Drive)

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

Stop 3: Sour Springs @ Chiefswood Road

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

Stop 2: Fourth Line @ Chiefswood Road

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

Stop 4: Sour Springs @ Mohawk Road

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

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

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



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

PRESTO card

The easiest way to ride with GO.

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

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



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

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



MONDAY	TUESDAY	WEDNESDAY
		<p>Drop-in Basketball (p. 51) 1</p> <p>Infant Series (p. 52)</p> <p>Lane Swim & Water Walking (p. 27)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 54)</p>
<p>6</p> <p>Closure Notice: All SNGR departments are closed today for Easter Monday. Regular office hours resume Tuesday, April 7 @ 8:30am.</p>	<p>7</p> <p>Drop-in Pickleball (p. 51)</p> <p>Drop-in Volleyball (p. 51)</p> <p>Escape from Rage Program (p. 27)</p> <p>Indoor Rock Climbing (p. 27)</p> <p>Muscles in Motion (p. 28)</p> <p>Second Wind (p. 29)</p> <p>Sit to Be Fit (p. 29)</p> <p>Soup for Seniors (p. 53)</p>	<p>8</p> <p>Drop-in Basketball (p. 51)</p> <p>Infant Series (p. 52)</p> <p>Lane Swim & Water Walking (p. 27)</p> <p>Safe Food Handling (p. 36)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 54)</p>
<p>13</p> <p>Drop-in Badminton (p. 27)</p> <p>Drop-in Basketball (p. 51)</p> <p>Drop-in Pickleball (p. 51)</p> <p>Let's Get Moving (p. 28)</p> <p>Morning Spark (p. 28)</p>	<p>14</p> <p>Drop-in Pickleball (p. 51)</p> <p>Drop-in Volleyball (p. 51)</p> <p>Muscles in Motion (p. 28)</p> <p>Second Wind (p. 29)</p> <p>safeTALK for Community Members (p. 36)</p> <p>Sit to Be Fit (p. 29)</p> <p>Soup for Seniors (p. 53)</p>	<p>15</p> <p>Drop-in Basketball (p. 51)</p> <p>Infant Series (p. 52)</p> <p>Lane Swim & Water Walking (p. 27)</p> <p>Service Ontario OHIP "Health Card" Renewal Clinic (p. 33)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 54)</p>
<p>20</p> <p>Drop-in Badminton (p. 27)</p> <p>Drop-in Basketball (p. 51)</p> <p>Drop-in Pickleball (p. 51)</p> <p>Flowerpot Painting (p. 35)</p> <p>Let's Get Moving (p. 28)</p> <p>Morning Spark (p. 28)</p>	<p>21</p> <p>Drop-in Pickleball (p. 51)</p> <p>Drop-in Volleyball (p. 51)</p> <p>Escape from Rage Program (p. 27)</p> <p>Muscles in Motion (p. 28)</p> <p>Second Wind (p. 29)</p> <p>Sit to Be Fit (p. 29)</p> <p>Soup for Seniors (p. 53)</p>	<p>22</p> <p>Earth Day</p> <p>Infant Series (p. 52)</p> <p>Lane Swim & Water Walking (p. 27)</p> <p>Moss Bags & Baby Bonnets Sewing? Workshop (p. 35)</p> <p>Safe Food Handling (p. 36)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 54)</p>
<p>27</p> <p>Drop-in Badminton (p. 27)</p> <p>Drop-in Basketball (p. 51)</p> <p>Drop-in Pickleball (p. 51)</p> <p>Let's Get Moving (p. 28)</p> <p>Morning Spark (p. 28)</p>	<p>28</p> <p>Drop-in Pickleball (p. 51)</p> <p>Drop-in Volleyball (p. 51)</p> <p>Second Wind (p. 29)</p> <p>Sit to Be Fit (p. 29)</p> <p>Soup for Seniors (p. 53)</p>	<p>29</p> <p>Drop-in Basketball (p. 51)</p> <p>Grief Recovery Group (p. 33)</p> <p>Lane Swim & Water Walking (p. 27)</p> <p>Raised Beadwork Medallion Workshop (p. 35)</p> <p>Tentewata:ton/Dedwadado Community Market (p. 54)</p>

THURSDAY		FRIDAY		SATURDAY/SUNDAY	
<p>Family Fun & Dance (p. 52) Second Wind (p. 29)</p>	2	<p>Closure Notice: Most SNGR departments are closed today for Good Friday. Parks & Rec is hosting their annual Easter Scramble (see p. 21 for more information!) Regular office hours resume Tuesday, April 7 @ 8:30am.</p>	3	Drop-in Basketball (p. 51)	4
			Drop-in Basketball (p. 51)	5	
<p>Second Wind (p. 29)</p>	9	<p>Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Let's Get Moving (p. 28)</p>	10	<p>Drop-in Basketball (p. 51) Piecemakers Quilt Club (p. 35)</p>	11
				Drop-in Basketball (p. 51)	12
<p>Family Fun & Dance (p. 52) Second Wind (p. 29)</p>	16	<p>Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Let's Get Moving (p. 28)</p>	17	Drop-in Basketball (p. 51)	18
				Drop-in Basketball (p. 51)	19
<p>Second Wind (p. 29)</p>	23	<p>Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Let's Get Moving (p. 28)</p>	24	<p>Drop-in Basketball (p. 51) Piecemakers Quilt Club (p. 35)</p>	25
				Drop-in Basketball (p. 51)	26
<p>Family Fun & Dance (p. 52) Second Wind (p. 29) White Bison Wellbriety Group (p. 33)</p>	30				



EVENTS & PROGRAMS (APRIL)

NEW New Event
▲ Outdoor Event

57th Annual Easter Scramble

PARKS & RECREATION

Easter Scramble for children! Ages: 3-10

Date: Friday, April 3 | Time: 10am-12pm |

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

Contact: Emerson | (519) 445-4311, ext. 5226 | recprograms@sixnations.ca



COMMUNITY AWARENESS 2026 ANNOUNCEMENT

We invite all community members to participate in Community Awareness month this May! Events will take place between:

MAY 1-29, 2026

Follow the Six Nations Community Awareness Facebook page to stay up-to-date with all Community Awareness events:
@SNCommunityAwareness

For more information, you can pick up a Community Awareness booklet at Central Administration (1695 Chiefswood Road) or visit Six Nations of the Grand River's social media:
@sixnationsgr



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 • NIHB Denied Services • Assessments • Recreation • & More!

Update:

Six Nations Jordan's Principle Navigators can assist with the applications for the First Nations Child and Family Services and Jordan's Principle settlement claims. As of March 2025, there are two classes (Child Removed Class and Child Family Class) open until March 2028. Please reach out to the office if you would like support with completing the application.

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 more information on the current classes open please visit: fnchildclaims.ca or call: **1 (833) 854-0755**. Six Nations has a claims helper assigned to the community, please watch for community sessions coming soon.

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**



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

Transfer Station Summer Hours

The Six Nations Transfer Station will be transitioning to summer hours on **Tuesday, April 7, 2026.**



During summer hours, the transfer station will be open from **8am-5:30pm**, with the last load-in happening at **5:15pm.**



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



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



Transfer Station Closure Good Friday - April 3, 2026

The Six Nations Transfer Station will be closed on **April 3, 2026** for Good Friday. The Transfer Station will return to its regular schedule on **April 4, 2026.** Transfer Station winter hours are **8am-4:30pm** with the last load in happening at **4:15pm.**



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



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/

Infant Series

Join us Wednesdays! This opportunity is for Six Nations Band members who are caregivers and parents of children aged 0 to 12 months.

The program focuses on family bonding, positive parenting, relaxation, and well-being. Light refreshments will be served. Transportation can be arranged with advance notice.

Registration required and opens March 16 @ 9am. Please contact Family Gatherings to register: **(519) 445-2565**

Connect & Follow: **#SixNationsMatters**

April 1, 8, 15 & 22

9:30-11:30am

Family Gatherings Too
(1790 First Line)



Family Gatherings, Early Years and Child Care, Six Nations Social Services



Toddler Series

Join us each Wednesday in May for Toddler Series, a free program offered in a relaxed environment that focuses on family connections, caregiver well-being, and positive parenting. Includes light refreshments.

Open to caregivers of Six Nations Band members with children aged 1-3. Transportation available upon request for on-reserve addresses.

Registration required and opens April 13 @ 9am. Please contact Family Gatherings to register: **(519) 445-2565**

Connect & Follow: **#SixNationsMatters**

May 4, 11, 18 & 25

9:30-11:30am

Family Gatherings
(18 Stoneridge Circle)



Family Gatherings, Early Years and Child Care, Six Nations Social Services



Family Gatherings



APRIL 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:
[@SixNationsSocialServices](#)

#SixNationsMatters



SITE 1 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
		1 Hop To It	2 Eggs-travaganza	3 Good Friday Holiday
6 Easter Monday Holiday	7	8 Foot Print Butterfly Craft	9 Design Your Own Boots	10 Rainbow Sensory Bottle
13 Jumping Frog Cups	14	15 National Banana Day With Fruit Dip	16 National Wear Your Jammies Day	17 Holding Umbrella Picture
20 Handprint Paper Lillies	21	22 Chick Painting	23 Butterfly Sponge Painting	24 Flower Pot Painting
27 Pokémon Paper Puppets	28	29 Pokémon Book Markers	30 Poké Ball Craft	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; background-color: red; margin-right: 5px;"></div> CLOSED <div style="width: 10px; height: 10px; background-color: yellow; margin-right: 5px; margin-left: 10px;"></div> No Drop-In </div>

SITE 2 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
		1 PM: Paper Bag Fairy Homes	2 DIY Paper Roll Wrist Parrots	3 Good Friday Holiday
6 Easter Monday Holiday	7 Dixie Cup Squirrel	8 PM: Bug Hotel Craft	9 Frog Paper Rolls	10 Muffin Liner Umbrella Craft
13 Egg Carton Spring Flowers	14 Woodland Animal Wreath	15 PM: Paper Plate Hot Air Balloon	16 Decorate Turtle Shell Craft	17 Cupcake Factory Craft
20 Number Hunt	21 Growing A Rainbow Experiment	22 PM: Mess Free Earth Panting	23 Tin Foil Painting	24 Tie Dye Butterfly Craft
27 Jellyfish Suncatcher	28 Hand Print Flower Painting	29 Beaded Pipe Cleaner Flowers	30 Salt Painting Watercolours	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; background-color: red; margin-right: 5px;"></div> CLOSED <div style="width: 10px; height: 10px; background-color: yellow; margin-right: 5px; margin-left: 10px;"></div> No Drop-In </div>



GETTING ACTIVE/MOVEMENT (APRIL)

NEW New Event
▲ Outdoor Event

Drop-In Badminton

PARKS & RECREATION

Drop-in badminton for all ages! All ages.

Duration: Every Monday (March 2-May 25)* | **Time:** 6-8pm

Location: Dajoh (1738 Fourth Line) | ***Holiday Dates (No Program):** April 6 & May 18

Contact: Emerson | (519) 445-4311, ext. 5226 | recprograms@sixnations.ca

Escape from Rage Program

SOCIAL SERVICES' KANIKONRII CHILD & YOUTH PROGRAM AND YOUTH LIFE PROMOTION

Six Nations youth between the ages of 12-17 will register for 1 month. During the first session, they will enjoy dinner at Kelsey's and an escape room at Escape Key in Brantford. In the final session, they will enjoy dinner at East Side Mario's and a rage room experience with Wreck It Room Cambridge! **Ages: 12-17.**

Dates: Tuesday, April 7 & 21, May 5 & 19 | **Time:** 4:30-8:30pm

Drop Off/Pick-Up Location: 18 Stoneridge Circle

Registration Required: Brittany | (519) 750-3408 (no texts or voicemails) | kaylp19@sixnations.ca

Registration Opens: February 26 (Maximum: 13)

Indoor Rock Climbing

PARKS & RECREATION

Indoor rock climbing! **Ages: 4-12.**

Duration: Every Tuesday (March 3-April 7) | **Time:** 4:30-7:30pm | **Location:** Dajoh (1738 Fourth Line)

Registration Required: Emerson | (519) 445-4311, ext. 5226 | recprograms@sixnations.ca

Registration Opens: February 17 (Maximum 15)

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 session. This program is suitable for all fitness levels and will allow



MARCH BREAK PROGRAMS: Don't forget to check out all of the multi-day/ongoing events and programs on **pages 51-52!** March Break programming and activities are located in this section!

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+; Individuals of all fitness levels welcome.**

Duration: Every Wednesday (March 4-May 6) | **Time:** 9-10am

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

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

Registration Opens: February 23 (Maximum: 25)

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 (March 1-May 31)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** April 3 & 6, May 18

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

Registration Required: Amanda | (519) 751-5324 | amandamartin@sixnations.ca

Registration Opens: March 2 (Maximum: 18)

Lil Stars Softball

PARKS & RECREATION

Softball for children! **Ages: 4-6.**

Duration: Every Thursday (March 19-April 23) | **Time:** 5:30-7:30pm

Location: Sports & Cultural Memorial Centre (1738 Fourth Line) | **Registration Opens:** March 2

Registration Required: Emerson | (519) 445-4311, ext. 5226 | recprograms@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+; All fitness levels welcome.**

Duration: Every Monday (March 2-May 25)* | **Time:** 8:30-10am

***Holiday Dates (No Program):** April 6 & May 18

Location: Odrohekta'geh (1676 Chiefswood Road)

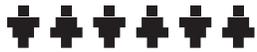
Registration Required: Julie | (519) 754-5730 | hpk8@sixnations.ca

Registration Opens: February 23 (Maximum: 25)

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



GETTING ACTIVE/MOVEMENT (APRIL)

NEW New Event

▲ Outdoor Event

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+**

Duration: Every Tuesday (March 3-April 21)* | **Time:** 10:30-11:30am

Location: Movati Athletic (595 West Street, Brantford)

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

Registration Opens: February 23 (Maximum: 25)

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 (March 3-May 28) | **Time:** 10:30-11:30am

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

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

Registration: Ongoing (Maximum: 12)

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 (March 3-May 26) | **Time:** 2-3pm

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

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

Registration Opens: February 23 (Maximum: 25)



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

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

Connect & follow us online:
#SixNationsMatters
@SixNationsSocialServices



Teiethinonhwera:ton ne Ohne:kanos

“Let us give thanks to the water”



WORLD WATER DAY

March 22, 2026

Mohawk - Ohné:kanos
Cayuga – Ohné:ganohs
Oneida - Ohné:kanus

Onondaga- Ohné:ganos
Seneca - O:negano:s
Tuscarora - À·we’

3 SIMPLE ACTIONS THAT YOU CAN TAKE:

Save Water:

Take shorter showers and don't let the tap run when brushing my teeth, doing dishes and preparing food.

Stop Polluting:

Don't put food waste, oils, medicines and chemicals down the toilet or drains.

Water Testing:

Get your well/cistern water tested every spring, summer and fall.
Contact 519-445-2809 for more information.

LET'S ALL DO OUR PART!



2026 Water and gender





Meet Our Community Dental Hygienist

April is Oral Health Month!
Be on the lookout for
events in the community!



Ginger Lynch
Community Dental Hygienist



gingerlynch@sixnations.ca
C: 519-770-6835



COMMUNITY SUPPORTS (APRIL)

NEW New Event
▲ Outdoor Event

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 dealing with grief and/or loss of any kind.**

Duration: Every Wednesday (April 29-July 15) | **Time:** 6:30-8pm

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

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

Registration Opens: February 1 (Maximum: 10)

Service Ontario OHIP "Health Card" Renewal Clinic

DEPARTMENT OF WELL-BEING

Renew your Health Card with us at the White Pines Wellness Centre. Three pieces of ID are required: 1. Proof of Citizenship (status card, valid Canadian passport, or birth certificate), 2. Proof of Residency (monthly bank statements, college or university report card or transcript, or utility bill in your name), and 3. Support of Identity (valid Ontario Driver's License, credit card, or current employee ID). **All ages.**

Dates: Wednesday, April 15 & May 13 | **Time:** 10am-3pm | **Registration Required:** (519) 445-2418

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

White Bison Wellbriety 12 Step 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, honour their traditions, and walk the path of recovery with purpose and dignity. **Ages: Adults 18+; Those wishing to participate in an addictions program that has a Indigenous focus.**

Duration: Every Thursday (April 30-July 16) | **Time:** 6:30-8pm

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

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

Registration Opens: February 1 (Maximum: 10)



Social Services' Early Years & Child Care, Family Gatherings presents:

SOCIAL SATURDAYS

This drop-in program is designed for families to set aside time for engagement in healthy development, building positive relationships, and wellness practice. Light refreshments provided mid-break, while supplies last. Zero cost.

Transportation available for on-reserve addresses. Please contact by 4pm the day prior to arrange.



March 28: Egg Decorating (3 per family)

April 25: Board Games

May 30: Fairy Beach Scene Craft



9am-12pm (noon)



18 Stoneridge Circle

Follow sidewalk to right side of building. Utilize buzzer at the green door.

Follow us online for more programming:
[#SixNationsMatters](#)



Forward inquiries to Family Gatherings:
(519) 445-2565



TENTEWATÁ:TON/DĘDWADADQ COMMUNITY MARKET

WEDNESDAYS
12 - 5 PM

Everyone welcome!

ODROHEKTA'GEH
(1676 Chiefswood Road)





WORKSHOPS & CLASSES (APRIL)

NEW New Event
▲ Outdoor Event

Flowerpot Painting

SOCIAL SERVICES' FAMILY GATHERINGS

Inviting elders to join us for a crafty afternoon of painting flower pots. Light refreshments & transportation available to on-reserve addresses only. **Ages: Seniors 55+; Six Nations Band members**

Date: Monday, April 20 | **Time:** 1-3pm | **Location:** Family Gatherings (18 Stoneridge Circle)

Transportation: Available Upon Request | **Registration Opens:** April 13 (Maximum: 15)

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

NEW Moss Bags & Baby Bonnets Sewing Workshop

SOCIAL SERVICES' FAMILY WELL-BEING

Register to attend this hands-on workshop, exploring the methods in crafting moss bags & baby bonnets with instructor Shillene. **Ages: 18+; Six Nations Band members**

Date: Wednesday, April 22 | **Time:** 9:30am-3:30pm | **Location:** Sports Den (1738 Fourth Line)

Registration Required: Jaycie | (519) 717 5892 | ssfwb3@sixnations.ca

Registration Opens: April 13 (Maximum: 15)

Piecemakers Quilt Club

MARILYN MORLEY AND DAYNA MARTIN

Piecemakers Quilt Club meet at the Community Living Activity Room for the love of sewing and learning the art of quilting from one another. Join us every other Saturday from 9am until 3pm starting March 14th! Bring your sewing machine, interests, patience, and humour as we share quilting techniques and block patterns with one another. **Ages: 16+; Those interested in community projects.**

Duration: Biweekly - Every other Saturday (March 14-December 5) | **Time:** 9am-3pm

Location: Community Living - Activity Room (1676 Chiefswood Road)

Registration Required: Dayna | (226) 208-2922 | dmartin2848@gmail.com

Registration Opens: March 14

NEW Raised Beading Medallion Workshop

SOCIAL SERVICES' FAMILY WELL-BEING

Join us in learning how to bead a medallion with instructor Colleen, registration required. Zero cost, light lunch & refreshments provided. **Ages: 18+; Six Nations Band members.**



Date: Wednesday, April 29 | **Time:** 9:30am-3:30pm

Location: Community Hall (1738 Fourth Line) | **Registration Opens:** April 20 (Maximum: 15)

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

Safe Food Handling

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

This FREE certification course is open to all Six Nations community members! Participants will learn general principles of safe food handling, including topics: temperature control, cross-contamination, personal hygiene, and cleaning & sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: 14+**

Dates: Wednesday, April 8 & 22, and May 13 & 27 | **Time:** 8:30am-5pm

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

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

safeTALK for Community Members

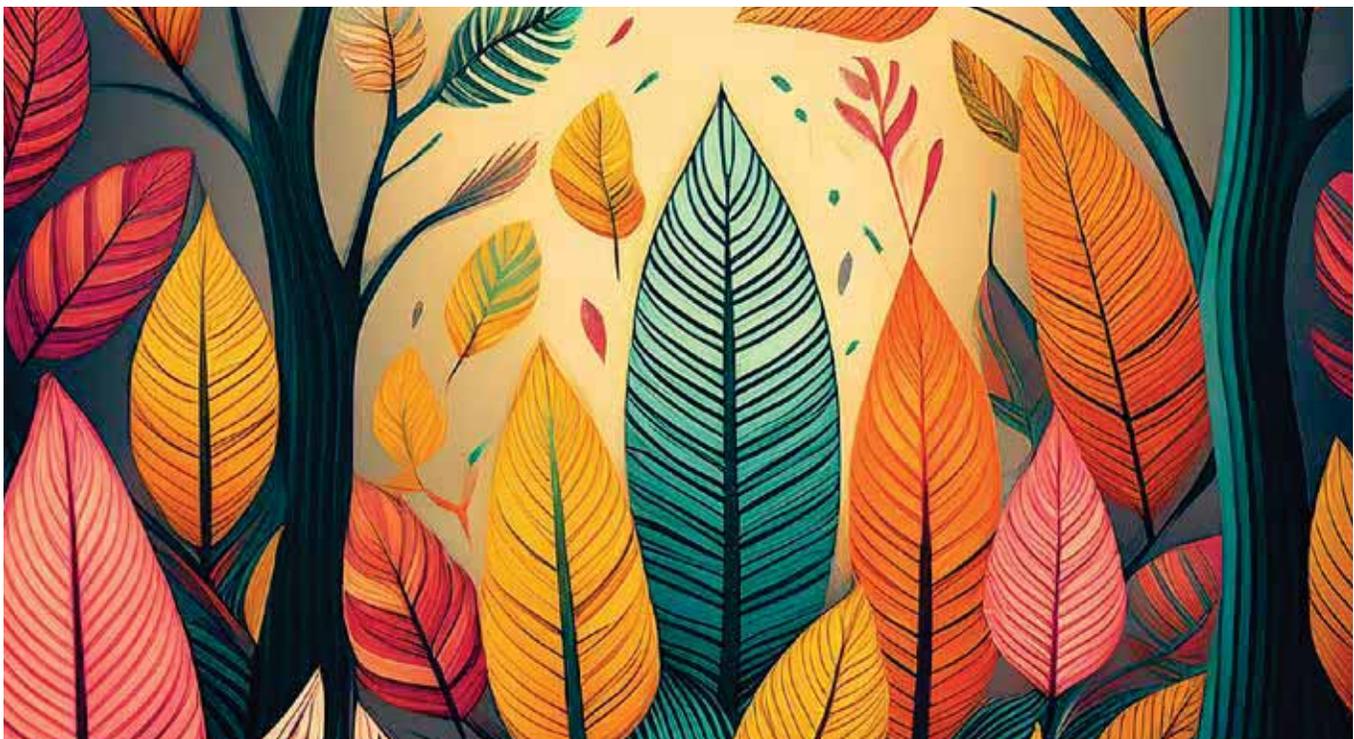
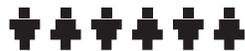
DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

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

Dates: Tuesday, April 14 | **Time:** 5-8:30pm | **Location:** Odrohekta'geh (1676 Chiefswood Road)

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

Registration Opens: March 23



MONDAY		TUESDAY		WEDNESDAY		
						
<p>Drop-in Badminton (p. 43) Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Let's Get Moving (p. 44) Morning Spark (p. 44) Toddler Series (p. 54)</p>	4	<p>Red Dress Day</p> <p>Drop-in Pickleball (p. 51) Drop-in Volleyball (p. 51) Escape from Rage Program (p. 43) Second Wind (p. 44) Sit to Be Fit (p. 45) Soup for Seniors (p. 53)</p>	5	<p>Drop-in Basketball (p. 51) Grief Recovery Group (p. 47) Lane Swim & Water Walking (p. 44) Tentewata:ton/Dedwadado Community Market (p. 54)</p>	6	
<p>Community Bulky Item Pick-Up Week: Bagged Debris Only (p. 39) Drop-in Badminton (p. 43) Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Let's Get Moving (p. 44) Morning Spark (p. 44) Toddler Series (p. 54)</p>	11	<p>Community Bulky Item Pick-Up Week: Bagged Debris Only (p. 39) Drop-in Pickleball (p. 51) Drop-in Volleyball (p. 51) Second Wind (p. 44) Sit to Be Fit (p. 45) Soup for Seniors (p. 53)</p>	12	<p>Community Bulky Item Pick-Up Week: Household Appliances (p. 39) Drop-in Basketball (p. 51) Grief Recovery Group (p. 47) Haudenosaunee Astronomy Presentation (p. 49) Lane Swim & Water Walking (p. 44) Safe Food Handling (p. 49) Service Ontario OHIP "Health Card" Renewal Clinic (p. 48)</p>	13	
<p>Closure Notice: All SNGR departments are closed for Bread & Cheese. Regular office hours resume May 19 @ 8:30am.</p>		18	<p>Drop-in Pickleball (p. 51) Drop-in Volleyball (p. 51) Escape from Rage Program (p. 43) Second Wind (p. 44) Sit to Be Fit (p. 45) Soup for Seniors (p. 53)</p>	19	<p>Drop-in Basketball (p. 51) Fire Department Open House (p. 39) Grief Recovery Group (p. 47) Lane Swim & Water Walking (p. 44) Tentewata:ton/Dedwadado Community Market (p. 54)</p>	20
<p>Couch to 5K (p. 43) Drop-in Badminton (p. 43) Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Fairy Garden (p. 49) Let's Get Moving (p. 44) Morning Spark (p. 44) Toddler Series (p. 54)</p>	25	<p>Drop-in Pickleball (p. 51) Drop-in Volleyball (p. 51) Second Wind (p. 44) Sit to Be Fit (p. 45) Soup for Seniors (p. 53)</p>	26	<p>Couch to 5K (p. 43) Drop-in Basketball (p. 51) Grief Recovery Group (p. 47) Lane Swim & Water Walking (p. 44) Safe Food Handling (p. 49) Tentewata:ton/Dedwadado Community Market (p. 54)</p>	27	

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>May is Community Awareness Month! Enjoy this year's events taking place between May 1-29!</p>	<p>Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Let's Get Moving (p. 44) Relapse Prevention Planning (p. 47)</p>	Drop-in Basketball (p. 51) 2
		Drop-in Basketball (p. 51) 3
<p>Second Wind (p. 44) White Bison Wellbriety Group (p. 48)</p>	<p>Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Let's Get Moving (p. 44) Relapse Prevention Planning (p. 47)</p>	Drop-in Basketball (p. 51) Piecemakers Quilt Club (p. 49) 9
		<p>Mother's Day 10</p> <p>Drop-in Basketball (p. 51)</p>
<p>Community Bulky Item Pick-Up Week: Household Appliances (p. 39) Family Fun & Dance (p. 52) Second Wind (p. 44) White Bison Wellbriety Group (p. 48)</p>	<p>Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Let's Get Moving (p. 44) Relapse Prevention Planning (p. 47)</p>	Drop-in Basketball (p. 51) 16
		<p>Bread & Cheese 2026 (p. 39) Drop-in Basketball (p. 51)</p>
<p>Second Wind (p. 44) White Bison Wellbriety Group (p. 48)</p>	<p>Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Let's Get Moving (p. 44) Relapse Prevention Planning (p. 47)</p>	Drop-in Basketball (p. 51) Piecemakers Quilt Club (p. 49) 23
		Drop-in Basketball (p. 51) 24
<p>Second Wind (p. 44) White Bison Wellbriety Group (p. 48)</p>	<p>Community Awareness Month Finale (p. 39) Couch to 5K (p. 43) Drop-in Basketball (p. 51) Drop-in Pickleball (p. 51) Let's Get Moving (p. 44) Relapse Prevention Planning (p. 47)</p>	Drop-in Basketball (p. 51) 30
		Drop-in Basketball (p. 51) 31





EVENTS & PROGRAMS (MAY)

NEW New Event
▲ Outdoor Event

Bread & Cheese 2026 ▲

PARKS & RECREATION

Join us for our Bread & Cheese Day Celebration. Fireworks will begin on Sunday night, with Bread and Cheese activities taking place on Monday. **All ages.**

Date: Sunday, May 17-Monday, May 18 | **Time (Sunday):** 9:45pm | **Time (Monday):** 12pm

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

Contact: Cindy | (519) 445-4311 ext. 5225 or 5226 | cthomas@sixnations.ca

Community Awareness Month Finale ▲

CENTRAL ADMINISTRATION

The Community Awareness Finale is for all community members to enjoy! During this event, the Community Awareness prize winners & the 50/50 ticket winner will be announced (livestreamed on Six Nations of the Grand River Facebook page). This is an outdoor event, please bring lawn chairs and other outdoor essentials. **All ages.**

Date: Friday, May 29 | **Time:** 11:30am-3pm

Location: Central Administration (1695 Chiefswood Road)

Contact: Summer | (519) 732-8440 | ceft@sixnations.ca

Community Bulky Item Pick-Up Week ▲

PUBLIC WORKS

Curbside collection of bagged debris and appliances. Monday, May 11 & Tuesday, May 12: Bagged Debris ONLY. Bags should not weigh more than 40 pounds and must be at the road by 7am. Wednesday, May 13 & Thursday, May 14: Appliances ONLY. Household appliances (stoves, fridges, freezers, washing machines, dryers, etc.) must be at the road by 7am. All trips will begin on Town-line at 7am & proceed to Highway 54, including all side roads. No return trips will be made. **All ages;** Those looking to dispose of debris and household appliances.

Dates: May 11-14 | **Time:** 7am-3pm

Location: All debris and appliances must be at the end of your driveway

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

Fire Department Open House ▲

FIRE & EMERGENCY SERVICES

Join the Fire & Emergency Services team for our open house, activities, and a FREE BBQ!. **All ages.**

Date: Wednesday, May 20 | **Time:** 11am-3pm

Location: Fire & Emergency Services (17 Veterans Lane)

Contact: Fire Department | (519) 445-4054 | snflse@sixnations.ca



Student Support ALLOWANCE

Six Nations Band members enrolled in a high school in Brant County, Haldimand County, or Norfolk County are eligible for Student Support Allowance. This is a program that **reimburses students for the following fees:**

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

*Co-Op Fees/Expenses:

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

For more information, please contact Becky McComber:

bmccomber@sixnations.ca

ENROLLMENT ALLOWANCE for High School Students

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

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

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

EFT Forms: Find at sixnations.ca

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

bmccomber@sixnations.ca

DONATION FUND POLICY

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

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

Application Deadline:

4pm on the 3rd Friday of every month

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

FUNDING Categories:

Community • Arts & Culture
Health • Education • Recreation

ELIGIBILITY*

Community Associations:
Eligible to receive up to \$3,000

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

*Applicants are eligible to receive 1 donation in 2 fiscal years.



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)

Drop-In

BASKETBALL & VOLLEYBALL

BASKETBALL
- Ages 12+*

Monday
3-5:45pm

Wednesday & Friday
3-6pm

Saturday & Sunday
12-3pm

*Parental supervision
required under 12.

VOLLEYBALL
- Ages 14+

Tuesday
7:30-9pm



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



DROP-IN Pickleball

MARCH - MAY

Mondays: 10am-12pm

Tuesdays: 2pm-7pm

Fridays: 12pm-2pm

Open to all ages!
No drop-in April 3, May 17



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





GETTING ACTIVE/MOVEMENT (MAY)

NEW New Event
▲ Outdoor Event

Couch to 5K ▲

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

Come out for a run with us! No experience necessary. Enjoy a running program that will include warm-up, cool-down, and gradual progressions that can assist individuals looking to begin or continue running. Bring a friend, improve at your own pace, and gradually improve your cardiovascular system toward the goal of running 5k at Toronto Island Tom Longboat Run this fall. **Ages: Adults 18+; Individuals of all fitness levels welcome.**

Duration: Every Monday, Wednesday, Friday (Beginning May 25)*

Time (Mondays): 5-6pm | **Time (Wednesdays and Fridays):** 7-8am

***Holiday Dates (No Program):** June 22, July 1 & August 3

Location: Six Nations Parks & Recreation - Blue Track (1738 Fourth Line)

Registration Required: Fawn | (519) 754-7930 | pota1@sixnations.ca

Registration Opens: April 20 (Maximum: 30)

Drop-In Badminton

PARKS & RECREATION

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

Duration: Every Monday (March 2-May 25)* | **Time:** 6-8pm

Location: Dajoh (1738 Fourth Line) | ***Holiday Dates (No Program):** May 18

Contact: Emerson | (519) 445-4311, ext. 5226 | recprograms@sixnations.ca

Escape from Rage Program

SOCIAL SERVICES' KANIKONRIIO CHILD & YOUTH PROGRAM AND YOUTH LIFE PROMOTION

Six Nations youth between the ages of 12-17 will register for 1 month. During the first session, they will enjoy dinner at Kelsey's and an escape room at Escape Key in Brantford. In the final session, they will enjoy dinner at East Side Mario's and a rage room experience with Wreck It Room Cambridge! **Ages: 12-17.**

Dates: Tuesday, May 5 & 19 | **Time:** 4:30-8:30pm

Drop Off/Pick-Up Location: 18 Stoneridge Circle

Registration Required: Brittany | (519) 750-3408 (no texts or voicemails) | kaylp19@sixnations.ca

Registration Opens: February 26 (Maximum: 13)



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 session. 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+; Individuals of all fitness levels welcome.**

Duration: Every Wednesday (March 4-May 6) | **Time:** 9-10am

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

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

Registration Opens: February 23 (Maximum: 25)

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 (March 1-May 31)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** May 18

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

Registration Required: Amanda | (519) 751-5324 | amandamartin@sixnations.ca

Registration Opens: March 2 (Maximum: 18)

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+; All fitness levels welcome.**

Duration: Every Monday (March 2-May 25)* | **Time:** 8:30-10am

***Holiday Dates (No Program):** April 6 & May 18

Location: Odrohekta'geh (1676 Chiefswood Road)

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

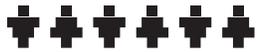
Registration Opens: February 23 (Maximum: 25)

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 (March 3-May 28) | **Time:** 10:30-11:30am



GETTING ACTIVE/MOVEMENT (MAY)

NEW New Event

▲ Outdoor Event

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

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

Registration: Ongoing (Maximum: 12)

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 (March 3-May 26) | Time: 2-3pm

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

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

Registration Opens: February 23 (Maximum: 25)



DON'T FORGET:

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







COMMUNITY SUPPORTS (MAY)

NEW New Event
▲ Outdoor Event

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 dealing with grief and/or loss of any kind.**

Duration: Every Wednesday (April 29-July 15) | **Time:** 6:30-8pm

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

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

Registration Opens: February 1 (Maximum: 10)

Relapse Prevention Planning

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

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



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www.sixnations.ca

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Duration: Every Friday (May 1-July 10) | **Time:** 6:30-8pm

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

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

Registration Opens: February 1 (Maximum: 10)

Service Ontario OHIP "Health Card" Renewal Clinic

DEPARTMENT OF WELL-BEING

Renew your Health Card with us at the White Pines Wellness Centre. Three pieces of ID are required: 1. Proof of Citizenship (status card, valid Canadian passport, or birth certificate), 2. Proof of Residency (monthly bank statements, college or university report card or transcript, or utility bill in your name), and 3. Support of Identity (valid Ontario Driver's License, credit card, or current employee ID). **All ages.**

Dates: Wednesday, May 13 | **Time:** 10am-3pm | **Registration Required:** (519) 445-2418

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

White Bison Wellbriety 12 Step Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

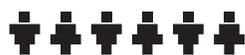
The White Bison Wellbriety Group offers a culturally grounded approach to healing and recovery based on Indigenous values and the teachings of the Medicine Wheel. This peer-led group fosters a sense of community and shared resilience, supporting individuals on their journey to sobriety and personal growth. 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, honour their traditions, and walk the path of recovery with purpose and dignity. **Ages: Adults 18+; Those wishing to participate in an addictions program that has a Indigenous focus.**

Duration: Every Thursday (April 30-July 16) | **Time:** 6:30-8pm

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

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

Registration Opens: February 1 (Maximum: 10)





WORKSHOPS & CLASSES (MAY)

NEW New Event
▲ Outdoor Event

Fairy Garden

SOCIAL SERVICES' FAMILY GATHERINGS

Inviting elders to join us for a fun, crafty afternoon where we'll be assembling a fairy garden. Light refreshments & transportation available for on-reserve addresses only. **Ages: Seniors 55+; Six Nations Band members.**

Date: Monday, May 25 | **Time:** 1-3pm | **Location:** Family Gatherings (18 Stoneridge Circle)

Transportation: Available Upon Request (On-Reserve Addresses Only)

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

Registration Opens: March 1 (Maximum: 15)

NEW Haudenosaunee Astronomy Presentation

SOCIAL SERVICES' FAMILY WELL-BEING

Register to attend this powerful presentation by Samantha Doxtator on Haudenosaunee Astronomy. Light refreshments provided while supplies last. **Ages: 12+; Children require supervision.**

Date: Wednesday, May 13 | **Time:** 6-8:15pm | **Location:** Community Hall (1738 Fourth Line)

Contact: Jaycie | (519) 717-5892 | ssfwbn3@sixnations.ca

Piecemakers Quilt Club

MARILYN MORLEY AND DAYNA MARTIN

Piecemakers Quilt Club meet at the Community Living Activity Room for the love of sewing and learning the art of quilting from one another. Join us every other Saturday from 9am until 3pm starting March 14th! Bring your sewing machine, interests, patience, and humour as we share quilting techniques and block patterns with one another. **Ages: 16+; Those interested in community projects.**

Duration: Biweekly - Every other Saturday (March 14-December 5) | **Time:** 9am-3pm

Location: Community Living - Activity Room (1676 Chiefswood Road)

Registration Required: Dayna | (226) 208-2922 | dmartin2848@gmail.com

Registration Opens: March 14

Safe Food Handling

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

This FREE certification course is open to all Six Nations community members! Participants will learn general principles of safe food handling, including topics: temperature control, cross-contamination, personal hygiene, and cleaning & sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: 14+**

Dates: Wednesday, May 13 & 27 | **Time:** 8:30am-5pm

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

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



Family Gatherings



MAY 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: @SixNationsSocialServices

#SixNationsMatters

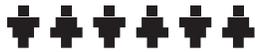


SITE 1 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
<p>■ CLOSED</p> <p>■ No Drop-In</p>				1 Poké-Ball Suncatcher
4 Star Wars Science	5	6 Paper Plate Flower Wreath	7 Fork Stamped Tulip Craft	8 Mothers Day Party
11 Hand Print Flower Pot	12	13 Holding Flower Pot	14 3D Flower On Canvas With Pompoms	15 Grilled Cheese Day
18 Victoria Day	19	20 Straw Painted Flowers	21 Suncatchers	22 Clothes Pin Butterfly
25 Flower Pot Paper Weaving	26	27 Unicorn Paper Plate Craft	28 Rainbow Fish	29 Movie Day & Popcorn

SITE 2 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
<p>■ CLOSED</p> <p>■ No Drop-In</p>				1 DIY Garden Wind Chimes
4 Popsicle Stick Bird Feeders	5 Pom Pom Axolotls	6 Watermelon Sensory Bags	7 Sun Threading	8 No Sew Sock Worms
11 Rubber Band Snap Painting	12 Making Yogurt Banana Pops	13 Mini Flower Pot Painting	14 Shaving Cream Firework Painting	15 Turtle Sun Catchers
18 Victoria Day	19 I Spy Bottles	20 Tape Painting (Self Love Sayings)	21 Super Mario Day	22 Beach Bear Cups (Snacks)
25 Rainbow Fish Craft	26 Paper Plate Umbrellas	27 Watering Can Finger Paint Craft	28 Spring Colour Pages	29 Baking Soda & Vinegar Fireworks Experiment



MULTI-DAY/ONGOING EVENTS & PROGRAMS

 Events & Programs

 Community Supports

 Getting Active/Movement

 Workshops & Classes

Drop-In Basketball

PARKS & RECREATION

Drop-in basketball multiple days a week! **Ages: 12+**

Duration: Every Monday, Wednesday, Friday, Saturday & Sunday (March 2-May 31)*

***Holiday Dates (No Program):** April 3 & 6, May 18

Time (Monday, Wednesday, Friday): 3-6pm | **Time (Saturday & Sunday):** 12-3pm

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

Contact: Emerson | (519) 445-4311, ext. 5226 | recprograms@sixnations.ca

Drop-In Pickleball

PARKS & RECREATION

Drop-in pickleball multiple days a week! **Ages: 12+**

Duration: Every Monday, Tuesday & Friday (March 2-May 29)*

***Holiday Dates (No Program):** April 3 & 6, May 18

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

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

Contact: Emerson | (519) 445-4311, ext. 5226 | recprograms@sixnations.ca

Drop-In Volleyball

PARKS & RECREATION

Drop-in volleyball every Tuesday evening! **Ages: 14+**

Duration: Every Tuesday (March 3-May 26) | **Time:** 7:30-9pm

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

Contact: Emerson | (519) 445-4311, ext. 5226 | recprograms@sixnations.ca

Elected Council Meetings

SIX NATIONS OF THE GRAND RIVER 59TH ELECTED COUNCIL

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

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

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

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

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

Contact: Central Administration | (519) 445-2201

Family Fun & Dance

SOCIAL SERVICES' CHILD & FAMILY SERVICES

Join us for an engaging drop-in event highlighting traditional pow wow dance presentations and instruction. Open to Six Nations Band members with parental supervision for children. Emphasis on cultural connections, family bonding, and fostering personal positivity in a substance-free environment. Dinner will be provided while supplies last. **All ages; Six Nations Band members.**

Dates: Thursday, March 5 & 19, April 2, 16, & 30, May 14 | **Time:** 5-7pm

Location: Yogi's Barn (2318 Chiefswood Road)

Registration Required: Band Representatives | (519) 761-9145 | cfsc1@sixnations.ca

Registration Opens: March 16 (Maximum: 70)

Infant Series

SOCIAL SERVICES' FAMILY GATHERINGS

This opportunity is for caregivers and parents of children aged 0 to 12 months, focusing on family bonding, positive parenting, relaxation, and well-being. Family Gatherings supports Six Nations band members; registration is required. Light refreshments will be served and transportation can be arranged with early notice. **All ages; Parents with infants.**

Dates: Wednesday, April 1, 8, 15 & 22 | **Time:** 9:30-11:30am

Transportation: Available Upon Request (Advance Notice Required)

Location: Family Gatherings Too (1790 First Line)

Registration Required: Chelsea | (519) 445-2565 | chelseanelson@sixnations.ca

Registration Opens: March 16 (Maximum: 10)

March Break Activities

SOCIAL SERVICES' CHILD & FAMILY SERVICES, PRIMARY PREVENTION SERVICES

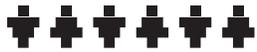
In partnership with Six Nations Police & the Department of Well-Being, full details to be released online via Six Nations Social Services social media pages. You can also call for more information. **Ages: 6-13.**

Dates: Monday, March 16-Friday, March 20 | **Time:** 9am-3:30pm

Location: Dajoh (1738 Fourth Line)

Registration Required: Quentin | (519) 445-2950 (no texts or voicemails) | ppsw1@sixnations.ca

Registration Opens: February 27 @ 9am (Maximum: 15)



MULTI-DAY/ONGOING EVENTS & PROGRAMS

March Break Programming

SOCIAL SERVICES' KANIKONRIIO CHILD & YOUTH PROGRAM AND YOUTH LIFE PROMOTION

Our planned March Break programs (March 16-19) include: Flying Squirrel & Cineplex, Crock-a-Doodle & Bowling, and Tubing at Chicopee. See below for further information and connect with us online for more details to come: Six Nations Social Services. **Ages: 6-13.**

Duration: Monday, March 16-Thursday, March 19 | **Time (All Programs):** 8:30am-4pm

Registration Opens: March 2 @ 9am (Maximum: 13)

Pick-Up and Drop-Off Location: 18 Stoneridge Circle (Second Floor)

Monday, March 16: Flying Squirrel, Boston Pizza & Cineplex | **Ages:** 6-8

Locations: Flying Squirrel (1550 Upper James Street, Hamilton), Boston Pizza (1565 Upper James Street, Hamilton), and Cineplex Hamilton (795 Paramount Drive, Hamilton)

Registration Required: Grace | (519) 732-9961 | kaylp18@sixnations.ca

Tuesday, March 17: Crock-a-Doodle, Kelsey's & Bowling | **Ages:** 6-8

Locations: Crock-a-Doodle (2247 Rymal Road East, Stoney Creek), Kelsey's (821 Paramount Drive, Stoney Creek), and Splitsville (1525 Stonechurch Road East, Hamilton)

Registration Required: Taylor | (519) 750-3067

Wednesday, March 18: Tubing at Chicopee | **Ages:** 9-11

Locations: Chicopee Tube Park (1600 River Road East, Kitchener)

Registration Required: Brittany | (519) 750-3408

Thursday, March 19: Details to come | **Ages:** 12-13 | **Locations:** TBD

Registration Required: Rahul | (519) 732-9847

Social Saturdays

SOCIAL SERVICES' FAMILY GATHERINGS

This drop-in program is designed for families to set aside time for engagement in healthy development, building positive relationships and wellness practice. Zero cost, light refreshments provided, while supplies last. Transportation available for on-reserve addresses only, please schedule no later than 2pm the day prior. See ad on p. 34 for more information! **All ages; Parents with infants.**

Duration: Monthly | **Time:** 9am-12pm | **Location:** Family Gatherings (18 Stoneridge Circle)

Transportation: Available Upon Request (Advance Notice Required)

Contact: Family Gatherings | (519) 445-2565 | eyom@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)

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)

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

Toddler Series

SOCIAL SERVICES' FAMILY GATHERINGS

Join us each Wednesday in May for Toddler Series, a relaxed environment focusing on family connections, caregiver well-being, and positive parenting. Open to caregivers of Six Nations Band members with children aged 1 to 3. **All ages; Parents with children ages 1-3.**

Dates: Wednesday, May 6, 13, 20, & 27 | **Time:** 9:30-11:30am

Transportation: Available Upon Request (Advance Notice Required)

Location: Family Gatherings (18 Stoneridge Circle)

Registration Required: Chelsea | (519) 445-2565 | chelseanelson@sixnations.ca

Registration Opens: April 13 (Maximum: 10)



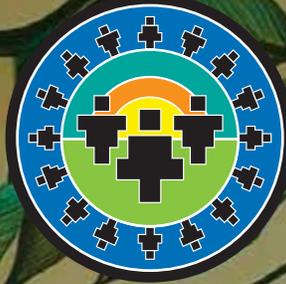
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