

INSIDE:
Community Events,
Programs & Workshops!



ĘDWADROHE:K/ENTEWATIA'TARO:ROKE – We Will Gather/Come Together

SUMMER 2026
Leisure Activities Guide

June 1 - August 31, 2026



MESSAGE FROM THE 59th ELECTED CHIEF

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

As we head into the warmer months, I'm excited for you to explore the wide range of programs, events, and activities organized by SNGR departments and local organizations. This season is a great time to get out into community and make the most of all that's offered.

Nia:wen to all who contribute to the planning and delivery of these opportunities for our community. Your dedication is truly appreciated!

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)!



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

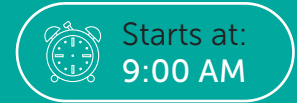
Well-Being Committee

Chair: A. Key Jr.
A. Powless-Bomberry, H. Johnson,
M. Thomas & L. Greene

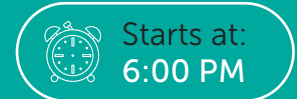
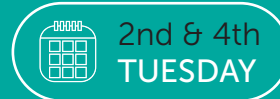
JOIN OUR COUNCIL MEETINGS!

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

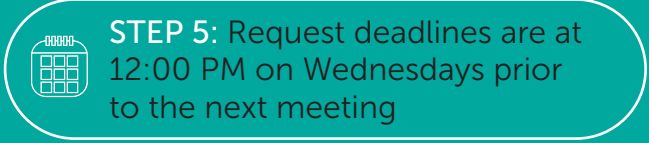
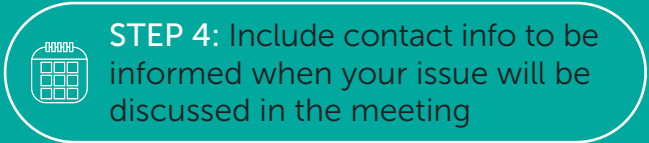
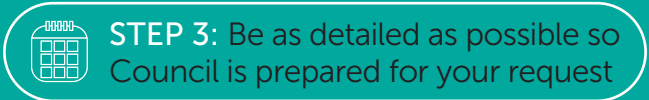
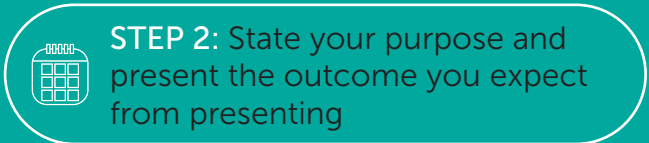
GENERAL FINANCE



GENERAL COUNCIL



HOW YOU CAN GET ON THE SNGR COUNCIL/COMMITTEE AGENDA



POLITICAL UPDATES

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



MESSAGE FROM SNGR's CEO OFFICE

Sge:no, and welcome to the 2026 Summer edition of the Edwadrohe:k/Entewatia'taro:roke – Leisure Guide! As we enter another season, there is a lineup of engaging and thrilling opportunities planned for the community by Six Nations of the Grand River (SNGR) departments and community businesses. I hope that you can get out into the community this summer and participate in the amazing services, events, and activities designed for you, the community!

I would like to acknowledge all the effort and commitment that is put into these opportunities by our SNGR staff. From service providers to event planners, nya:weh for your commitment to SNGR and our community.

Debra Jonathan, CEO, Six Nations of the Grand River



SNGR ADMINISTRATION OFFICES



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



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



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



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



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



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



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



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

CRISIS SUPPORTS

MOBILE CRISIS RAPID RESPONSE TEAM

(226) 446-9902

(Monday-Friday, 8am-11pm)

1546 Chiefswood Road

(Walk-in Available)

SIX NATIONS CRISIS LINE

1 (866) 445-2204 or

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

(226) 777-8480 (Text Monday-

Friday, 8:30am-4pm)

INDIGENOUS VICTIMS SERVICES

(226) 227-2192 (Office Line)

1 (866) 964-5920 (IVS Direct Line)

1 (866) 445-2204 (Crisis Line)

(Monday-Friday, 8:30am-4:30pm)

GANOHKWASRA FAMILY ASSAULT SUPPORT SERVICES

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

OHSWEKEN PUBLIC HEALTH

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

NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE

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

KIDS HELP LINE

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

CONNECT to 686868 (Text)

kidshelpphone.ca (Online Chat)

TALK SUICIDE CANADA

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

or **45645** (Text)

TALK 4 HEALING for INDIGENOUS WOMEN

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

www.beendingen.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

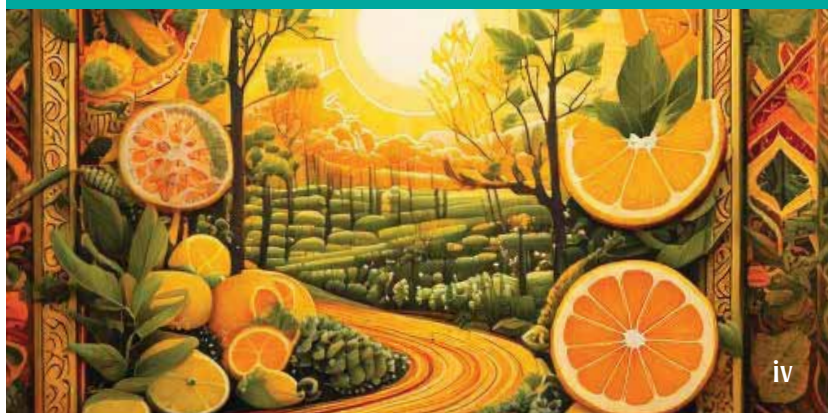
(519) 445-0232 • 15 Sunrise Court

TOURISM

(519) 758-5444 • 1037 Highway 54

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

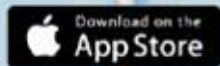
**P.O. Box 5000, Ohsweken, Ontario,
N0A 1M0 • 1695 Chiefswood Road**





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.



 @besafeapp_ca

 @besafeapp.ca

BeSafeApp.ca





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JUNE CALENDAR/OVERVIEW

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<p>CLOSURE NOTICE:</p> <p>All SNGR departments will be closed June 22 for Solidarity Day. Regular office hours will resume Tuesday, June 23 @ 8:30am</p>		Bike the Rail Trail (p. 7) Salad for Seniors (p. 53) Sit to Be Fit (p. 8) Summer Harm Reduction Outreach (p. 11)	23	Community Beautification (p. 7) Couch to 5k (p. 7) Meal Prep Made Simple (p. 15) Safe Food Handling (p. 16) Summer Harm Reduction Outreach (p. 11) Tentewata:ton/Dedwadado Community Market (p. 54)	24
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EVENTS & PROGRAMS (JUNE)

NEW New Event
▲ Outdoor Event

NEW Community Kitchen

DEPARTMENT OF WELL-BEING

Join us for a FREE nutritious family meal! Eat-in or take-out is available on a first-come, first-serve basis. All ages.

Date: Thursday, June 4 | Time: 5-7pm

Location: White Pines Wellness Centre – Second Floor (1745 Chiefswood Road)

Contact: Sara | (548) 328-1362 | cyna2@sixnations.ca

Community Strawberry Pick ▲

DEPARTMENT OF WELL-BEING: ALLIED HEALTH, MATERNAL CHILD & YOUTH HEALTH

Join us for a Community Strawberry Pick! Bring your family and friends and enjoy a fun day gathering fresh strawberries. Each household will receive one flat to fill. All ages.

Date: TBD (Dependent on weather, usually takes place end of June) | Time: TBD

Transportation: Contact to Inquire

Location: Austin's Farm Market & Pick Your Own (2591 Cockshutt Road, Waterford)

Registration Required: Avery | (519) 761-0013 | hcfa@sixnations.ca

Cooking Around the Fire ▲

DEPARTMENT OF WELL-BEING: ALLIED HEALTH, MATERNAL CHILD & YOUTH HEALTH

Come cook a delicious seasonal meal over the fire with us. All ages.

Dates: Thursday, June 11, July 9 & August 13 | Time: 5-7pm

Location: Chiefswood Park – Upper Firepit (1037 Highway 54)

Registration Required: Sara | (548) 328-1362 | cyna2@sixnations.ca

NEW Senior Health Fair

DEPARTMENT OF WELL-BEING: ALLIED HEALTH, SENIOR SUPPORT HUB

Join us for this drop-in event featuring a variety of wellness booths, expert guest speakers, and a complimentary lunch. Stop by at your convenience to access local health resources, gain expert advice, and enjoy a meal with your community – no formal registration required! Ages: Seniors 55+ and caregivers.

Date: Friday, June 12 | Time: 11am-4pm | Location: Community Hall (1738 Fourth Line)

Contact: Senior Support Hub | (519) 445-4481



Six Nations Celebrates Pride 2026

DEPARTMENT OF WELL-BEING: MENTAL WELL-BEING & SOCIAL SERVICES: FAMILY WELL-BEING

Six Nations Celebrates Pride 2026 is a powerful expression of joy and a vibrant celebration of love, identity and community. Six Nations Celebrates Pride is a safe, affirming space for 2SLGBTQIA+ community members to live their truth openly. Watch for more event details closer to the date. **All ages.**

Date: Saturday, June 13 |

Time: TBD

Location: Community Hall (1738 Fourth Line)

Contact: Jamie | (519) 761-0468
mhwe@sixnations.ca

Solidarity Day

SNGR ELECTED COUNCIL-

For information about this year's Solidarity Day event, stay tuned to local radio stations, newspapers, and SNGR's social media (@sixnationsgr)

SIX NATIONS of the **GRAND RIVER**

LITIGATION UPDATES

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

A trial judge has been selected for the litigation: **Justice Ira Parghi**

The trial is expected to begin on **Monday, October 5, 2026!**

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

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



FREE DRIVE-THRU (June-August)

SALAD for SENIORS

TUESDAYS @ 11AM
(while supplies last)

For Six Nations Elders & Seniors (55+)

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



Summer Wellness Series

"Let's Make this Summer Fun, Active and Healthy."

Watch for the Health Promotion Team popping up at various locations around the community throughout the summer and take part in fun, interactive and educational activities on Sun Safety, West Nile/Tick/Lyme Disease, How Well is Your Well and Tobacco Education.

Learn helpful tips to support your health and well-being
Enjoy some free swag! We can't wait to see you!

Health Promotion (519) 445-2809



Family Gatherings

June 2026

Family Gatherings drop-in program is designed to promote positive interaction and well-being between caregivers and child(ren) aged 0-6 (older siblings are welcome). With optional participation in our daily fun activities, Family Gatherings provides various locations to serve Six Nations Band Members, all at no cost.

Come visit our welcoming environment, age appropriate resources, and dedicated staff for a relaxed and enjoyable playdate with your child. Transportation available on reserve.

Site 1: 18 Stoneridge Circle, Ohsweken
Monday-Friday, 8:30am-4:00pm
(519) 445-2565 | fgsup@sixnations.ca

Site 2: 1790 First Line, Ohsweken
Monday-Friday, 8:30am-4:00pm
(226) 446-9905 | fgsup@sixnations.ca

Explore more programs - Connect with us on Facebook & Instagram:

@SixNationsSocialServices

#SixNationsMatters



SITE 1 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
1 Paper Flip Flops	2 Creative Fun	3 Watermelon Sensory Bag Evening Drop In 5-7PM	4 Edible Finger Paint	5 Ice Cream Art
8 National Ice Cream Day	9 Creative Fun	10 Paper Airplanes	11 Car Painting	12 3D Butterflies
15 Elders Wellness Craft	16 Creative Fun	17 Q-Tip Flower Painting Evening Drop In 5-7PM	18 Lava Lamps	19 Mini Fairy Garden
22 Solidarity Day Holiday	23 Creative Fun	24 Stitch Pastel Picture Craft	25 Stitch Placemat	26 Design Stitch Bookmark
29 Finger Print Rainbow	30 Creative Fun			

■ CLOSED
■ No Drop-In

SITE 2 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
1 Melted Ice Cream Craft	2 Thumbprint Firefly Craft	3 DIY Flower Leis	4 Paper Plates Frisbees	5 Sunglasses Craft
8 Summer Pinwheels Craft	9 Sun Person Craft	10 Apple Fruit "Donuts" Making	11 Sunscreen Painting	12 Paper Plate Armadillo's
15 Butterfly Sun-catcher Puppet	16 Beaded Name Keychain	17 Dinosaur Q-Tip Bones	18 Fathers Day Card Making	19
22 Solidarity Day Holiday	23 Puzzle Piece Hunt	24 Eggshell Splat Painting	25 Rainbow Ball Toss (Sorting Game)	26 Suprise Fun
29 Tie Dye Turtle Craft	30 Painted Seashells			

■ CLOSED
■ No Drop-In



GETTING ACTIVE/MOVEMENT (JUNE)

NEW New Event
▲ Outdoor Event

Bike the Rail Trail (Hamilton to Port Dover) ▲

DEPARTMENT OF WELL-BEING: THERAPY SERVICES

Come out and bike the Hamilton to Port Dover Rail Trail. We will be dividing the 82km trail ride into sections – each will cover 15-20km return trip. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: Adults 18+; Community members looking to be more active in a supportive environment.**

Duration: Every Tuesday (June 2-August 25)* | **Time:** 9-11am

***Holiday Date (No Program):** June 30 | **Location:** Various Locations (Provided weekly)

Registration Required (Max: 20): Julie | (519) 754-5730 | hpk8@sixnations.ca

Community Beautification ▲

DEPARTMENT OF WELL-BEING: THERAPY SERVICES

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

Duration: Every Wednesday (June 3-August 26)* | **Time:** 9-10am

***Holiday Date (No Program):** July 1

Location: Various Gardens in the Community (Provided via text or email)

Registration Required (Max: 25): Julie | (519) 754-5730 | hpk8@sixnations.ca

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. **NEW LOCATION!** See below. **Ages: Adults 18+; Individuals of all fitness levels welcome.**

Duration: Every Monday, Wednesday, Friday (May 25-September 6)*

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

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

Location: Lloyd S. King Orange Track (659 New Credit Road)

Registration Required (Max: 30): Fawn | (519) 754-7930 | pota1@sixnations.ca



Lil Stars T-Ball

PARKS & RECREATION

Sign your young ones up for t-ball and see them swing for the fences! **Ages: 4-6; Beginners.**

Duration: Every Monday (Until June 29) | **Time:** 5-9pm

Location: Parks & Recreation Ball Diamond #3 (1738 Fourth Line)

Registration Required (Max: 80): Emerson | (519) 445-4311 | dajoh10@sixnations.ca

Sit to Be Fit

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

Designed to maintain function and total body strength to help prevent falls. This is a free 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+; Individuals looking to maintain function and total body strength while seated.**

Duration: Every Tuesday (June 2-August 25) | **Time:** 2-3pm

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

Registration Required (Max: 25): Julie | (519) 754-5730 | hpk8@sixnations.ca

Soccer Tots

PARKS & RECREATION

Every athlete's journey begins with the first step! Soccer instruction for children. **Ages: 3-5; new soccer players.**

Duration: Every Thursday (Until June 25) | **Time:** 6-7pm

Location: Dajoh Gymnasium (1738 Fourth Line)

Registration Required (Max: 30): Emerson | (519) 445-4311 | recprograms@sixnations.ca

Soccer Troops

PARKS & RECREATION

For soccer players looking to kick it into the next gear! Soccer instructions for children. **Ages: 6-10; new soccer players.**

Duration: Every Thursday (Until June 25) | **Time:** 7-8pm

Location: Dajoh Gymnasium (1738 Fourth Line)

Registration Required (Max: 30): Emerson | (519) 445-4311 | recprograms@sixnations.ca



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.





COMMUNITY SUPPORTS (JUNE)

NEW New Event
▲ Outdoor Event

Free Hearing Test Pop-Up

DEPARTMENT OF WELL-BEING: SPEECH & LANGUAGE TEAM (THERAPY SERVICES AND CHILD & YOUTH HEALTH)

Free hearing tests will be provided by appointment only at White Pines Wellness Centre by Olivia Graham, AuD, from HearingLife Hagersville. Waitlist is available if day is fully booked and follow-up appointments will be arranged if needed. Please bring valid Status Card and Ontario Health Card. All ages.

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

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Therapy Services | (519) 445-4779 | tsoa3@sixnations.ca

NEW Summer Harm Reduction Outreach

DEPARTMENT OF WELL-BEING: MENTAL WELLNESS

Our Harm Reduction Outreach vehicle (pictured below) is hitting the road this summer! Please watch for us throughout the community and give us a wave. We'll be stocked with coffee, cold drinks, snacks, harm reduction items, and connections to community supports. All ages.

Duration: Every Tuesday and Wednesday (Starting June) | **Time:** 4-7pm

Location: Around the Community (Six Nations of the Grand River)

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



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



Six Nations Social Services

Summer Day Camp

REGISTRATION INFORMATION

Family Gatherings, ages 4-6. Registration opens June 8, 2026, @ 9 AM
Calls only, no voicemails accepted (519) 445-2565

Kanikonriio (Good Mind) Child and Youth Program (KCYP) - ages 6-17.
Registration in person June 9, 2026, @ 5:00-7:00 PM
1581 Onondaga Road. Bring child's health & status card

Primary Prevention Services, camp Ia:lak, ages 6-13. Registration opens June 19, 2026, @ 9 AM
Calls only, no voicemails accepted (519) 445-2950

Offered at zero cost, supporting Six Nations Band Members. A child's status card is required. Additional details and dates can be found in the leisure guide and on our online platforms, spaces are limited

Follow us online for updates & additional programming:

Six Nations Social Services
#SixNationsMatters



Ohsweken Public Health

ISC INDIGENOUS
SERVICES
CANADA

WEEKLY VACCINE CLINICS



Every Thursday



9:00 am - 3:00 pm

Appointment necessary



White Pines Wellness Centre

1745 Chiefswood Rd



The clinic is open to all ages and you can receive any publicly funded vaccine at no cost.

Call 519-761-9053 to book an appointment.

SIX NATIONS OF THE GRAND RIVER PRENATAL & POSTNATAL DIETITIAN

What is this service?

The Prenatal Dietitian supports families in making wise decisions during pregnancy and through infancy. This service is available to pregnant, breastfeeding, non-breastfeeding and any support persons.

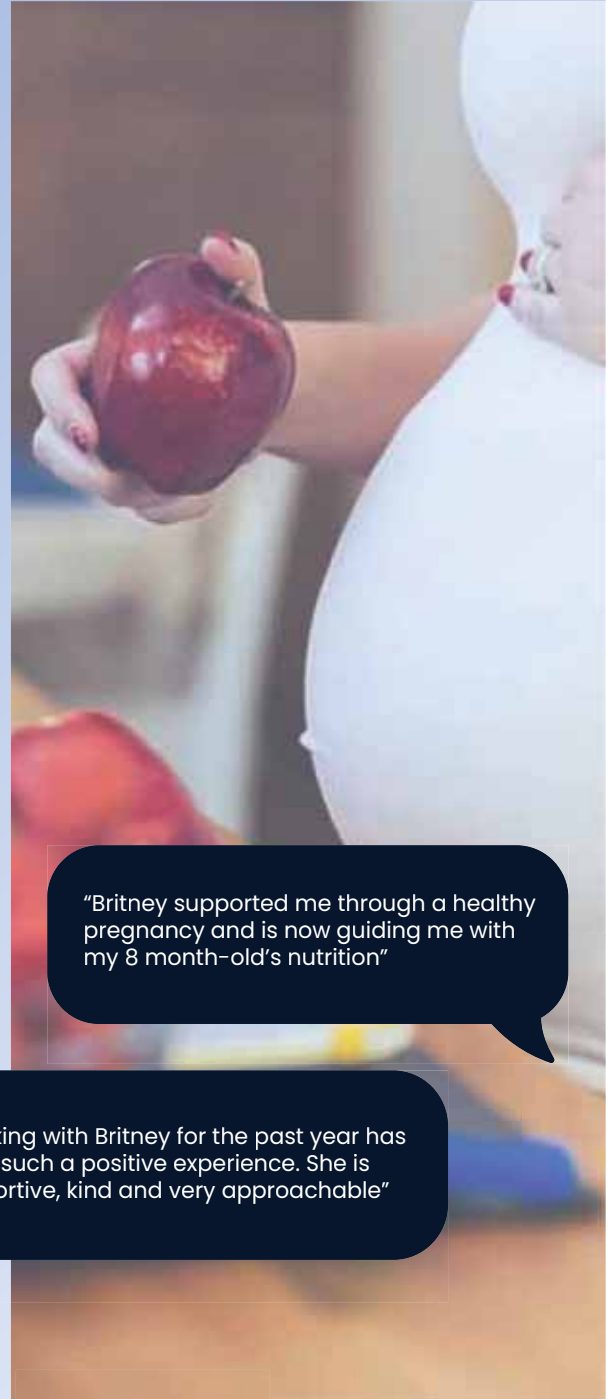
How can I support you?

Working one-on-one with a Registered Dietitian to offer:

- Prenatal nutrition guidance
- Postpartum recovery and nourishment
- Infant feeding guidance (i.e. starting solids)
- Meal support and food ideas
- Support with low iron & other nutrient needs
- Writing support letters for various programs such as ODSP or Jordans Principle

How to Book:

Call or text Britney: (519) 751-8672
or email: hprd2@sixnations.ca



"Britney supported me through a healthy pregnancy and is now guiding me with my 8 month-old's nutrition"

"Working with Britney for the past year has been such a positive experience. She is supportive, kind and very approachable"





WORKSHOPS & CLASSES (JUNE)

NEW New Event
▲ Outdoor Event

NEW Field to Kitchen Seasonal Food Preservation: Strawberry Workshop

DEPARTMENT OF WELL-BEING: ALLIED HEALTH SERVICES

Grow your confidence in preserving seasonal produce to be able to enjoy it year-round by joining us for this in-person food preservation workshop focusing on strawberries. The class will provide a chance to learn through observation and discussions how to safely preserve strawberries using water bath canning and freezing methods. Each participant will also have a spot reserved for our annual strawberry pick to be able to use the knowledge gained to preserve strawberries at home. Limited spots available! **Ages: Adults 18+**

Date: Saturday, June 13 | **Time:** 9am-12pm

Location: White Pines Wellness Centre – Kitchen (1745 Chiefswood Road)

Registration Required (Max: 20): Shannon | (519) 754-7405 | hpcd@sixnations.ca

Meal Prep Made Simple

DEPARTMENT OF WELL-BEING: ALLIED HEALTH SERVICES

Grow your confidence in meal planning and preparation by joining us for this in-person batch cooking and meal preparation class. The class provides a hands-on learning opportunity to gain knowledge and strengthen skills, including exposure to a variety of cooking techniques, food safety and safe food storage information, and learning how to reduce food waste by using ingredients to their full potential. Limited spots available! Contact to inquire about transportation. **Ages: Adults 18+**

Dates: Wednesday, June 24, July 22 & August 19 | **Time:** 5:30-7:30pm

Location: White Pines Wellness Centre – Kitchen (1745 Chiefswood Road)

Registration Required (Max: 15): Shannon | (519) 754-7405 | hpcd@sixnations.ca



LOOKING TO CONNECT with SIX NATIONS of the GRAND RIVER?

DOWNLOAD THE APP!



VISIT OUR WEBSITE:

www.sixnations.ca

FOLLOW US ONLINE!



Plant-Based Eating Cooking Class

DEPARTMENT OF WELL-BEING: ALLIED HEALTH SERVICES AND CHILD & YOUTH HEALTH

Explore plant-based eating by joining us for this in-person cooking class. The class provides a hands-on learning opportunity to gain knowledge and strengthen cooking skills to prepare plant-based foods that are flavourful, budget-friendly, and contain key nutrients to support health. Limited spots available! **Ages: Adults 18+**

Dates: Tuesday, June 2, July 7 & August 11 | **Time:** 11am-12:30pm

Transportation: Contact to Inquire

Location: White Pines Wellness Centre – Kitchen (1745 Chiefswood Road)

Registration Required (Max: 8): Shannon | (519) 754-7405 | hpcd@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, June 10 & 24, July 8 & 22, and August 12 & 26 | **Time:** 8:30am-5pm

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

Registration Required (Max: 24): Michelle | (519) 445-2809 | michellejamieson@sixnations.ca

Harm Reduction Outreach & Education Program

WHO WE ARE:

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

WHAT WE DO:

We offer presentations and programming on the following topics:

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



For inquiries, please reach out to Eve:
(548) 328-2038 | sndrugstrategy@sixnations.ca



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

Changing Your Relationship with Anxiety:

Finding Calm, Meaning, and a Different Way Forward

This group offers an alternative approach to anxiety by focusing on changing one's relationship with it rather than eliminating symptoms.

Participants will explore how anxiety functions, learn to step back from overwhelming thoughts, and cultivate curiosity, creativity, and engagement in life. Through discussion and experiential exercises, the group supports greater awareness, reduced struggle with anxiety, and connection to meaningful, joyful aspects of daily living.

June 8, 15, 22, 29 & July 6, 13, 2026

9-9:45AM

Contact: Chantal (519) 751-6778
cblackshaw@sixnations.ca



For more programs and services,
follow Six Nations Social Services online.
#SixNationsMatters.



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



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

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 more information or to register:
(519) 445-0408 • csswl@sixnations.ca

Connect & follow us online:
#SixNationsMatters



Six Nations Social Services' Family Well-Being Program
& Family Gatherings Presents:

Edwatgáhnye!

We Will All Play

Join us for drop-in fun this summer, held four times at various locations. This program aims to promote engagement between parents or caregivers and their children, encouraging active participation. Light refreshments provided while supplies last, zero-cost program supporting Six Nations band members. Dates subject to change, contact Jaycie for additional details at (517) 717-5892.


July 9 & 23 August 6 & 13


 **1:00- 3:00pm**



For more programs and services,
follow Six Nations Social Services online. **#SixNationsMatters.**



MONDAY		TUESDAY		WEDNESDAY		
				1 CLOSURE NOTICE: All SNCR departments will be closed July 1st. Regular office hours resume Thursday, July 2 @ 8:30am		
				Couch to 5k (p. 27) 6	Bike the Rail Trail (p. 27) 7 Plant-Based Eating Cooking Class (p. 35) Salad for Seniors (p. 53) Sit to Be Fit (p. 28) Summer Harm Reduction Outreach (p. 33) Summer 2026 Zumba Class (p. 28)	Community Beautification (p. 27) 8 Couch to 5k (p. 27) Ędwatgáhnye:’ – We Will All Play (p. 28) Safe Food Handling (p. 35) Summer Harm Reduction Outreach (p. 33) Summer Parenting Drop-In (p. 33) Tentewata:ton/Dedwadado Community Market (p. 54)
				Couch to 5k (p. 27) 13	Bike the Rail Trail (p. 27) 14 Salad for Seniors (p. 53) Sit to Be Fit (p. 28) Summer Harm Reduction Outreach (p. 33) Summer 2026 Zumba Class (p. 28)	Community Beautification (p. 27) 15 Couch to 5k (p. 27) Summer Harm Reduction Outreach (p. 33) Summer Parenting Drop-In (p. 33) Tentewata:ton/Dedwadado Community Market (p. 54)
				Couch to 5k (p. 27) 20	Bike the Rail Trail (p. 27) 21 Salad for Seniors (p. 53) Sit to Be Fit (p. 28) Summer Harm Reduction Outreach (p. 33) Summer 2026 Zumba Class (p. 28)	Community Beautification (p. 27) 22 Couch to 5k (p. 27) Ędwatgáhnye:’ – We Will All Play (p. 28) Meal Prep Made Simple (p. 35) Safe Food Handling (p. 35) Summer Harm Reduction Outreach (p. 33) Summer Parenting Drop-In (p. 33) Tentewata:ton/Dedwadado Community Market (p. 54)
				Couch to 5k (p. 27) 27	Bike the Rail Trail (p. 27) 28 Salad for Seniors (p. 53) Sit to Be Fit (p. 28) Summer Harm Reduction Outreach (p. 33) Summer 2026 Zumba Class (p. 28)	Community Beautification (p. 27) 29 Couch to 5k (p. 27) Summer Harm Reduction Outreach (p. 33) Summer Parenting Drop-In (p. 33) Tentewata:ton/Dedwadado Community Market (p. 54)

THURSDAY		FRIDAY		SATURDAY/SUNDAY	
	2	Couch to 5k (p. 27) Tai Chi (p. 28)	3		4
					5
Cooking Around the Fire (p. 21)	9	Couch to 5k (p. 27) Tai Chi (p. 28)	10		11
					12
	16	Couch to 5k (p. 27) Tai Chi (p. 28)	17		18
					19
	23	Couch to 5k (p. 27) Tai Chi (p. 28)	24		25
					26
	30	Couch to 5k (p. 27) Six Nations Sunset Splash (p. 21) Tai Chi (p. 28)	31		





EVENTS & PROGRAMS (JULY)

NEW New Event
▲ Outdoor Event

Community Blueberry Pick ▲

DEPARTMENT OF WELL-BEING: ALLIED HEALTH, MATERNAL CHILD & YOUTH HEALTH

Join us for a Community Blueberry Pick! Bring your family and friends and enjoy being outside picking fresh blueberries. Each household will receive one 3L basket to fill. **All ages.**

Date: TBD (Dependent on weather, usually takes place mid-July) | **Time:** TBD

Transportation: Contact to Inquire

Location: Pleasant Berry Blueberry Farm (445 Ellis Ave, Brantford)

Registration Required: Avery | (519) 761-0013 | chcfa@sixnations.ca

Cooking Around the Fire ▲

DEPARTMENT OF WELL-BEING: ALLIED HEALTH, MATERNAL CHILD & YOUTH HEALTH

Come cook a delicious seasonal meal over the fire with us. **All ages.**

Dates: Thursday, July 9 & August 13 | **Time:** 5-7pm

Location: Chiefswood Park – Upper Firepit (1037 Highway 54)

Registration Required: Sara | (548) 328-1362 | cyna2@sixnations.ca

Six Nations Sunset Splash ▲

FIRE & EMERGENCY SERVICES

Take a break from the Summer heat at our Fire Truck Splash Zone Cool Off! **All ages.**

Date: Friday, July 31 | **Time:** 6-7:30pm

Location: Community Centre Splash Pad (1738 Fourth Line)

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



Family Gatherings

July 2026

Family Gatherings drop-in program is designed to promote positive interaction and well-being between caregivers and child(ren) aged 0-6 (older siblings are welcome). With optional participation in our daily fun activities, Family Gatherings provides various locations to serve Six Nations Band Members, all at no cost.

Come visit our welcoming environment, age appropriate resources, and dedicated staff for a relaxed and enjoyable playdate with your child. Transportation available on reserve.

Site 1: 18 Stoneridge Circle, Ohsweken
Monday-Friday, 8:30am-4:00pm
(519) 445-2565 | fgsup@sixnations.ca

Site 2: 1790 First Line, Ohsweken
Monday-Friday, 8:30am-4:00pm
(226) 446-9905 | fgsup@sixnations.ca

Explore more programs - Connect with us on Facebook & Instagram:

@SixNationsSocialServices

#SixNationsMatters



SITE 1 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
■ CLOSED ■ No Drop-In		1 Canada Day Holiday	2 Bubble Wrap Rainbow Art	3 Mess Free Star Art
6 Fly Swatter Painting	7 Creative Fun	8 Insect Stamping	9 National Sugar Cookie Day	10 National French Fry Day
13 Watermelon Sensory Bag	14 Creative Fun	15 Butterfly Painting	16 Let's Make Sundae's	17 Movie & Popcorn
20 Owl Leaf Garden	21 Creative Fun	22 Mermaid Tail Craft	23 Octopus Craft	24 DIY Leis
27 Elders Sip & Paint Rainbow Coloured Ice	28 Ice Cream Making	29 Ice Cream Sensory Bag	30 Mini Pizza Making	31 Strawberry Juice Making

SITE 2 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
■ CLOSED ■ No Drop-In		1 Canada Day Holiday	2 Summer Bucket List	3 Finger Painting
6	7	8 Summer Camp Week One	9	10
13 Bubble Day	14 Handprint Eagle	15 Beachball Name Craft	16 Paper Windmill	17 DIY Ice Cream Sundae
20	21	22 Summer Camp Week Two	23	24
27 Popsicle Craft	28 Friendship Bracelet	29 Paper Plate Grill	30 Outdoor Grill	31 Squirt Painting

Household Hazardous Waste DROP-OFF

Saturday, July 4 | 2470 Fourth Line | 9am-5pm

Acceptable Hazardous Waste Symbols:



Corrosive:
Batteries
Drain cleaners
Oven cleaners



Flammable:
BBQ Starters
Propane Cylinders
Gasoline
Aerosols
Solvents
Paints/Oils



Reactive:
Pool chemicals
Ammonia
Bleach



Toxic:
Pesticides
Rat Poison
Pharmaceuticals
Cleaning Fluids



Household hazardous waste items that will be accepted at the drop-off are indicated in the list below:



- Shoe Polish
- Paint Removers
- Silver Polish
- Floor/Furniture Polish
- Pool Acid
- Abrasive Scouring Powders
- Brake/Transmission Fluid
- Rug Cleaner
- Toilet Cleaner
- Gas/Diesel Fuel
- Upholstery Cleaner
- Acid and Bleach
- Herbicides
- Antifreeze/Motor Oil
- Window/Surface Cleaners
- Propane Cylinders
- Paint
- Chlorine
- Photographic Chemical
- All Lamp Types
- Batteries
- Pet Care Products
- Pesticides
- Aerosol Sprays
- Moth Balls
- Ammonia
- Drain Openers/Cleaners
- Solvents/Thinner



Listed below are household hazardous waste items that will **NOT** be accepted at the drop-off:



- Commercial & Institutional Waste
- Pathological Waste
- Ammunition
- Radioactive
- Explosives
- PCBs

For inquiries, further details & information, contact
Six Nations Public Works: **(519) 445-4242**



CLOSURE NOTICE: TRANSFER STATION

July 1, 2026

The Six Nations Transfer Station will be closed on **Wednesday, July 1** for Canada Day and will return to its regular schedule on Thursday, July 2.

Summer hours (**8am-5:30pm**) are in effect **Tuesday-Saturday** with the last load in happening at **5:15pm**.

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



TRANSFER STATION SUMMER HOURS

8am-5:30pm

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

Summer hours are **8am-5:30pm Tuesday-Saturday** with the last load in happening at **5:15pm**.

For more info, call:
(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 Summer collection dates, please find the **Guidelines for Sorting Household Waste!**

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



Ēgōwadiya'dagenha' Land Based Healing Centre

SUMMER PROGRAM

Egowadiya'dagenha' is a land-based healing program offered to Six Nations Band members 18+ living on and off territory (must have own transportation if living off territory). Our philosophy, "Busy the body. Busy the mind", engages participants in revitalizing Haudenosaunee ways of being and doing through land-based programming.

The program is offered in 10-week seasonal cycles and is based on our ceremonial cycle. If interested in programming, we invite you to join us for our summer cycle. Activities include, but not limited to: planting, gardening, strawberries, fishing, canoeing, kayaking, finger weaving, and basket weaving.

AKENHA'KÈ:NE (SUMMER)

Mondays-Thursdays
9am-3pm

June 8, 2026-
August 13, 2026

TO REGISTER:

Contact our intake workers
before Monday, June 1:
(226) 446-9902



Falls Prevention

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

1 Stay Hydrated

Drink water throughout the day. Dehydration can cause dizziness and weakness, which increases the risk of falls—especially in warm weather.

2 Wear Proper Footwear

Use sturdy, non-slip shoes with good support to prevent slips on wet grass, loose soil, or uneven ground.

3 Wear sunglasses to reduce glare and improve vision outdoors

Better vision means better balance and safer steps in bright conditions.

4 Protect Against Heat

Wear lightweight clothing, a hat, and sunscreen. Try to avoid going outdoors during the hottest part of the day (10 AM–4 PM).



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





GETTING ACTIVE/MOVEMENT (JULY)

NEW New Event
▲ Outdoor Event

Bike the Rail Trail (Hamilton to Port Dover) ▲

DEPARTMENT OF WELL-BEING: THERAPY SERVICES

Come out and bike the Hamilton to Port Dover Rail Trail. We will be dividing the 82km trail ride into sections – each will cover 15-20km return trip. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: Adults 18+; Community members looking to be more active in a supportive environment.**

Duration: Every Tuesday (June 2-August 25) | **Time:** 9-11am

Location: Various Locations (Provided weekly)

Registration Required (Max: 20): Julie | (519) 754-5730 | hpk8@sixnations.ca

Community Beautification ▲

DEPARTMENT OF WELL-BEING: THERAPY SERVICES

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

Duration: Every Wednesday (June 3-August 26)* | **Time:** 9-10am

*Holiday Date (No Program): July 1

Location: Various Gardens in the Community (Provided via text or email)

Registration Required (Max: 25): Julie | (519) 754-5730 | hpk8@sixnations.ca

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. **NEW LOCATION!** See below. **Ages: Adults 18+; Individuals of all fitness levels welcome.**

Duration: Every Monday, Wednesday, Friday (May 25-September 6)*



SUMMER CAMPS: Don't forget to check out all of the multi-day/ongoing events and programs on **pages 51-54!** This year's Summer Camp programming and activities are located in this section!

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

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

Location: Lloyd S. King Orange Track (659 New Credit Road)

Registration Required (Max: 30): Fawn | (519) 754-7930 | pota1@sixnations.ca

Ēdwatgáhnye:' – We Will All Play ▲

SOCIAL SERVICES: FAMILY WELL-BEING PROGRAM, FAMILY GATHERINGS & C&FS' SNAP PROGRAM

This zero cost, drop-in program supports Six Nations Band members by promoting engagement between parents or caregivers and their children, encouraging active participation & bonding. Light refreshments will be provided, while supplies last. Program subject to cancellation due to unfavourable weather. **All ages.**

Dates: Wednesday, July 8 & 22, Thursday, August 6 & 13 | Time: 1-3pm

Location: TBD (Follow us on Facebook & Instagram for updates and details) |

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

Sit to Be Fit

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

Designed to maintain function and total body strength to help prevent falls. This is a free 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+; Individuals looking to maintain function and total body strength while seated.**

Duration: Every Tuesday (June 2-August 25) | Time: 2-3pm

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

Registration Required (Max: 25): Julie | (519) 754-5730 | hpk8@sixnations.ca

Summer 2026 Zumba Classes

DEPARTMENT OF WELL-BEING: HEALTH PROMOTION

Zumba is a high-energy dance fitness program that combines aerobic exercise with fun, music-driven choreography. **Ages: 18+; Suitable for all fitness levels.**

Duration: Every Tuesday (July 7-August 25) | Time: 5-6pm

Location: Odrohekta'geh (1676 Chiefswood Road) | Registration Opens: June 1

Registration Required (Max: 20): Jenny | (519) 754-5826 | chhlc@sixnations.ca

NEW Tai Chi

DEPARTMENT OF WELL-BEING: HEALTH PROMOTION

Tai Chi is a Chinese martial art that combines slow, flowing movements, and meditative focus to promote physical and mental health. **Ages: 18+; All fitness levels welcome.**

Duration: Every Friday (July 3-August 21) | Time: 8-9am

Location: Odrohekta'geh (1676 Chiefswood Road) | Registration Opens: June 1

Registration Required (Max: 15): Jenny | (519) 754-5826 | chhlc@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.



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



JOIN US AT OUR **COUNCIL MEETINGS**



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

GENERAL FINANCE



1st & 3rd
MONDAY



Starting at
9AM

GENERAL COUNCIL



2nd & 4th
TUESDAY



Starting at
6PM

GET ON THE AGENDA!

STEP 1: Submit a written request to Central Administration



STEP 2: State your purpose & 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 to discuss your issue



STEP 5: Request deadlines are at 12pm on Wednesdays prior to next meeting



The **WILDLIFE & STEWARDSHIP OFFICE**,
in partnership with **KAYANASE**, have

TURTLE NEST PROTECTORS

AVAILABLE
for loan to
community
members!

Turtle nests can often be predated by
foxes, raccoons, and many other animals!

YOU CAN HELP PROTECT TURTLE NESTS

by placing a temporary turtle nest protector over the
nest site until the eggs hatch. Due to safety concerns,
nest protectors are not to be used along roadsides.

LIMITED NEST PROTECTORS AVAILABLE!

If interested in receiving a Turtle Nest Protector
for the season, please contact Lauren Jones:

(519) 445-0330 • laurenjones@sixnations.ca

Secondary Contact: Kahentakeron Deer
Kayanase Greenhouse Ecological Team Lead:

(519) 770-0013 • kerdo@kayanase.ca

**REQUIRED
FOR LOAN:**
Reliable contact
information to ensure
the hatchlings will be
able to escape.



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 Public Works:

(519) 445-4242



TREE & BRUSH CUTTING SERVICES

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

Total Tree Removal

Lot Clearing

Storm Clean-up

Brush Cutting

To receive a quote, contact the Public Works office:

(519) 445-4242



TURTLE EGG INCUBATION

WE ARE NOW ABLE TO EFFECTIVELY AND SAFELY INCUBATE TURTLE EGGS!

This allows us to help protect at-risk turtle nests, and ensure all hatchlings have the best chance of survival. All hatchlings will be released on Six Nations.

DO YOU HAVE A TURTLE NEST NEAR YOU?

The Wildlife & Stewardship Office, in partnership with Kayanase, have Turtle nest protectors. They are available to borrow to help protect nests in their natural habitat.

FOR MORE INFORMATION OR TO REPORT A NEST that needs rescuing, please contact:

Lauren Jones Six Nations Wildlife & Stewardship Office: (519) 445-0330, ext. 2 laurenjones@sixnations.ca	Kerdo Deer Kayanase Greenhouse Ecological Team Lead: (519) 770-0013 kerdo@kayanase.ca
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JOIN OUR TEAM!

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

www.sixnations.ca





COMMUNITY SUPPORTS (JULY)

NEW New Event
▲ Outdoor Event

NEW Summer Harm Reduction Outreach

DEPARTMENT OF WELL-BEING: MENTAL WELLNESS

Our Harm Reduction Outreach vehicle is hitting the road this summer! Please watch for us throughout the community and give us a wave. We'll be stocked with coffee, cold drinks, snacks, harm reduction items, and connections to community supports. **All ages.**

Duration: Every Tuesday and Wednesday (Starting June) | **Time:** 4-7pm

Location: Around the Community (Six Nations of the Grand River)

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

Summer Parenting Drop-In

SOCIAL SERVICES: CHILD & FAMILY SERVICES' FAMILY SUPPORT UNIT

Join us every Wednesday in July and August from 5-7pm (virtual) for a relaxed, drop-in parenting support space. Whether you're looking to talk through challenges, get advice, or simply connect with other parents, this is a judgment-free zone. This group is guided using strategies from the Triple P: Positive Parenting Program, an evidence-based approach that supports building strong, healthy relationships with your children and managing everyday parenting challenges. Registration is required to receive the access link, but there is no ongoing commitment – just real support when you need it most! Topics will be guided by participants and helpful resources will be shared each session. **All ages; Parents & caregivers.**

Duration: Every Wednesday (July-August)* | **Time:** 5-7pm

*Holiday Date (No Program): July 1 | **Location:** Virtual

Registration Required (Max: 8): Ashten | (519) 757-9143 | ashtenivany@sixnations.ca



DON'T FORGET:

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

TAKE A LOOK: Familiarize yourself with the new Harm Reduction Outreach vehicle on **page 11!**

WANTED! Community Members for the Hiring & Grievance Committees*

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

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

Required Information: Name, cell/phone #, committee preference (Hiring Committee, Grievance Committee, or both), employment area of expertise and availability.

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

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

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



TRIPLE P



This program is ideally designed for caregivers (band members/partners) of children aged 2 to 12 years.

Over the course of eight virtual sessions utilizing the Triple P framework, parents will learn effective strategies to promote child development, manage misbehavior, and navigate challenging situations.

Participants will need internet access and a device compatible with Zoom. Additionally, parents will receive a complimentary workbook for the sessions.

Family Transitions



Triple P, Family Transitions, is specifically tailored for parents (including band members and partners) who are experiencing personal distress due to separation or divorce, thereby affecting their parenting abilities.

This program spans five sessions, providing essential support to parents as they navigate the challenges of adjusting to separation or divorce.

The curriculum emphasizes developing skills to effectively resolve conflicts with former partners and to positively manage stress during this transitional period.

Contact Ashten:
(519) 757-9143
ashtenivany@sixnations.ca





WORKSHOPS & CLASSES (JULY)

NEW New Event
▲ Outdoor Event

Meal Prep Made Simple

DEPARTMENT OF WELL-BEING: ALLIED HEALTH SERVICES

Grow your confidence in meal planning and preparation by joining us for this in-person batch cooking and meal preparation class. The class provides a hands-on learning opportunity to gain knowledge and strengthen skills, including exposure to a variety of cooking techniques, food safety and safe food storage information, and learning how to reduce food waste by using ingredients to their full potential. Limited spots available! Contact to inquire about transportation. **Ages: Adults 18+**

Dates: Wednesday, July 22 & August 19 | **Time:** 5:30-7:30pm

Location: White Pines Wellness Centre – Kitchen (1745 Chiefswood Road)

Registration Required (Max: 15): Shannon | (519) 754-7405 | hpcd@sixnations.ca

Plant-Based Eating Cooking Class

DEPARTMENT OF WELL-BEING: ALLIED HEALTH SERVICES AND CHILD & YOUTH HEALTH

Explore plant-based eating by joining us for this in-person cooking class. The class provides a hands-on learning opportunity to gain knowledge and strengthen cooking skills to prepare plant-based foods that are flavourful, budget-friendly, and contain key nutrients to support health. Limited spots available! **Ages: Adults 18+**

Dates: Tuesday, July 7 & August 11 | **Time:** 11am-12:30pm | **Transportation:** Contact to Inquire

Location: White Pines Wellness Centre – Kitchen (1745 Chiefswood Road)

Registration Required (Max: 8): Shannon | (519) 754-7405 | hpcd@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, July 8 & 22, and August 12 & 26 | **Time:** 8:30am-5pm

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

Registration Required (Max: 24): Michelle | (519) 445-2809 | michellejamieson@sixnations.ca



Family Gatherings

August 2026

Family Gatherings drop-in program is designed to promote positive interaction and well-being between caregivers and child(ren) aged 0-6 (older siblings are welcome). With optional participation in our daily fun activities, Family Gatherings provides various locations to serve Six Nations Band Members, all at no cost.

Come visit our welcoming environment, age appropriate resources, and dedicated staff for a relaxed and enjoyable playdate with your child. Transportation available on reserve.

Site 1: 18 Stoneridge Circle, Ohsweken
Monday-Friday, 8:30am-4:00pm
(519) 445-2565 | fgsup@sixnations.ca

Site 2: 1790 First Line, Ohsweken
Monday-Friday, 8:30am-4:00pm
(226) 446-9905 | fgsup@sixnations.ca

Explore more programs - Connect with us on Facebook & Instagram:

@SixNationsSocialServices

#SixNationsMatters



SITE 1 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
3 Civic Holiday	4 National Chocolate Chip Cookie Day	5 Lacrosse Colouring Sheets	6 Handprint Sun Flower	7 Finger Paint
10 S'mores Craft	11 Creative Fun	12 DIY Bouncy Balls	13 Make Your Own Ice Cream	14 Let's Go On A Hike
17 Elders Wellness Craft UnderThe Sea Craft	18 Creative Fun	19 Jelly Fish Link Craft	20 Hedgehog Leaf Craft	21 Paper Shell Craft
24 Back To School Extravaganza	25 Creative Fun	26 Jelly Fish Counting	27 Practice Shapes	28 Design Backpack Paper Craft
31 Board Games Elders Games				


■ CLOSED
■ No Drop-In

SITE 2 DROP-IN PROGRAMS:

MON	TUES	WED	THURS	FRI
3 Civic Holiday	4 Hotdog Craft	5 Rock Painting	6 Garden Seed Bomb	7 3D Rainbow
10	11	12 Language Camp Week	13	14
17	18	19 Summer Camp Week 3	20	21
24 Back To School Extravaganza	25 Watermelon Craft	26 Sidewalk Paint	27 Pinecone Bird Feeders	28 Slime
31 Sensory Bags				

■ CLOSED
■ No Drop-In

MONDAY	TUESDAY	WEDNESDAY
<p>CLOSURE NOTICE: All SNGR departments will be closed August 3 for the Civic Holiday. Regular office hours resume Tuesday, August 4 @ 8:30am</p>	<p>3 Bike the Rail Trail (p. 43) Salad for Seniors (p. 53) Sit to Be Fit (p. 44) Summer Harm Reduction Outreach (p. 48) Summer 2026 Zumba Class (p. 44)</p>	<p>4 Community Beautification (p. 43) Couch to 5k (p. 44) Grief Recovery Group (p. 47) Summer Harm Reduction Outreach (p. 48) Summer Parenting Drop-In (p. 48) Tentewata:ton/Dedwadado Community Market (p. 54)</p>
<p>Couch to 5k (p. 44) 10</p>	<p>11 Bike the Rail Trail (p. 43) Plant-Based Eating Cooking Class (p. 49) Salad for Seniors (p. 53) Sit to Be Fit (p. 44) Summer Harm Reduction Outreach (p. 48) Summer 2026 Zumba Class (p. 44)</p>	<p>12 Community Beautification (p. 43) Couch to 5k (p. 44) Grief Recovery Group (p. 47) Safe Food Handling (p. 50) Summer Harm Reduction Outreach (p. 48) Summer Parenting Drop-In (p. 48) Tentewata:ton/Dedwadado Community Market (p. 54)</p>
<p>Couch to 5k (p. 44) 17</p>	<p>18 Bike the Rail Trail (p. 43) Salad for Seniors (p. 53) Sit to Be Fit (p. 44) Summer Harm Reduction Outreach (p. 48) Summer 2026 Zumba Class (p. 44)</p>	<p>19 Community Beautification (p. 43) Couch to 5k (p. 44) Grief Recovery Group (p. 47) Meal Prep Made Simple (p. 49) Summer Harm Reduction Outreach (p. 48) Summer Parenting Drop-In (p. 48) Tentewata:ton/Dedwadado Community Market (p. 54)</p>
<p>24 & 31: Couch to 5k (p. 44) 24/31 24: End of Summer Extravaganza (p. 39) 31: International Overdose Awareness Day (p. 39)</p>	<p>25 Bike the Rail Trail (p. 43) Salad for Seniors (p. 53) Sit to Be Fit (p. 44) Summer Harm Reduction Outreach (p. 48) Summer 2026 Zumba Class (p. 44) Youth Trip (p. 45)</p>	<p>26 Community Beautification (p. 43) Couch to 5k (p. 44) Grief Recovery Group (p. 47) Safe Food Handling (p. 50) Summer Harm Reduction Outreach (p. 48) Summer Parenting Drop-In (p. 48) Tentewata:ton/Dedwadado Community Market (p. 54)</p>

THURSDAY		FRIDAY		SATURDAY/SUNDAY	
					1
					2
<p>Ēdwtgáhnye:’ – We Will All Play (p. 44) 6 White Bison Wellbriety 12 Step Group (p. 48)</p>		<p>Couch to 5k (p. 44) 7 Relapse Prevention Planning (p. 47) Tai Chi (p. 45)</p>			8
					9
<p>Cooking Around the Fire (p. 39) 13 Ēdwtgáhnye:’ – We Will All Play (p. 44) White Bison Wellbriety 12 Step Group (p. 48)</p>		<p>Couch to 5k (p. 44) 14 Relapse Prevention Planning (p. 47) Tai Chi (p. 45)</p>			15
					16
<p>White Bison Wellbriety 12 Step Group (p. 48) 20</p>		<p>Couch to 5k (p. 44) 21 Relapse Prevention Planning (p. 47) Tai Chi (p. 45)</p>		<p>Field to Kitchen Seasonal Food Preservation: Tomato and Pepper Workshop (p. 49) 22</p>	
					23
<p>White Bison Wellbriety 12 Step Group (p. 48) 27</p>		<p>Couch to 5k (p. 44) 28 Relapse Prevention Planning (p. 47)</p>			29
					30





EVENTS & PROGRAMS (AUGUST)

NEW New Event
▲ Outdoor Event

Cooking Around the Fire ▲

DEPARTMENT OF WELL-BEING: ALLIED HEALTH, MATERNAL CHILD & YOUTH HEALTH

Come cook a delicious seasonal meal over the fire with us. **All ages.**

Dates: Thursday, August 13 | **Time:** 5-7pm

Location: Chiefswood Park – Upper Firepit (1037 Highway 54)

Registration Required: Sara | (548) 328-1362 | cyna2@sixnations.ca

End of Summer Extravaganza ▲

SOCIAL SERVICES: FAMILY GATHERINGS

Family Gatherings invites Six Nations Band members to attend our annual End of Summer Extravaganza – a day dedicated to enjoyable activities, including: face painting, games, interactive information booths, henna art, food, bouncy castles, and much more! This drop-in event requires child supervision and is free of charge. Additionally, it is an alcohol and substance-free zone. Giveaways & food will be available while supplies last. Activities are subject to change, follow us online for the latest updates & more: Six Nations Social Services, #SixNationsMatters. **All ages; Six Nations Band members**

Date: Monday, August 24 | **Time:** 11am-6pm | **Location:** Chiefswood Park (1037 Highway 54)

Contact: Family Gatherings | (519) 445-2565 | tiffanyelliott@sixnations.ca

International Overdose Awareness Day ▲

DEPARTMENT OF WELL-BEING: HARM REDUCTION OUTREACH TEAM

Raise awareness with us for International Overdose Awareness Day 2026. Join us for FREE food, LIVE music, information booths, lived experience speakers and so much more! **All ages.**

Date: Monday, August 31 | **Time:** 5-7:30pm | **Location:** Veterans Park (1799 Fourth Line)

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



LOOKING TO CONNECT with SIX NATIONS of the GRAND RIVER?

DOWNLOAD THE APP!



VISIT OUR WEBSITE:

www.sixnations.ca

FOLLOW US ONLINE!



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**

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





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



INSPIRE A LOVE OF READING

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

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

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



Six Nations Social Services
 Early Years & Child Care Services



[IMAGINATIONLIBRARY.COM/
 CA/AFFILIATE/ONFNSIXNATI
 ONS/](https://www.imaginationlibrary.com/ca/affiliate/onfnsixnations/)

Register Here:



Connect & Follow Us Online:
 #SixNationsMatters



GETTING ACTIVE/MOVEMENT (AUGUST)

NEW New Event
▲ Outdoor Event

Bike the Rail Trail (Hamilton to Port Dover) ▲

DEPARTMENT OF WELL-BEING: THERAPY SERVICES

Come out and bike the Hamilton to Port Dover Rail Trail. We will be dividing the 82km trail ride into sections – each will cover 15-20km return trip. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: Adults 18+; Community members looking to be more active in a supportive environment.**

Duration: Every Tuesday (June 2-August 25) | **Time:** 9-11am

Location: Various Locations (Provided weekly)

Registration Required (Max: 20): Julie | (519) 754-5730 | hpk8@sixnations.ca

Community Beautification ▲

DEPARTMENT OF WELL-BEING: THERAPY SERVICES

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

Duration: Every Wednesday (June 3-August 26) | **Time:** 9-10am

Location: Various Gardens in the Community (Provided via text or email)

Registration Required (Max: 25): Julie | (519) 754-5730 | hpk8@sixnations.ca



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. NEW LOCATION! See below. **Ages: Adults 18+; Individuals of all fitness levels welcome.**

Duration: Every Monday, Wednesday, Friday (May 25-September 6)*

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

***Holiday Date (No Program):** August 3

Location: Lloyd S. King Orange Track (659 New Credit Road)

Registration Required (Max: 30): Fawn | (519) 754-7930 | pota1@sixnations.ca

Ēdwatgáhnye:' – We Will All Play ▲

SOCIAL SERVICES: FAMILY WELL-BEING PROGRAM, FAMILY GATHERINGS & C&FS' SNAP PROGRAM

This zero cost, drop-in program supports Six Nations Band members by promoting engagement between parents or caregivers and their children, encouraging active participation & bonding. Light refreshments will be provided, while supplies last. Program subject to cancellation due to unfavourable weather. **All ages.**

Dates: Thursday, August 6 & 13 | **Time:** 1-3pm

Location: TBD (Follow us on Facebook & Instagram for updates and details)

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

Sit to Be Fit

DEPARTMENT OF WELL-BEING, THERAPY SERVICES

Designed to maintain function and total body strength to help prevent falls. This is a free 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+; Individuals looking to maintain function and total body strength while seated.**

Duration: Every Tuesday (June 2-August 25) | **Time:** 2-3pm

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

Registration Required (Max: 25): Julie | (519) 754-5730 | hpk8@sixnations.ca

Summer 2026 Zumba Classes

DEPARTMENT OF WELL-BEING: HEALTH PROMOTION

Zumba is a high-energy dance fitness program that combines aerobic exercise with fun, music-driven choreography. **Ages: 18+; Suitable for all fitness levels.**

Duration: Every Tuesday (July 7-August 25) | **Time:** 5-6pm

Location: Odrohekta'geh (1676 Chiefswood Road) | **Registration Opens:** June 1

Registration Required (Max: 20): Jenny | (519) 754-5826 | chhlc@sixnations.ca

NEW Tai Chi

DEPARTMENT OF WELL-BEING: HEALTH PROMOTION

Tai Chi is a Chinese martial art that combines slow, flowing movements, and meditative focus to promote physical and mental health. **Ages: 18+; All fitness levels welcome.**

Duration: Every Friday (July 3-August 21) | **Time:** 8-9am

Location: Odrohekta'geh (1676 Chiefswood Road) | **Registration Opens:** June 1

Registration Required (Max: 15): Jenny | (519) 754-5826 | chhlc@sixnations.ca

Youth Trip ▲

PARKS & RECREATION

Youth trip to Canada's Wonderland! **Ages: 12-18.**

Date: Tuesday, August 25 | **Time:** 9am-8pm | **Transportation:** Provided

Location: Canada's Wonderland (1 Canada's Wonderland Drive, Vaughan)

Registration Required (Max: 20): Emerson | (519) 445-4311 | recprograms@sixnations.ca

Registration Opens: August 3



TENTEWATÁ:TON/DĖDWADADQ COMMUNITY MARKET

**WEDNESDAYS
12 - 5 PM**

Everyone welcome!

ODROHEKTA'GEH
(1676 Chiefswood Road)



HOW WELL... IS YOUR WELL?

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

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

The following are types of bacteria that act as indicators and help determine if water is safe for drinking:

Coliform bacteria is present in animal waste and sewage, but may also be found in soil and vegetation. Therefore, these bacteria may originate from septic systems leachate, animal manure, or soil run-off.

E. coli (Escherichia coli) are bacteria found in the intestinal tract of people and animals. Therefore, its presence in water would indicate recent sewage contamination. E.coli and other types of bacteria found in sewage may cause disease.

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

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

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

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



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



COMMUNITY SUPPORTS (AUGUST)

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+**

Duration: Every Wednesday (August 5-October 7) | **Time:** 6:30-8:30pm

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

Registration Required (Max: 10): Sage | (519) 445-2143 | mhaiw@sixnations.ca

Relapse Prevention Planning

DEPARTMENT OF WELL-BEING: MENTAL HEALTH & ADDICTIONS

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

Duration: Every Friday (August 7-October 9) | **Time:** 6:30-8:30pm

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

Registration Required (Max: 10): Sage | (519) 445-2143 | mhaiw@sixnations.ca

Registration Opens: February 1 (Maximum: 10)



LOOKING TO CONNECT with SIX NATIONS of the GRAND RIVER?

DOWNLOAD THE APP!



VISIT OUR WEBSITE:

www.sixnations.ca

FOLLOW US ONLINE!



NEW Summer Harm Reduction Outreach

DEPARTMENT OF WELL-BEING: MENTAL WELLNESS

Our Harm Reduction Outreach vehicle (pictured on page 11) is hitting the road this summer! Please watch for us throughout the community and give us a wave. We'll be stocked with coffee, cold drinks, snacks, harm reduction items, and connections to community supports. **All ages.**

Duration: Every Tuesday and Wednesday (Starting June) | **Time:** 4-7pm

Location: Around the Community (Six Nations of the Grand River)

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

Summer Parenting Drop-In

SOCIAL SERVICES: CHILD & FAMILY SERVICES' FAMILY SUPPORT UNIT

Join us every Wednesday in July and August from 5-7pm (virtual) for a relaxed, drop-in parenting support space. Whether you're looking to talk through challenges, get advice, or simply connect with other parents, this is a judgment-free zone. This group is guided using strategies from the Triple P: Positive Parenting Program, an evidence-based approach that supports building strong, healthy relationships with your children and managing everyday parenting challenges. Registration is required to receive the access link, but there is no on-going commitment – just real support when you need it most! Topics will be guided by participants and helpful resources will be shared each session. **All ages; Parents & caregivers.**

Duration: Every Wednesday (July-August) | **Time:** 5-7pm | **Location:** Virtual

Registration Required (Max: 8): Ashten | (519) 757-9143 | ashtenivany@sixnations.ca

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+**

Duration: Every Thursday (August 6-October 8) | **Time:** 6:30-8:30pm

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

Registration Required (Max: 10): Sage | (519) 445-2143 | mhaiw@sixnations.ca





WORKSHOPS & CLASSES (AUGUST)

NEW New Event

▲ Outdoor Event

NEW Field to Kitchen Seasonal Food Preservation: Tomato & Pepper Workshop

DEPARTMENT OF WELL-BEING: ALLIED HEALTH SERVICES

Grow your confidence in preserving seasonal produce to be able to enjoy it year-round by joining us for this in-person food preservation workshop focusing on tomatoes and peppers. The class will provide a chance to learn through observation and discussions how to safely preserve tomatoes and peppers using water bath canning and quick pickling methods. Each participant will also have a spot reserved for our annual tomato and pepper pick to be able to use the knowledge gained to preserve tomatoes and peppers at home. Limited spots available! **Ages: Adults 18+**

Date: Saturday, August 22 | **Time:** 10am-1pm

Location: White Pines Wellness Centre – Kitchen (1745 Chiefswood Road)

Registration Required (Max: 20): Shannon | (519) 754-7405 | hpcd@sixnations.ca

Meal Prep Made Simple

DEPARTMENT OF WELL-BEING: ALLIED HEALTH SERVICES

Grow your confidence in meal planning and preparation by joining us for this in-person batch cooking and meal preparation class. The class provides a hands-on learning opportunity to gain knowledge and strengthen skills, including exposure to a variety of cooking techniques, food safety and safe food storage information, and learning how to reduce food waste by using ingredients to their full potential. Limited spots available! **Ages: Adults 18+**

Dates: Wednesday, August 19 | **Time:** 5:30-7:30pm | **Transportation:** Contact to Inquire

Location: White Pines Wellness Centre – Kitchen (1745 Chiefswood Road)

Registration Required (Max: 15): Shannon | (519) 754-7405 | hpcd@sixnations.ca

Plant-Based Eating Cooking Class

DEPARTMENT OF WELL-BEING: ALLIED HEALTH SERVICES AND CHILD & YOUTH HEALTH

Explore plant-based eating by joining us for this in-person cooking class. The class provides a hands-on learning opportunity to gain knowledge and strengthen cooking skills to prepare plant-based foods that are flavourful, budget-friendly, and contain key nutrients to support health. Limited spots available! **Ages: Adults 18+**

Dates: Tuesday, August 11 | **Time:** 11am-12:30pm | **Transportation:** Contact to Inquire

Location: White Pines Wellness Centre – Kitchen (1745 Chiefswood Road)

Registration Required (Max: 8): Shannon | (519) 754-7405 | hpcd@sixnations.ca



Safe Food Handling

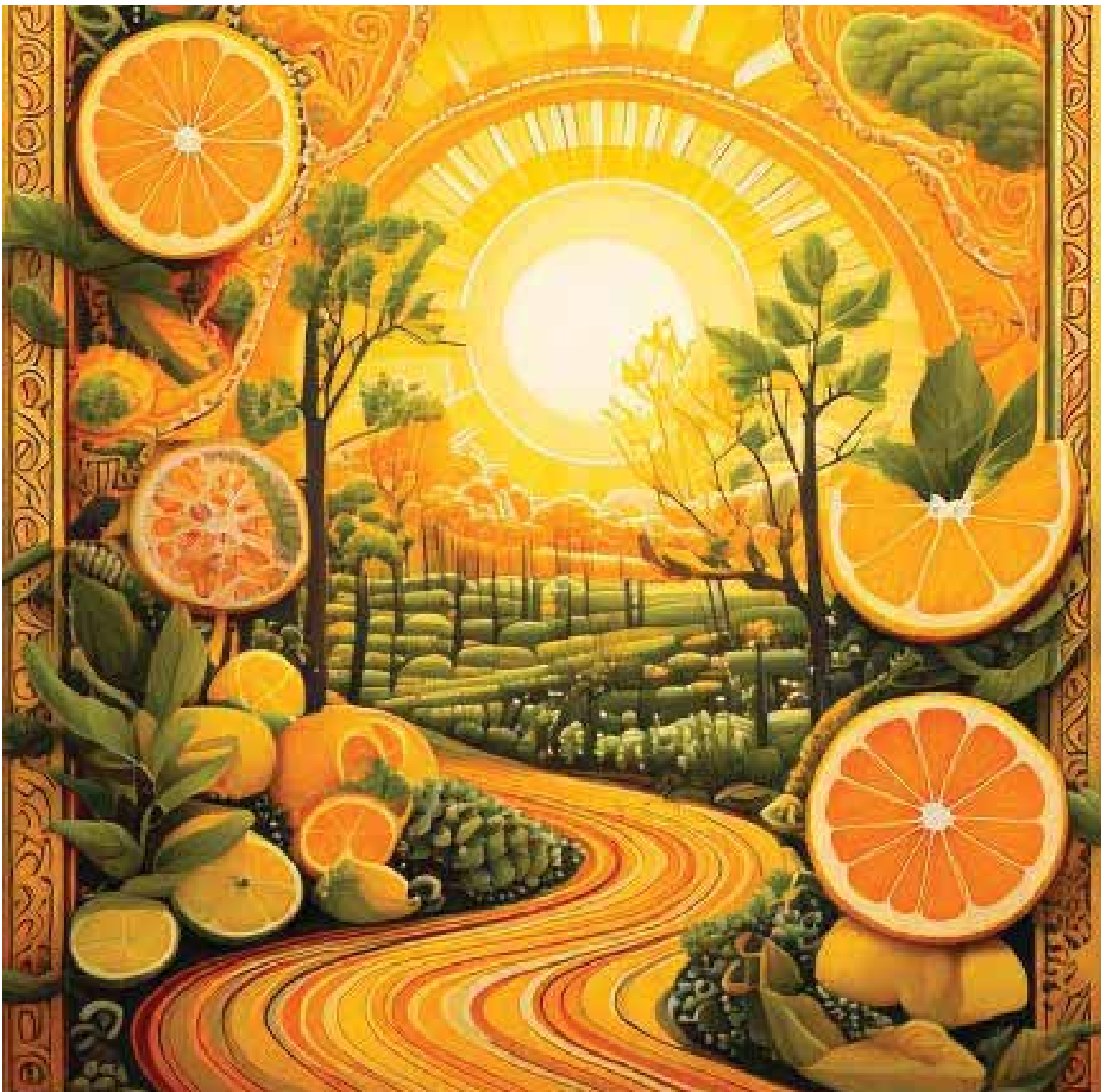
DEPARTMENT OF WELL-BEING: HEALTH PROMOTION

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, August 12 & 26 | **Time:** 8:30am-5pm





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

Registration Required (Max: 24): Michelle | (519) 445-2809 | michellejamieson@sixnations.ca





MULTI-DAY/ONGOING EVENTS & PROGRAMS

-  Events & Programs
-  Getting Active/Movement
-  Community Supports
-  Workshops & Classes

Camp Ia:iak

SOCIAL SERVICES: CHILD & FAMILY SERVICES, PRIMARY PREVENTION SERVICES

Join us for a jam-packed summer of fun, crafts, activities, sports trips, and more! Five weekly sessions available based on participant's age. Status card required for registration. Please note that voicemails will not be accepted for registration.

Ages: 6-8 (Option 1) | **Dates:** July 20-24 | **Time:** 8:30am-4pm

Ages: 6-8 (Option 2) | **Dates:** August 10-14 | **Time:** 8:30am-4pm

Ages: 9-10 (Option 1) | **Dates:** July 27-31 | **Time:** 8:30am-4pm

Ages: 9-10 (Option 2) | **Dates:** August 17-21 | **Time:** 8:30am-4pm

Ages: 11-13 | **Dates:** August 4-7 | **Time:** 8:30am-4pm

Location: Dajoh Sports Den (1738 Fourth Line) | **Registration Opens:** June 19

Registration Required: Shaina | (519) 445-2950 | cfppw19@sixnations.ca

NEW Changing Your Relationship with Anxiety: Finding Calm, Meaning, and a Different Way Forward

SOCIAL SERVICES: CHILD & FAMILY SERVICES' CLINICAL SERVICES UNIT

This group offers an alternative approach to anxiety by focusing on changing one's relationship with it rather than eliminating symptoms. Participants will explore how anxiety functions, learn to step back from overwhelming thoughts, and cultivate curiosity, creativity, and engagement in life. Through discussion and experiential exercises, the group supports greater awareness, reduced struggle with anxiety, and connection to meaningful, joyful aspects of daily living. **Ages: 16+; Six Nations Band members.**

Duration: Every Monday (June 8-July 13)* | **Time:** 9-9:45am

***Holiday Date (No Program):** June 22 | **Location:** Virtual

Contact: Chantal | (519) 751-6778 | cblackshaw@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

Egowadiya'dagenha Akenha'kè:ne Summer Program ▲

DEPARTMENT OF WELL-BEING: MENTAL WELLNESS/ MENTAL WELLNESS/EGOWADIYA'DAGENHA'

A summer program that strives to strengthen identity by connecting participants to land, culture, and community. **Ages: Adults 18+; Those living with mental health concerns and in the maintenance stage of substance use.**

Duration: Every Monday-Thursday (June 8-August 13)* | **Start Time:** 9am-3pm

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

Location: Land Based Healing Centre (727 Third Line) | **Transportation:** Available Upon Request

Registration Required (Max: 15): Chelsie | (519) 445-1664 | mhcm8@sixnations.ca

NEW Energy Field Trip & Retreat ▲

PUBLIC WORKS: ENERGY

A 4-day energy camp program/retreat that takes place at Riverstone education campus in Durham, Ontario the week of August 17-21. All meals, accommodations and activities are included. We ask anyone who is interested to submit in writing why they would be a good fit for this experience. **Ages: 12-15**

Duration: Monday-Friday (August 17-21) | **Time:** 9am-7pm (Overnight)

Transportation: Provided | **Location:** Riverstone Campus (233639 Concession 2, Durham)

Registration Required (Max: 14): Crystal | (519) 445-4242 | crystalcampbell@sixnations.ca

Registration Opens: June 1

Onkwehon:we Health Check-in

DATA, ANALYTICS & INSIGHTS: ONKWEHON:WE HEALTH CHECK-IN

Six Nations Community Health Survey – Take part in a community health survey to help us better understand the health status of our community by surveying 1,000 community members! **Ages: 16+**

Duration: Monday-Friday (Until March 31, 2027)* | **Time:** 9am-3pm

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

 Events & Programs

 Community Supports

 Getting Active/Movement

 Workshops & Classes

Location: Iroquois Plaza Office Suites (1721 Chiefswood Road)

Contact: Jane | (519) 751-9671 | chsol@sixnations.ca

Salad for Seniors ▲

DEPARTMENT OF WELL-BEING: ALLIED HEALTH

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

Ages: Seniors 55+

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

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

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

School Readiness

DEPARTMENT OF WELL-BEING: CHILD & YOUTH HEALTH

A 2-week program that will help prepare children for Kindergarten by learning about routines, transitions, name recognition, centres, and fine motor skills. **Ages:** Children 3-5.

Duration: Monday-Friday (July 20-July 31) | **Time:** 8:30am-12pm

Location: TBD (More information to follow)

Registration Required: Victoria | (519) 445-4983 | cyecd6@sixnations.ca

Summer Day Camps ▲

SOCIAL SERVICES: KANIKONRIIO (GOOD MIND) CHILD & YOUTH PROGRAM

Join us for summer fun & activities at our 5 individual week-long (Monday-Friday) Summer Camps we have available! Each camp has been curated for Six Nations youth of specified age groups, see more information below. Registration will take place in-person on June 9 from 5-7pm at the Stoneridge Auxiliary Parking Lot (1581 Onondaga Road). Status cards are required for registration. Trips & activities subject to change. Zero cost.

Fun in the Sun: Children will enjoy crafts and other outdoor fun and activities, including a final trip to the zoo! **Ages:** 6-8 | **Dates:** July 13-July 17 | **Time:** 8:30am-4pm

Wildlife & Games: Children aged 9-10 will engage in outdoor games, crafts, and trip to the zoo! **Ages:** 9-10 | **Dates:** July 20-July 24 | **Time:** 8:30am-4pm

Splash & Create: Children can look forward to creating crafts and other outdoor activities and water fun, including a trip to Bingemans! **Ages:** 6-10 | **Dates:** July 27-31 | **Time:** 8:30am-4pm

Nature Adventure: Children will spend their time enjoying outdoor activities, the petting zoo, and a final trip to TreeTop Trekking. **Ages:** 6-8 | **Dates:** August 17-21 | **Time:** 8:30am-4pm

Growing Forward: Children aged 9-10 will learn about land-based teachings with a final trip to Wild Water Works! **Ages:** 9-10 | **Dates:** August 23-28 | **Time:** 8:30am-4pm

Drop-Off Location: Second Floor (18 Stoneridge Circle) | **Registration Required:** See above

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

Summer Sports Camp

PARKS & RECREATION

Join our Summer Sports Camp held at the Dajoh Youth & Elders Centre! **Ages: 7-12.**

Duration: Monday-Friday (June 6-August 21) | **Time:** 9am-3pm

Location: Dajoh Youth & Elders Centre (1738 Fourth Line)

Registration Required (Max: 15): Emerson | (519) 445-4311 | recprograms@sixnations.ca

Registration Opens: June 1

Tentewatá:ton Dędwadado Community Market

DEPARTMENT OF WELL-BEING: ALLIED HEALTH

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

Duration: Every Wednesday (Holiday Date: July 1) | **Time:** 12-5pm

Location: Odrohekta'geh (1676 Chiefswood Road)

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

Two Row on the Grand Youth Summer Camp ▲

DEPARTMENT OF WELL-BEING: CHILD & YOUTH HEALTH

Allowing youth the opportunity to paddle on the Grand, connect with teachings about the two-row wampum, and to engage in cultural and outdoor activities. Breakfast, lunch, and snacks will be provided! **Ages: 12-17.**

Duration: Monday-Friday (August 10-14) | **Time:** 8:30am-3:30pm

Location: Chiefswood Park (1037 Highway 54)

Registration Required (Max: 40): Amy | (548) 328-3463 | cycm8@sixnations.ca

Youthful Life & Land Teachings ▲

SOCIAL SERVICES: KANIKONRIIO (GOOD MIND) CHILD & YOUTH PROGRAM – CHILDREN'S MENTAL HEALTH & ADDICTIONS WORKER AND INDIGENOUS COMMUNITY WORKER

Inviting Six Nations youth ages 12-17 to 4 days of fun and traditional learning. Activities will include: budgeting and meal preparation, a visit to 13 Moons Land-Based Learning in Southwold which will allow youth to explore land-based cooking, land stewardship, bush craft, and cultural teachings. The program ends with a trip to Bingemans Amusement Centre. Registration will take place in-person on June 9 from 5-7pm at Stoneridge Auxiliary Parking Lot (1581 Onondaga Road). Status card and health card required for registration. Spaces limited. **Ages: 12-17; Six Nations youth with status cards.**

Dates: Tuesday, August 4-Friday, August 7 | **Time:** 8:30am-3:30pm

Drop-Off Location: Second Floor (18 Stoneridge Circle) | **Registration Required:** See above

Contact: Ronnie | (519) 717-4306 | ylpcmhaw@sixnations.ca



SIX NATIONS COMMUNITY CONNECT

Together, Building a Safer Community
Through Prevention, Preparedness & Response.



Community
Connect



CREATE YOUR PROFILE TODAY

by scanning the QR code above!

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Sign in for free and get started doing your part. It 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

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.



HOW SECURE IS MY DATA AND HOW IS IT DATA?

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 into the Community Connect.



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