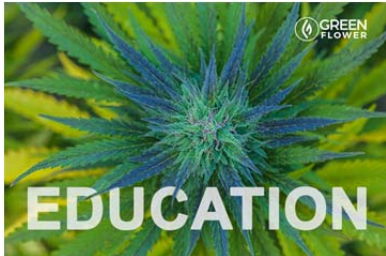




# SIX NATIONS TOILET TALK

Six Nations Community Services and the Six Nations Elected Council, Community Collaboration Committee are working together to raise awareness, educate, and help our community. Along with your help we can win the fight against community issues, including: bullying, suicide, and substance abuse. You can make all the difference!



## JUST SAY KNOW!



- ❖ Breastfeeding is the healthiest choice for babies
- ❖ THC passes into breastmilk and is stored for weeks in the fat cells & brain cells of babies  
(Best Start, 2017)

## COMMUNITY HELP

Crisis Line 519-445-2204  
 Mental Health & Addictions Team 519-445-2947  
 Child & Family 519-445-0408  
 Ganohkwasra 519-445-4324  
 Food Bank 519-771-0025  
 Kids Helpline 1-800-668-6868

# CANNABIS

*IF YOU CHOOSE TO USE,  
LOWER YOUR RISK.*

### Know Your Cannabis

- Different levels of Cannabinoids found in Cannabis affect its potency.

### Age Matters

- Under 25, your brain is still growing. Cannabis use can have long-lasting, damaging effects.

### When to Say Pass

- If you are living with Mental Health issues, responsible for the safety of others, pregnant or breastfeeding, it's best to say No!

### Hand Over the Keys

- Driving high puts you, and others in danger. Impaired driving, is impaired driving.

### All Things in Moderation

- Start low and go slow. Limit to occasional use. Daily use can increase health and social problems.



Six Nations Elected Council - Community Collaboration Committee  
**YOU CARE, WE CARE, SIX NATIONS CARES!**

519-445-2201

