“They say when the corn is planted and an old spirit is with them helping – that the corn gets braided for the old spirit to be set at the top of that stock. It’s a new beginning. To find one is great. To find lots is something special.”
MESSAGE FROM THE 58TH ELECTED CHIEF

As the seasons continue to change, so do the activities that we can engage in. The Six Nations Health Services Leisure Guide Winter Edition 2020 outlines a number of activities and events you can get involved in. It is your guide to living a healthy, active and fulfilling winter. We encourage you to be active and to sign up and try something new or continue doing something that you already love. Not only will these activities be good for your overall health, they will give you an opportunity to have some fun with other community members.

As we journey through our path to recovery from the COVID-19 Pandemic, please ensure participation of activities is done so safely. While following the core health principles to Protect Our People:

1. Stay home when ill even with mild symptoms;
2. Maintain physical distance from others outside your immediate household;
3. Wash hands regularly with soap and water or use alcohol-based hand sanitizer;
4. Wear a face covering when in public places;
5. Clean/disinfect commonly touched or high traffic surfaces constantly at home and work.

I would also like to thank and commend the Six Nations Health Services staff for their fine work in planning and running these activities. Your knowledge and capacity are valued assets for our community that we are all thankful for.

58th Elected Chief Mark B. Hill, Six Nations of the Grand River (SNGR)
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## Winter 2021 Events Calendars

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## Community & Annual Events

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VIRTUAL PROGRAMMING

Shekon Six Nations Community;

In these current times we are working hard to continue to provide the Six Nations community with programs, services and activities while still adhering to all Covid-19 guidelines.

Six Nations of the Grand River departments and teams are working on how we are providing these programs and services and will be offering each; face to face programs with physical distancing, virtual programs using platforms such as Zoom and door dropped kits that allow families to participate at their own pace without needing technology.

Zoom is a program that allows us to gather online. This allows participants to be able to interact with the presenter with the option of using video and/or micro-phone on their device. You’ll need internet (data) access and a device like a phone, laptop or tablet to be able to participate.

Please enjoy all up-coming programming and lets all help each other stay strong and stay well.
SIX NATIONS CANADA
PRENATAL NUTRITION PROGRAM

“Improved health of mothers and infants”

The CPNP aims to help mothers make wise decisions during pregnancy and motherhood.

It is available to pregnant moms, breastfeeding & non-breastfeeding moms, infants, and supporting family and friends.

On your first visit you get a nutritious food basket!

Call 519-445-4779 today to book an appointment or email prenatal@sixnations.ca to see how we can help you and your baby!
Growing the Edwadekon:ni Bag to a Weekly Market

Tentewatá:ton
den-day-wa-DA-doon “we will trade with each other”

Dędwadadą’
dan-dwa-da-doh “we all will trade”

Per bag-Exact change is NEEDED

$10.00

Wednesdays
from 3:00-7:00 pm

Held at the community garden in Ohsweken, at the end of Sunrise Court. Drive-through style, drop off your $10.00 and grab your pre packaged bag. No calling in. While supplies last.

For more information please call 519-445-2809

COVID-19 guidelines will be followed
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.

• The goal of Jordan’s Principle is to meet the needs of First Nations children and youth as well as to fill any service gaps.

Updates

• The Anderson family has requested that we say “Jordan’s Principle” as opposed to “JP” to continue honoring Jordan River Anderson and his legacy.

• COVID-19 has impacted many of our lives and we understand that this may have caused great stress. If this is the case for your family, please connect with our navigators, there may be some way that we can help!

• If your child(ren) are in need of childcare, technology or other supports due to school/daycare closures please give us a call, we would be happy to assist you.

• Winter can be a difficult time of year, if you or someone you know is experiencing hardship please reach out!
SIX NATIONS OF THE GRAND RIVER

COVID-19 HOTLINE
& Assessment Centre

CALL-IN CENTRE ONLY
In-Home Testing Available

1-855-977-7737
OR
226-446-9909

HOTLINE # FOR COVID-19 QUESTIONS

To Reduce Over Crowding & Safeguard the
Community Strict By Appointment ONLY
Rule In Full Effect

Hotline # is for general questions regarding
COVID-19. Anyone exhibiting new or worsened
symptoms are still instructed to call
Ohsweken Public Health at 519-445-2672

JOIN US ONLINE!

FAMILY GATHERINGS
& EARLYON PRESENT
DAILY VIDEOS WITH PROGRAMMING
SUITED FOR THE ENTIRE FAMILY!

• Crafts for kids
• Fun activities
• Favourite recipes
• Youth programs
• Parent programs
• Educational tools
• Language resources
• & more!

Find the Urban site on YouTube:
EarlyON Brantford-Brant

Find the on-reserve site on YouTube:
Gahwajiya:de' Detenatgwa'ta' Family Gatherings

OR find us on Facebook: @SixNationsFamilyGatherings
Social Services Programs

Children’s Mental Health Workers, School Social Workers, and Youth Life Promotion Advisors are available for individual support and programming all year long!

**STAFF CONTACT INFORMATION**

<table>
<thead>
<tr>
<th>Name and Program</th>
<th>Phone</th>
<th>Email</th>
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<tr>
<td><strong>Children’s Mental Health</strong></td>
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<tr>
<td>Ashley Cooke</td>
<td>519-732-0448</td>
<td><a href="mailto:acooke@sixnations.ca">acooke@sixnations.ca</a></td>
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<tr>
<td><strong>Youth Life Promotion</strong></td>
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<tr>
<td>Chelcee Staats</td>
<td>519-732-9863</td>
<td><a href="mailto:chelceestaats@sixnations.ca">chelceestaats@sixnations.ca</a></td>
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<tr>
<td>Roger Vyse</td>
<td>519-750-3067</td>
<td><a href="mailto:rogervyse@sixnations.ca">rogervyse@sixnations.ca</a></td>
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<tr>
<td><strong>School Social Workers</strong></td>
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<tr>
<td>J.C. Hill</td>
<td>519-761-9435</td>
<td><a href="mailto:chelseagabriele@sixnations.ca">chelseagabriele@sixnations.ca</a></td>
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<tr>
<td>Chelsea Gabriele</td>
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<tr>
<td>Debora Martin</td>
<td>519-761-9437</td>
<td><a href="mailto:deboramartin@sixnations.ca">deboramartin@sixnations.ca</a></td>
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<tr>
<td><strong>Jamieson</strong></td>
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<tr>
<td>Kayla Twyne</td>
<td>519-761-9413</td>
<td><a href="mailto:kaylatwyne@sixnations.ca">kaylatwyne@sixnations.ca</a></td>
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<tr>
<td><strong>I.L. Thomas</strong></td>
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<tr>
<td>Kierra VanSickle</td>
<td>519-761-9429</td>
<td><a href="mailto:kvansickle@sixnations.ca">kvansickle@sixnations.ca</a></td>
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<tr>
<td><strong>Emily C. General</strong></td>
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<tr>
<td>Soren Michelsen</td>
<td>519-761-9415</td>
<td><a href="mailto:smichelsen@sixnations.ca">smichelsen@sixnations.ca</a></td>
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We are available Monday to Friday between 8:30am-4:00pm for children and youth aged 0-18.

If you are experiencing a crisis outside of these hours, you can call Six Nations Crisis Services at (519) 445-2204 or toll free at 1-866-445-2204.

**Services and Programs We Offer**:  
- One-on-one support for children, youth, and their families  
- Crisis support and referrals  
- Cultural, language-based, and land-based activities  
- Presentations about healthy relationships and healthy development  
- Positive mental health promotion  
- Social and skills building programs  
- Community events and engagement

**In response to COVID-19, programs and services are offered virtually, individually or in small supervised groups, outdoors, with physical distancing procedures, increased sanitization, pre-attendance screening, and personal protective equipment requirements as applicable. Please contact your worker for more details.**

Follow us on Facebook: https://www.facebook.com/SixNationsYouthLifePromotion/
## January 2021 Programs

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<th>MONDAY</th>
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<td>• Second Wind</td>
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<td>• Virtual Group Triple P Level 4</td>
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<td>• Books &amp; Beyond Book Club</td>
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Legend:
- Community Events
- Workshops & Cooking Classes
- Getting Active/Movement
- Community & Outdoor Activities
- Support Groups
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| • Ohahase "New Path" Program  
• Second Wind  
• Healthy Active Lifestyles  
• AquaFIT  
• Campfire Stories | • Virtual Group Teen Triple P  
• Arthritis Class  
• Discover Six Nations Authors  
• Stories Around the Fire  
• Community Beautification  
• Virtual Shake & Scribble | • Virtual Group Triple P Level 4  
• Ohahase "New Path" Program  
• Second Wind  
• Healthy Active Lifestyles  
• Books & Beyond Book Club |
| 8      | 9       | 10        |
| • Valentines Literacy Kits  
• Ohahase "New Path" Program  
• Second Wind  
• Healthy Active Lifestyles  
• AquaFIT  
• Campfire Stories | • Virtual Tea & Craft  
• Virtual Group Teen Triple P  
• Virtual Shake & Scribble  
• Arthritis Class  
• Discover Six Nations Authors  
• Stories Around the Fire  
• Community Beautification | • Picky Eaters Caregiver Info Session  
• Virtual Group Triple P Level 4  
• Ohahase "New Path" Program  
• Second Wind  
• Healthy Active Lifestyles  
• Equipment Service Clinic  
• Books & Beyond Book Club |
| 15     | 16      | 17        |
| **Family Day**  
• Ohahase "New Path" Program | • Virtual Group Teen Triple P  
• Arthritis Class  
• Discover Six Nations Authors  
• Stories Around the Fire  
• Community Beautification  
• Virtual Shake & Scribble | • Sewing Butterfly/Fairy Wings  
• Virtual Group Triple P Level 4  
• Ohahase "New Path" Program  
• Second Wind  
• Healthy Active Lifestyles  
• Books & Beyond Book Club |
| 22     | 23      | 24        |
| • Meal Preparation Series 2  
• Ohahase "New Path" Program  
• Second Wind  
• Healthy Active Lifestyles  
• AquaFIT  
• Campfire Stories | • Family Batch Cooking  
• Virtual Group Teen Triple P  
• Arthritis Class  
• Discover Six Nations Authors  
• Stories Around the Fire  
• Community Beautification  
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• Books & Beyond Book Club |
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# March 2021 Programs

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>Virtual Group Teen Triple P</td>
<td>• Virtual Group Triple P Level 4</td>
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<td>• Arthritis Class</td>
<td>• Ohahase &quot;New Path&quot; Program</td>
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<td>• Discover Six Nations Authors</td>
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<td>• Virtual Shake &amp; Scribble</td>
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<td>• Ohahase &quot;New Path&quot; Program</td>
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| • Plant-Based Eating  
• Virtual Co-parenting Group  
• Wellbriety Group  
• Lil Miss Empowerment  
• Virtual Infant Series  
• Weekly Virtual Exercise Class | • Relapse Prevention Program  
• Arthritis Class | |
| **11**   | **12** | **13**          |
| • Virtual Tea & Craft  
• Kids Cooking  
• Youth Outdoor Cooking  
• Edwadekon:ni  
• Wellbriety Group  
• Lil Miss Empowerment  
• Virtual Infant Series  
• Weekly Virtual Exercise Class  
• Virtual Story Time | • Relapse Prevention Program  
• Arthritis Class  
• Zoom Bingo  
• Family Game Night | |
| **18**   | **19** | **20**          |
| • March Break Cooking & Activity Camp  
• Wellbriety Group  
• Lil Miss Empowerment  
• Virtual Infant Series  
• Weekly Virtual Exercise Class  
• Family Outdoor Movement Hour | • March Break Cooking & Activity Camp  
• Relapse Prevention Program  
• Arthritis Class | |
| **25**   | **26** | **27**          |
| • Virtual Tea & Craft  
• Junior Cooking  
• Breastfeeding Social Group  
• Wellbriety Group  
• Lil Miss Empowerment  
• Virtual Infant Series  
• Weekly Virtual Exercise Class  
• Virtual Story Time | • Relapse Prevention Program  
• Arthritis Class | |
| **28**   |        |                 |
## April 2021 Programs

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<td>- Weekly Virtual Exercise Class</td>
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Have you had a fall or are you scared of falling?

Join us for the Falls Prevention program this winter

<table>
<thead>
<tr>
<th>The Facts:</th>
<th>Falls are Preventable</th>
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<tbody>
<tr>
<td>• Falls are the leading cause of injury among older Canadians.</td>
<td>By maintaining your Strength, Balance and Mobility, you can help reduce your risk of falling.</td>
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<td>• 50% of falls causing hospitalization happen at home.</td>
<td>(Public Health Agency of Canada)</td>
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Other Program for Falls Prevention:

- Arthritis class
- Aqua Fit
- Zoom Fitness class

For more information on Falls Prevention Programs please call (519) 445-4779

Six Nations Health Services

SIX NATIONS OF THE GRAND RIVER
Dream/Vision Boards
Make your dreams and goals a reality. Create a board that you can visually see to accomplish your dreams and goals. **Ages 14+. Registration starts January 4, 2021.**

**Date:** Thursday, January 12, 2021  
**Time:** TBD  
**Location:** TBD  
**Call to Register:** Family Gatherings | (519) 445-2565

Valentines Zoom Dance Party  *VIRTUAL*
Semi-formal Valentines Dance, get dressed up. **All Ages. Registration starts January 11, 2021.**

**Date:** Friday, February 12, 2021  
**Time:** 10:30am  
**Location:** Your home  
**Call to Register:** Family Gatherings | (519) 445-2565

Planting Supply Drive Thru at the Garden  *NEW*
Let’s get our seedlings started so we are ready for planting time! We will have a planting kit ready for drive thru pickup at the community garden. Instructions, soil, seeds, planting tray and pots. You will drive thru and pick up your kit, take it home and plant your seeds to watch them grow into seedlings ready for your garden space when the weather changes. **Ages: Adults & Families.**

**Date:** Monday, March 1, 2021  
**Time:** 11:00am - 4:00pm  
**Location:** Community Garden [end of Sunrise Court]  
**Call for Info:** Health Promotions | (519) 445-2809

We Never Know the Worth of Water til the Well is Dry
World Water Day is on March 22, 2021. We want to share with the community how water is vital to our well-being. It is an essential nutrient, if there was no water there would be no life on Earth. Water is one of the valuable and indispensable resources; it plays a key role in the human body. We can survive up to several weeks without food, but only a few days without water We are providing an information package for those interested for World Water Day. Come and pick up your package and receive a Special Water Day Giveaway Prize. **All Ages.**

**Date:** Monday, March 22, 2021  
**Time:** 10:00am - 2:00pm  
**Location:** White Pines Wellness Centre [Parking Lot]  
**Call for Info:** Health Promotions | (519) 445-2809

Put Waste in the Right Place | Got Pollution be the Solution Campaign  *VIRTUAL*
We will be doing a countdown to Earth Day 2021 from April 1-22. This campaign will include a 4-week series of virtual events. Each week will have a new campaign that you can participate in and win prizes. This will be a photo submission series on how you are recycling and doing your part for Earth Day. Watch for details on healthy6nay starting in March. **All Ages.**

**Date:** Campaign 1: March 29-April 2, Campaign 2: April 5-9, Campaign 3: April 12-16, Campaign 4: April 19-22  
**Time:** 8:30am - 4:00pm  
**Call for Info:** Health Promotions | (519) 445-2809
WORKSHOPS & COOKING CLASSES

Virtual Tea & Craft  *VIRTUAL*
Join us on Zoom once to twice a month for an opportunity to make a craft, try new tea and to chat while being in the comfort of your own home. Ages 16+.

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<th>Craft</th>
<th>Dates</th>
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<th>Registration Dates</th>
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<tbody>
<tr>
<td>Rabbit Fur Mitts</td>
<td>January 14 &amp; 21, 2021</td>
<td>10:00am - 12:00pm</td>
<td>January 4 - 13, 2021</td>
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<td>Moccasins</td>
<td>February 9 &amp; 11, 2021</td>
<td>5:00pm - 7:00pm</td>
<td>February 1 - 8, 2021</td>
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<td>Spring Wreath</td>
<td>March 11, 2021</td>
<td>10:00am - 12:00pm</td>
<td>March 1 - 24, 2021</td>
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<td>Crocodoodle</td>
<td>March 25, 2021</td>
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<td>Corn Husk Keychain</td>
<td>April 12, 2021</td>
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<td>Beaded Earrings</td>
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Contact: Life Promotions-Health Promotions | jadejohnson@sixnations.ca or aharrison@sixnations.ca

Sewing Super Hero Capes  *VIRTUAL*
Receive a kit to sew your own super hero cape! Ages 10+. Registration starts January 5, 2021

Dates: Thursday, January 14, 2021
Location: TBD
Time: TBD
Call for Info: Family Gatherings | (519) 445-2565

Valentines Literacy Kits  *VIRTUAL*
Create stories and use your imagination with these Literacy Kits! Ages 6-12. Registration starts February 1, 2021.

Dates: Monday, February 8, 2021
Location: TBD
Time: TBD
Call for Info: Family Gatherings | (519) 445-2565

Sewing Butterfly/Fairy Wings  *VIRTUAL*
Receive a kit to sew your own butterfly/fairy wings at home! Ages 10+. Registration starts February 8, 2021.

Dates: Wednesday, February 17, 2021
Location: TBD
Time: TBD
Call for Info: Family Gatherings | (519) 445-2565
Easter Literacy Kits  *VIRTUAL*
Create stories and use your imagination with these Literacy Kits! Ages 6-12. Registration runs from February 15-19, 2021.

**Dates:** Monday, March 22, 2021  
**Location:** TBD  
**Time:** TBD  
**Call for Info:** Family Gatherings | (519) 445-2565

**Ogwakwi:yo**
A free 5 week series that encourages healthy living. Ogwakwi:yo will help to strengthen nutrition knowledge and increase physical activity with fun, outdoor traditional activities. A safe space for adults to learn, share, focus on their health and get involved in the community. All Ages. Registration starts February 22, 2021.

**Dates:** Wednesday, March 17, 24, 31, April 7 & 14, 2021  
**Location:** TBD  
**Time:** 2:00-3:30pm  
**Call for Info:** Community Dietitian-Health Promotions | Keri Howell [226] 388-0440 or dietitian@sixnations.ca

**Cooking Classes for Kids**

**Kids Cooking  *VIRTUAL***
Kids will prepare a healthy meal for themselves and their family. Kids will learn the basics of safe food handling, kitchen safety, meal prep and have lots of fun too! Ingredients will be dropped off at your home so you can participate virtually. Ages: 4-10 years. Registration starts beginning of each month.

**Date:** 2nd Thursday of Month: January 14, February 11, March 11, April 8, 2021  
**Location:** Virtual  
**Time:** 4:30-5:30pm  
**Contact to Register:** Prenatal Dietitian-Health Promotions | (519) 761-0013 or prenatal@sixnations.ca

**Junior Cooking  *VIRTUAL***
Have your child join us virtually to prepare a meal! Ingredients will be delivered to your home prior to class and they are able to connect with Zoom, as we cook recipes together. Parent supervision is required. Ages: 9-12 year olds. Registration starts January 12, 2021.

**Date:** Thursday: January 28, February 25, March 25, 2021  
**Location:** Virtual Format, Online  
**Time:** 5:00-6:30pm  
**Contact to Register:** Child & Youth Health | Kyleigh Farmer [519] 750-3370 - Text or Call
WORKSHOPS & COOKING CLASSES

Youth Outdoor Cooking
Join together around the fire at the community garden to learn about ways to cook over the fire, while engaging with your peers in some fun activities. Ages: 14-18 years. Registration starts February 8, 2021.

Date: Thursday, March 11, 2021
Location: Community Garden (end of Sunrise Crt)
Time: 5:00-7:00pm
Contact to Register: Angelie Raynak (519) 732-8537 or araynak@sixnations.ca

March Break Cooking & Activity Camp *VIRTUAL*
Participate virtually as we host a March Break cooking & activity camp. All ingredients and materials will be delivered to your home prior to the start of camp. Those who register can join us to make a meal or snack, partake in a daily activity & socialize. Ages: 9-14 years. Registration starts March 1, 2021.

Date: Tuesday, March 16 - Friday, March 19, 2021
Location: Held via Zoom
Time: 11:00am-2:00pm Daily
Contact to Register: Child & Youth Health | Kyleigh Farmer (519) 750-3370 - Text or Call

Cooking Classes for Adults & Families

Meal Preparation Series *NEW* *VIRTUAL*
Prepare nutritious lunch and supper meals for the rest of the week using seasonal and traditional ingredients. Participate in one or both series. Ages: Those with busy schedules and/or older adults. Registration starts January 4, 2021.

Location: Virtual Format
Time: 4:30-6:00pm
Contact to Register: Community Dietitian-Health Promotions | Keri Howell (226) 388-0440 or dietitian@sixnations.ca

Meals in a Jar *NEW* *VIRTUAL*
Each week, two jars of dried ingredients will be delivered to your home containing all the ingredients to make a complete meal. Join us to prepare soups, casseroles, muffins, cookies and more! Preparation instructions will be included in your package or you can follow along step-by-step with a link that will be forwarded. Ages: Families. Registration starts January 5, 2021.

Dates: Tuesdays. January 12, 19 & 26, 2021
Location: Virtual Format
Time: N/A
Contact to Register: Child & Youth Health | Kyleigh Farmer (519) 750-3370 - Text or Call
WORKSHOPS & COOKING CLASSES

Soup Share  *VIRTUAL*
Join us to make various soups to warm your soul and feed your family. We will be on Zoom and the
supplies for soup will be dropped off to you for a delicious pot of soup. Instruction tips and tricks will be
shared on Zoom. You will make one of the four recipes for each week. The others you can try on your

Dates: Thursdays: January 21, 28 & February 4, 11, 18 & 25 2021
Location: Your own Kitchen and Zoom
Time: 5:30-8:00pm
Contact to Register: Health Promotions | (519) 445-2809

Edwadekon:ni  *VIRTUAL*
Please join us over Zoom and learn how to make seasonal and nutritious meals. Participants will be

Dates: Thursdays: January 21, February 11, March 11 & April 22, 2021
Location: Zoom
Time: 4:00-6:00pm
Contact to Register: Dietitian-Diabetes Wellness Program | (519) 445-2226

Family Batch Cooking  *VIRTUAL*
Join us in making freezer meals that you can have ready in no time on busy days! Ages: Busy Families.
Register 1 week prior to class.

Dates: Last Tuesday of Month: January 26, February 23, March 30 & April 27, 2021
Location: Virtual
Time: 2:00-3:30pm
Contact to Register: Prenatal Dietitian-Health Promotions | (519) 761-0013 or prenatal@sixnations.ca

Plant-Based Eating  *NEW*  *VIRTUAL*
Learn how to prepare nutritious and delicious meals using mostly ingredients derived from plants.

Dates: Thursdays: February 4, March 4 & April 15, 2021
Location: Virtual
Time: 2:00-3:00pm
Contact to Register: Community Dietitian-Health Promotions | Keri Howell (226) 388-0440 or
dietitian@sixnations.ca
**WORKSHOPS & COOKING CLASSES**

**Family Cooking Around the Fire *NEW***
Sign your family up for a private interactive cooking demonstration around a fire! All ingredients will be provided and we gather bundled up around a fire to make a dish for you to enjoy. **Ages: Families. Registration starts February 1, 2021.**

**Date:** Saturday, February 6 & 20, 2021  
**Location:** Community Garden [end of Sunrise Crt]  
**Time:** Call/Text to register your family for a time slot  
**Contact to Register:** Child & Youth Health | Kyleigh Farmer [519] 750-3370 - Text or Call

**I Just Want Them to Eat! Picky Eaters Caregiver Info Session *VIRTUAL***
This caregiver workshop will discuss why children may be picky eaters and some strategies to help. We will talk about some of the skills needed for feeding, common feeding difficulties seen with picky eaters, and ideas to help change your child’s relationship with food. **Ages: Caregivers of children with picky eaters. Registration starts January 4, 2021.**

**Dates:** Wednesday, February 10, 2021  
**Location:** Zoom  
**Time:** 6:00-7:30pm  
**Contact to Register:** Child & Youth Health | Angelie Raynak at [519] 732-8537 or araynak@sixnations.ca

**Virtual Dinner & Learn *VIRTUAL***
Safer Spaces 101 Webinar. Join us over Zoom for an opportunity to learn and become more informed about LGBTQ2S+ community and enjoy a delicious dinner delivered to you. **Ages: 16+. Registration starts January 20, 2021.**

**Dates:** TBD  
**Location:** Zoom  
**Time:** 5:00-7:00pm  
**Contact to Register:** Healthy Lifestyles-Health Promotions | jadejohnson@sixnations.ca

**Baby Food Making *VIRTUAL***
During this 2-month virtual program parents/caregivers will learn to prepare baby food for their babies. Parents/caregivers of babies approx. 6 months of age will receive supplies at their home. Youtube videos to follow and one-on-one Zoom classes available. **Ages: Moms, Parents & Caregivers. Registration is ongoing.**

**Dates:** Call for Details  
**Location:** Virtual  
**Time:** Participants will be contacted with drop off times  
**Contact to Register:** Prenatal Dietitian-Health Promotions | [519] 761-0013
**Virtual Group Teen Triple P  *VIRTUAL***

Triple P stands for the Positive Parenting Program. This program is held via Zoom and is suitable for parents and caregivers of children ages 11-16 years old. The aim of Triple P is to increase parental competence and confidence in raising children by managing common behavior problems and developmental issues. Ages: Any parent or caregiver of children ages 11-16 wanting to enhance their parenting skills. Registration starts December 2020.

**Dates:** Every Tuesday for 8 Weeks - Session 1: January 12, 2021. Session 8: March 2, 2021  
**Location:** Virtual  
**Time:** 1:00-3:00pm  
**Contact to Register:** Family Support Unit-Child and Family Services | (519) 757-9143 or (519) 770-5037

**Virtual Group Triple P Level 4  *VIRTUAL***

Triple P stands for the Positive Parenting Program. This program is held via Zoom and is suitable for parents and caregivers of children ages 2-12 years old. The aim of Triple P is to increase parental competence and confidence in raising children by managing common behavior problems and developmental issues. Ages: Any parent or caregiver of children ages 2-12 wanting to enhance their parenting skills. Registration starts December 2020.

**Dates:** Every Wednesday for 8 Weeks - Session 1: January 13, 2021. Session 8: March 3, 2021  
**Location:** Virtual  
**Time:** 1:00-3:00pm and 5:00-7:00pm  
**Contact to Register:** Family Support Unit-Child and Family Services | (519) 757-9143 or (519) 770-5037

**Virtual Co-Parenting Group  *VIRTUAL***

Co-parenting group focuses on the enhancement of the child’s functioning within their family. The program addresses the relationship between separate households created as a result of divorce or family separation. The program is suited for those parents exhibiting mild to moderate levels of conflict. Ages: Adults struggling with separation/divorce and co-parenting issues. Registration starts December 2020.

**Dates:** Every Thursday for 8 Weeks - Session 1: January 14, 2021. Session 8: March 4, 2021  
**Location:** Virtual  
**Time:** 1:00-3:00pm  
**Contact to Register:** Family Support Unit-Child and Family Services | (519) 757-9143 or (519) 770-5037

**Breastfeeding Social Group  *VIRTUAL***

All who support breastfeeding are welcome to join, share and support each other on a virtual call. Ages: All who support breastfeeding. Registration is open.

**Dates:** Last Thursday of Every Month [Except December & June]  
**Location:** Virtual  
**Time:** 12:00-1:30pm  
**Contact to Register:** Stephanie George (226) 387-2690 or sgeorge@sixnations.ca
**SUPPORT GROUPS**

**Ohahase “New Path” Day Treatment Program**
This program is dedicated to helping community members identify underlying issues through self-exploration leading to substance use/abuse in a culturally relevant and respectful manner.
**Ages:** Co-ed 18+. Register anytime prior to start date.

**Dates:** Monday & Wednesdays: January 17 - March 24, 2021
**Location:** 1546 Chiefswood Rd. Egowadiyadagenha’ Building
**Time:** 9:00am-12:00pm
**Contact to Register:** Mental Health & Addictions | Barry Miller (519) 445-2143 or (519) 717-3467

**Wellbriety Group**
The Medicine Wheel and 12 Step Program is tailored to the needs of the individual in recovery from addiction of any kind. To help create common ground and to encourage the attention of wellness.
**Ages:** Co-ed 18+. Register anytime prior to start date.

**Dates:** Thursdays: January 21 - March 25, 2021
**Location:** 1546 Chiefswood Rd. Egowadiyadagenha’ Building
**Time:** 6:00-8:30pm
**Contact to Register:** Mental Health & Addictions | Barry Miller (519) 445-2143 or (519) 717-3467

**Lil Miss Empowerment 10 Week Program  *VIRTUAL***
This program encourages and fosters self-efficacy, self-expression, authenticity in relating to themselves and others, internal empowerment, decision-making skills and increased self-esteem.
**Age:** Girls 9-12 years old. Registration date: January 25-30, 2021

**Dates:** Thursdays: February 4 - April 8, 2021
**Location:** Zoom (you will be sent a Zoom link that will sent via email prior to the date)
**Time:** 5:00-7:00pm with a delivered meal or snack
**Contact to Register:** Health Promotions | (519) 445-4779 or (519) 445-2809

**Virtual Triple P Parenting Program  *VIRTUAL***
Triple P is family support strategy designed to help parents improve their parenting skills and build positive relationships with their children. **Ages:** Parents, caregivers or guardians. Registration starts January 11, 2021.

**Dates:** Thursdays. February 4, 11, 18 & 25, 2021
**Location:** Virtual
**Time:** 9:30-11:30am
**Contact to Register:** Family Gatherings | (519) 445-2565
SUPPORT GROUPS

Virtual Infant Series  *VIRTUAL*
A group to support the needs, and growth and development of babies 0-1 years old. **Ages: Parents, caregivers or guardians of Infants 0-1. Registration starts January 11, 2021.**

**Dates:** Thursdays: February 4-April 29, 2021
**Location:** Your home
**Time:** 9:30-11:30am
**Contact to Register:** Family Gatherings | [519] 445-2565

Relapse Prevention Program "Stay the Course"
To help gain an understanding of high-risk situations. Awareness of cravings and urges. Acquire different techniques to help stop a relapse. Learn to change unhealthy behaviours to healthier behaviours. Develop confidence and self-esteem. **Ages: Co-ed 18+. Register anytime prior to start date.**

**Dates:** Fridays. February 5-March 26, 2021
**Location:** 1546 Chiefswood Rd. Egowadiyadagenha' Building
**Time:** 6:30-8:30pm
**Contact to Register:** Mental Health & Addictions | Barry Miller [519] 445-2143 or [519] 717-3467

Journal Tips and Tricks  *NEW*  *VIRTUAL*
Journaling is an opportunity to explore more about yourself, organize your thoughts and creates a safe space for you to express yourself without fear of judgement. Register for this program to receive a journal, tips and tricks to help make journaling fun and effective for you. **Ages: 16+. Registration date:** March 8-12, 2021

**Dates:** Every Wednesday starting March 17, 2021
**Location:** Online
**Time:** Between 10:00am-4:00pm
**Contact to Register:** Life Promotions-Health Promotions | jadejohnson@sixnations.ca

GETTING ACTIVE & MOVEMENT

Second Wind
Exercise program for those with life-long lung diseases. Individuals will learn to exercise in a safe environment and continue to be healthy and active. **Please note due to COVID that group classes are suspended. However, Kinesiologist & Occupational Therapist are available for individual consultation & provision of home program activities as required. Open to individuals with/out lifelong lung diseases.**

**Dates:** Monday and Wednesday: January 4-April 30, 2021 [No classes Feb 15 or April 5]
**Time:** Kinesiologist & Occupational Therapist available for consultation 10:00-11:00am
**Location:** In home consultation January-April 2021 [Please register]
**Contact to Register:** Occupational Therapist-Therapy Services | [519] 445-4779
**GETTING ACTIVE & MOVEMENT**

**Healthy Active Lifestyles**
A 12-week program that encourages exercise and healthy eating for adults. Healthy Active Lifestyles will help you to engage in regular and fun exercise and healthy eating patterns. The program will involve 2 days a week of in-person or virtual exercise and educational information regarding healthy food choices and meal planning. Registered participants will also receive a kit of exercise equipment to help them on their exercise journey. **Ages: 18+. Registration starts January 4, 2021.**

**Dates:** Monday & Wednesdays: January 11-April 26, 2021 [No program on Feb 15 or April 5]
**Time:** 1:00-2:00pm
**Location:** TBD
**Contact to Register:** Physiotherapist-Therapy Services | Regan Franklin at rfranklin@sixnations.ca

**Arthritis Class  *VIRTUAL***
Total body exercise class for community members with osteoarthritis to improve function, strength, range of motion (mobility) and balance. Suitable next step for those finishing physiotherapy following surgery and anyone wanting to prevent falls. **Ages: 18+. Registration starts January 4, 2021.**

**Dates:** Tuesdays & Fridays: January 12-April 30, 2021
**Time:** 2:00-3:00pm
**Location:** Virtual Class and/or [Paper] Home Exercise Program
**Contact to Register:** Registered Kinesiologist-Health Promotions | (519) 445-4779

**Weekly Virtual Exercise Class  *VIRTUAL***
An ongoing virtual exercise class with a changing weekly focus. To date, focus has been on stretching, resistance band strengthening, abdominal exercises and stability ball work. Weekly focus will be posted on Facebook Group "Healthy SixNay" Registered participants will receive any necessary equipment to complete the class. **Ages: 18+. Register weekly by Tuesday at 4pm depending on interest in that Thursday's class.**

**Dates:** Thursdays: January 14, 21, 28 | February 4, 11, 18, 25 | March 4, 11, 18, 25 | April 1, 8, 15, 22, 29, 2021
**Time:** 10:00-11:00am
**Location:** Zoom
**Contact to Register:** Physiotherapist-Therapy Services | Regan Franklin at rfranklin@sixnations.ca

**Family Outdoor Movement Hour  *NEW***
Join members from the Child & Youth Health Team this March Break for outdoor activites at Chiefswood Park! Due to COVID-19 restrictions, families attending will need to be from the same household and will need to register a time slot. Activities will depend on weather and might include a nature walk, snowshoeing or lacrosse. Further information will be shared closer to March 2021. **Ages: Families; Caregivers with children; Youth. Call or Text to Register between March 1-12, 2021.**

**Dates:** Tuesday, March 16 & Thursday, March 18, 2021
**Time:** 9:00am-4:00pm  [Families will be required to sign up for time slots]
**Location:** Chiefswood Park
**Contact to Register:** Child & Youth Health | Tanya Gabriele [226] 387-3279 or tgabriele@sixnations.ca
GETTING ACTIVE & MOVEMENT

Aqua Fit
Gentle water aerobics class with high and low intensity exercises including water jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength too. **Ages: 18+. Registration starts January 11, 2021.**

**Dates:** Monday: January 25-March 8, 2021 [No class Feb 15]  
**Time:** 1:30-2:30pm  
**Location:** Wayne Gretzky Sports Centre – Pool [254 North Park St. Brantford]  
**Contact to Register:** Healthy Lifestyles-Health Promotions | [226] 388-3190 or aharrison@sixnations.ca

Snowshoeing
Snowshoeing program for community members 8+ years of age (must be accompanied by an adult). Younger kids can still join [BYOToboggan or walk]. **All Ages. Registration start date: TBD.**

**Dates:** TBD  
**Time:** TBD  
**Location:** Community Garden [end of Sunrise Crt]  
**Contact to Register:** Healthy Lifestyles-Health Promotions | [226] 388-3190 or aharrison@sixnations.ca

Tosha Tsya:ten
A community based falls prevention exercise program that runs 3 times per week. **Ages: At risk seniors. Registration start date: TBD.**

**Dates:** TBD  
**Time:** TBD  
**Location:** TBD  
**Contact to Register:** Therapy Services-Physio | [519] 445-4779

COMMUNITY & OUTDOOR ACTIVITIES

Zoom Bingo
Three games of Bingo played online through Zoom. You will need internet, an email address and access to Zoom. **All Ages. Registration starts TBD.**

**Dates:** Fridays: January 8, February 19 & March 12, 2021  
**Time:** 11:00am  
**Location:** Your home  
**Contact to Register:** Family Gatherings | [519] 445-2565

Virtual Shake & Scribble  *VIRTUAL*
This group is designed to engage children in a variety of activities to help develop fine motor and body awareness skills. Participate each week as we explore the senses, do crafts and get our bodies moving! This group will be offered in two separate 6-week sessions. Materials will be provided as needed. **Ages: 6-9 Years. Registration dates - Group 1: January 11, 2021, Group 2: March 2, 2021.**

**Dates:** Tuesdays. Group 1: February 2-March 9, 2021 | Group 2: March 23-April 27, 2021  
**Time:** Group 1: 3:00-4:00pm | Group 2: 4:30-5:30pm  
**Contact to Register:** Child & Youth Health | Shiqyra Nelson [519] 732-2928 [call or text] or sfrancis-nelson@sixnations.ca
COMMUNITY & OUTDOOR ACTIVITIES

Ha'nih & Me
Outdoor program for Ha'nih and kids. Learn fun outdoor skills like tracking, snare making, fire building and much more! All Ages. Registration starts January 11, 2021.

Dates & Time: Saturdays - TBD
Location: Community Garden [end of Sunrise Crt]
Contact to Register: Healthy Lifestyles-Health Promotions | [226] 388-3190 or aharrison@sixnations.ca

Family Game Night *NEW*
Register to receive a game to enjoy a fun filled Family Game Night at home with your family. All Ages. Registration dates: January 11, February 1, March 1, & April 1, 2021.

Dates: January 22, February 12, March 12 and/or April 16, 2021
Time: NA
Location: Your home
Contact to Register: Healthy Lifestyles-Health Promotions | [226] 388-3190 or aharrison@sixnations.ca

Discover Six Nations Authors *NEW* *VIRTUAL*
A native book club for adults. Participants will receive a "Book of the Month" and herbal tea or hot chocolate. Participants can plan to attend a weekly Zoom meeting to discuss your thoughts. The Six Nations Public Library will be hosting a book signing with the Book of the Month Author and promoting the dates. Ages: 18+. Registration starts December 21-23 at 12:00pm.

Dates: Tuesdays: January 12-April 27, 2021
Time: 10:00-11:00am
Location: Zoom
Contact to Register: (519) 445-2809

Equipment Service Clinic
Equipment service clinic for individuals with mobility equipment that requires service. Equipment serviced on site for free. If part requires to be ordered to fix equipment there will be a charge. Open to individuals with Mobility Equipment that requires service. Please call to book an appointment.

Dates: 2nd Wednesdays of the Month: January 13, February 10, March 10 & April 14, 2021
Time: 11:00am-12:00pm
Location: White Pines Wellness Centre - Therapy Services Gym [1745 Chiefswood Rd]
Contact to Register: Occupational Therapist-Therapy Services | (519) 445-4779

Books & Beyond *VIRTUAL*
This program is a free monthly book club for children ages 4-10. You will receive 3-4 books a month delivered to your home. Each week will be a different book along with crafts/activities to go along with it. Join us every Wednesday via Zoom to read the story and do the activities as a group. Ages: 4-10. Registration will be via email or text and is first come first served. Limited spots available. A poster will be posted via the healthy6nay page prior to each month for registration.

Dates: Wednesdays: January 13-April 28 [No Zoom or Book for week of March Break - March 17]
Time: TBD
Location: Zoom
Contact to Register: Child & Youth Health | (519) 717-1156 or chayhoe@sixnations.ca
COMMUNITY & OUTDOOR ACTIVITIES

Virtual Story Time *VIRTUAL*
**Dates:** Thursdays: Jan 14, 28 | February 11, 25 | March 11, 25, 2021
**Time:** 10:00-10:45am  
**Location:** Zoom
**Contact to Register:** Family Gatherings | [519] 445-2565

Campfire Stories
Join the Child and Youth Health Team and warm up by the campfire. We’ll be reading and sharing stories, as well as doing some crafts/activities. Ages: 6-9. Registration dates: January 4-8, 2021.
**Dates:** Mondays: Jan 18-March 31, 2021 (No program during Midwinter Break, March Break or Feb 15)
**Time:** 3:00-4:00pm  
**Location:** Community Garden (at the end of Sunrise Court)
**Contact to Register:** Child & Youth Health | Stephanie Mulder 1(226) 388-4451 or smulder@sixnations.ca

Stories Around the Fire
Join us for stories told around the fire at the community garden. We will meet, hear stories from various speakers/storytellers and enjoy some hot soup [utilizing Covid-19 protocols]. Please dress for the weather and bring your favourite mug and spoon for some soup. Ages: Adults. Registration starts January 11, 2021.
**Dates:** Tuesdays: January 19-February 23, 2021
**Time:** 5:00-7:00pm  
**Location:** Community Garden (at the end of Sunrise Court)
**Contact to Register:** [519] 445-2809

Community Beautification
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 also be involved with making outdoor decorations and preparing for spring gardening. Ages: 18+. Registration starts January 4, 2021.
**Dates:** Tuesdays: January 19-April 27, 2021
**Time:** 10:00-11:00am  
**Location:** A TBD
**Contact to Register:** Registered Kinesiologist-Health Promotions | [519] 445-2809

Bike the Rail Trail *NEW*
Come out and bike the Hamilton to Brantford Rail Trail. We will be dividing the 32km trail up into sections. Each section will cover 10-15km return trip. This will allow riders to complete the trail from Hamilton to Brantford over the course of the program. Please watch Healthy6Nay on Facebook for more info. Ages: 18+. Beginner & experienced cyclists welcome. Registration starts February 1, 2021.
**Dates:** Tuesdays: March and April 2021
**Time:** 1:00-3:00pm  
**Location:** Various points along the Hamilton to Brantford Rail Trail
**Contact to Register:** Registered Kinesiologist-Health Promotions | [519] 445-2809
Carrot Salad

Ingredients
- 1 pound carrots (3-4 medium or 5 small), peeled
- 2 tablespoons chopped green onion
- 2 tablespoons finely chopped fresh parsley
- Optional: 1 can (15 ounces) chickpeas, rinsed and drained

Dressing
- 2 tablespoons sunflower oil
- 2 tablespoons lemon juice
- 2 teaspoons maple syrup
- 1 teaspoon Dijon mustard
- ½ teaspoon ground cumin
- ¼ teaspoon salt

Directions
1. Grate carrots or use julienne peeler.
2. Place the carrots in a medium serving bowl. Add the green onion, parsley and optional chickpeas to the bowl.
3. To make the dressing, whisk all of the ingredients together in a small bowl until blended. Pour the dressing over the carrot mixture and stir. For best flavor, allow to marinate for 20 minutes before serving. Toss again before serving. Can store covered for up to 4 days in fridge.

What Does a Registered Dietitian Do?

- Support you in creating and achieving realistic nutrition goals
- Connect individuals to community programs to improve access to food
- Provide on-going support to enhance nutrition knowledge and strengthen relationship with food
- Promote and encourage Haudenosaunee foods within your diet that suit your lifestyle

Call 519.445.4779 Ext 2275 today to book an appointment or email dietitian@sixnations.ca to see how we can help you reach your nutrition goals!
COVID-19 Vaccine Myth Busters

Information available on the internet can be full of fact and fiction. It can be a challenge to filter through what is fact and what is fiction, especially with something so new like the potential vaccine of COVID-19. Here are some myths and facts about the potential COVID-19 vaccine.

**Myth #1:** Antibiotics can prevent/cure COVID-19

**Fact:** Antibiotics are used to treat bacterial infections. **COVID-19 is caused by a virus,** not bacteria. Therefore, antibiotics do not work against the COVID-19 virus itself. However, if you had COVID-19, it actually weakens your immune system. This could lead to you being more susceptible to bacterial infections; so in turn, antibiotics would be used for those more severe COVID-19 cases that also have bacterial infections occurring at the same time.

**Myth #2:** Pneumonia and influenza (flu) vaccines provide protection against COVID-19

**Fact:** Pneumonia and flu vaccines may not protect you against COVID-19, as the virus is new and different. However, receiving the annual flu vaccine can help to protect you from influenza. If you had the influenza virus at the same time as the COVID-19 virus, it could lead to a more severe outcome and complications.

**Myth #3:** Currently there is a medication licensed to prevent/cure COVID-19

**Fact:** Currently there is no licensed medication to prevent or cure COVID-19. Although, according to the World Health Organization (WHO) there are 31 candidate vaccines in clinical evaluation worldwide.

**Myth #4:** The potential COVID-19 vaccine will be unsafe and ineffective because it was rushed to develop

**Fact:** All vaccines must go through a rigorous course of testing and meet regulatory requirements to ensure public safety and the benefits to make the vaccine public outweigh the potential risks when a vaccine is released.

**Myth #5:** The vaccines being tested to treat/cure COVID-19 have caused people to die

**Fact:** To date there have been no deaths related explicitly to any of the potential COVID-19 vaccines currently in clinical evaluation.

**Myth #6:** The COVID-19 vaccine will include a tracking microchip

**Fact:** The claim that the COVID-19 vaccine will include a tracking microchip has been denied by researchers. There is also no evidence to support this claim for the vaccines in clinical evaluation.

**Myth #7:** The COVID-19 vaccine will change your DNA

**Fact:** None of the candidate vaccines in clinical evaluation will alter human DNA.

In rare cases, vaccines have the potential to cause adverse effects in some individuals. Myths and fictional information can be dangerous and can effect the practices needed to protect and keep our community safe. Get to know the facts and talk to your health care provider if you have any concerns or questions about vaccines.

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**Resources:**

Updated: September 17, 2020
Six Nations Mobile Crisis Services is proud to announce we are now offering

**Texting & Live Chat**

Six Nations Mobile Crisis Services is now offering new ways to connect for Crisis Support.

We will continue to provide service through our telephone line 24/7

519-445-2204 or 866-445-2204

To text us please contact

Text: 226-777-9480

Available on weekdays from 8:30am - 4:00pm

The Live Chat feature will be available on the Six Nations COVID 19 website:

https://www.sixinationscovid19.ca/

Available on weekdays from 8:30am - 4:00pm
Fentanyl is a highly potent synthetic opioid (painkiller).

Fentanyl acts as a depressant, slowing down the messages travelling between the brain and body.

Fentanyl is 50 to 100 times more powerful than morphine.

Fentanyl is impossible to detect – it is odorless, colorless, tasteless, and can lead to overdose in minimal consumption.

Fentanyl is unique in that it can be knowingly & unknowingly mixed in with other drugs.

Fentanyl is very, very highly addictive!

Similar to fentanyl, carfentanil is 100 times stronger and used to sedate large animals– it is not used for human consumption.

Those who may be at risk of exposure or their family members are asked to take precaution by picking up a Naloxone Kit available cost-free at a local pharmacy.

A deadly dose of fentanyl is 2 mg, which is equal to just 2 grains of salt.

How much is in your pill?

Fentanyl can be used and abused in different forms, both prescribed and non-pharmaceutical including:
- Pills
- Powder
- Liquid
- Patch
- Lollipop/Sucker- mixed with Other Substances

Please work with us to help our community

Let Your Loved Ones Know About FENTANYL

For more information on opioids or if you or someone you know is battling with substance use contact Mental Health and Addictions Services at (519) 445-2143. If you have questions after-hours call the Six Nations Crisis Line 1-866-445-2204.
Will still be supplying breakfast for all Six Nations Elementary and High School Students

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Parents/Guardians must register students to receive a free breakfast - Please call 226-388-1026 or email laceyhill@sixnations.ca

Packages will be available for pick-up every Wednesday between 10:30am-3:00pm at 2 locations:

**Pick up at Oliver M. Smith School**
Oliver M. Smith, Everlasting Tree, Jamieson and J.C. Hill students. High school students pick-up locations will be determined upon registration.

**Pick up at IL Thomas School**
IL Thomas, Emily C General and Kawenni:io students. High school students pick-up locations will be determined upon registration.

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**Bags will include breakfast items for 5 days.**

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**COMMUNITY FOOD ACCESS**

There are many services and supports within our community that can help you access food:

- **Six Nations Food Bank** - Open Thursdays 9-4:30, 20 Cao Lane for info call (519) 771-0025.

- **Tentewata:ton / Dedwado Community Market** - Open Wednesdays 3-7, located at Community Garden at the end of Sunrise Crt, $10 vegetable and fruit bag for info call (519) 445-2809.

- **Edwadekon:ni (Good Food Bag)** 3rd Wednesday of the month, ask your service provider on how to be referred to this program for more info call (226) 388-0440.

- **Health Services** and other community organizations offer many food access programs, check out programs listed in the Leisure Guide or call 519-445-2809 for more info.

If you need food, talk to someone working at one of the many Six Nations community organizations – they can connect you to resources.

**Beginning January 4, 2021** - If you live on Six Nations and due to COVID-19 you have been directed to be in self-isolation by Public Health or the Assessment Centre and do not have support to help get food you can purchase a **Community Care Food Bag**.

Providing a door dropped delivery of food items please call (519) 717-3402, Monday - Friday, 9-3pm

(*note these bags can be purchased using a sliding scale, we will work with you to ensure you get the support you need)
Come visit your Diabetes Wellness Team

What we can do for you:

• Provide education about diabetes and its effect on your body
• Explain how your medications lower your blood sugar
• How to make healthy lifestyle choices
• How to prevent complications
• Teach you how to manage the highs and lows
• Help you with adjusting your insulin dose
• Recommend treatment options
• Office, home and evening appointments available

What we can do for your family:

• Provide family education sessions at our office or your home
• Offer cooking classes for the family
• Share the challenges of living with diabetes
• Explain how to prevent diabetes

What we can do for you Community:

• Offer education at community events
• Offer diabetes prevention education at schools
• Individual risk assessments for diabetes at community events

For more information or to book an appointment call

(519) 445-2226
Adult Day Centre Health Services Home & Community Care Program

**Location:** White Pines Wellness Centre - Adult Day 1st Floor (1745 Chiefswood Rd.)
**Hours:** Monday to Friday 8:30pm – 4:00pm
**Phone:** [519] 445-1867 | **Fax:** [519] 445-2259

The mission and belief of the Centre is that all individuals, regardless of their physical challenges or situations, have the right to live a useful and active life. The Centre assists individuals to gain a sense of achievement and improve their overall wellness through the provision of meaningful social, recreational and therapeutic activities in a friendly and caring environment.

The Six Nations Adult Day Centre is a community based day program providing social, recreational and therapeutic activities to:

- Adults with various physical disabilities;
- Frail Elderly;
- Those in early stages of Alzheimer disease and other progressive cognitive disorders or dementia of aging;
- Caregiver respite.

**Working Together We Can Make A Difference**

It is our intention to provide a safe environment for elders and persons with mild cognitive disabilities to enjoy group and 1-on-1 activities at their own pace.

Community consultation has suggested that we deliver the following components through the Adult Day Program:

- Respite Supervision
- Activation
- Lunch
- Personal Care
- Counselling
- Social/Recreational Programs
- Senior-geared exercise

**Referral Process**

Call the Case Management Office at [519] 445-0077.

***Due to COVID-19 In-House Client Programming is on hold indefinitely. Client Wellness checks and Activity Kits are available upon request. Leave a message at 519 445-1867***
Six Nations Home and Community Care Program
Community Support Services

Address: P.O. Box 211 Ohsweken, Ontario, Canada N0A1M0
Location: 29 Cao Lane @ the Jay Silverheels Complex
Office Hours: Monday to Friday 8:30pm –4:30pm
Phone: [519] 445-4055 | Fax: [519] 445-4599

The Six Nations Community Support Services offers many different services to seniors [65+] and disabled persons who are residents and registered band members of the Six Nations of the Grand River. The objective of the program is to assist the frail and elderly persons and limited services to those less than 65 years of age who have physically disabling conditions, but still living in their own homes.

The following is a list of services offered: [some services may have a minimal monetary fee]

Meals on Wheels: Delivery of a hot nutritious meal to the clients homes five (5) days per week.

Transportation: Every Monday and Friday there is group transportation [van] to local centres for the purpose of shopping and banking.

Home Maintenance & Repairs: Provide general home maintenance and repairs.

Home Help: Workers assist with light housekeeping.

Friendly Visiting: Workers will visit seniors while in their homes to keep them socially involved in community events and news.

Security (Telephone Reassurance): Workers will make regular telephone contact to seniors in their homes.

Diners Club (Silver Fox): Recreational and social group activities are offered every Tuesday and Thursday at a setting location. Transportation and meal are provided.

If you do not receive any of the listed above services, you will need an assessment done by a Case Manager.

For more information regarding these services, please call [519] 445-0077.
Six Nations Mental Health & Addictions
Monday to Friday - 8:30am - 4:30pm
Walk-in Crisis Services Available
1769 Chiefswood Road, Ohsweken
519-445-2143

Six Nations Mobile Crisis Line
24/7 Days a Week
519-445-2204 or 1-866-445-2204

Six Nations Social Services
Walk-in Crisis Services—TBD
15 Sunrise Court, Ohsweken
519-445-2071

Ganohkwasra Family Assault Support Services
24/7 Hour Support Line
519-445-4324

First Nations & Inuit Hope for Wellness Help Line
24/7
Toll Free: 1-855-242-3310
Website: Hopeforwellness.ca - online chat available

Kids Help Line
Call: 1-800-668-6868
Text: CONNECT to 686868
Website: kidshelpphone.ca (online chat available)