

MESSAGE FROM SNGR'S CEO OFFICE

She:kon,

I am excited to announce the Winter 2023-2024 Edition of the Edwadrohe:k/ Entewatia'taro:roke (We will gather/come together) Leisure Guide! This guide runs from December 1, 2023, until February 29, 2024.

This guide provides information to promote healthy, active lifestyles and encourages our community to get together with various programs, services, events, and more! The winter season is a perfect time to try new things.

As always, I would also like to thank all the Six Nations of the Grand River (SNGR) departments and community organizations in our territory that create fun and inspiring events, programs, and services for all our community members to enjoy each season.

Nia:wen kowa to SNGR Communications and Six Nations Health Promotions for the continuous hard work put into each edition of the guide. This continues to be a valuable resource guide for the community.

I would also like to welcome the 59th Elected Council to Six Nations of the Grand River. We cannot wait to see how this group of remarkable individuals will work towards the betterment of the community and work with the Six Nations of the Grand River staff.

Nia:wen,

Nathan Wright, Interim CEO, Six Nations of the Grand River

WAYS TO STAY CONNECTED!

FOLLOW SNGR'S SOCIAL MEDIA ACCOUNTS!

Facebook: Six.Nations.Grand.River

O Instagram: sixnationsgr

X: sixnationsgr

YouTube: sixnationsofthegrandriver6627

DOWNLOAD THE SNGR APP by visiting the Google Play Store or Apple's App Store on your mobile device!





VISIT OUR WEBSITE: www.sixnations.ca





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DECEMBER CALENDAR/OVERVIEW



MONDAY	TUESDAY	WEDNESDAY
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Christmas Day	Boxing Day	

DON'T FORGET: Check out the multi-day & ongoing events on p. 47!

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28	Essential Services will remain available.	30
For a complete list of services, please visit our website, social media, and the SNGR app!	31 New Year's Eve	



Soup for Seniors

SNHS' COMMUNITY HEALTH & WELLNESS

Soup for Seniors is a weekly drive-thru service that provides a free hot bowl of soup to Six Nations Elders 55+. Watch Healthy6Nay social media and local newspapers for our next Soup for Seniors Gatherings (in December & February!) Ages: Seniors 55+

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

*Holiday Dates (No Program): December 19 & 26 | Location: Wagyo'sehta'geh (1745 Chiefswood Road)

Contact: Kaya Hill | (519) 732-4026 | hpcfa2@sixnations.ca

NEW Story Time

SNHS' HEALTH PROMOTION & SIX NATIONS PUBLIC LIBRARY

Celebrate our community tradition of No:ia and bring awareness of our cultural traditions among our children. This program is for pre-schoolers and their parents. Ages: Pre-Schoolers 4-6

Date: Saturday, December 16 | Time: 10:30-11:30am | Location: Public Library (1679 Chiefswood Road)
Registration Opens: November 24 | Contact: Minetta McNaughton | (519) 445-2954 | info@snpl.ca

Supper & Social

SNHS' COMMUNITY HEALTH & WELLNESS

Bring your friends and family out to enjoy an evening of supper, social singing, and dancing. Supper will be supplied, while supplies last. All ages

Date: Thursday, December 7 | Time: 5:30-7:30pm | Location: Community Hall (1738 Fourth Line) Registration Opens: September 18 | Contact: Arli Harrison | (519) 754-7359 | aharrison@sixnations.ca

Tentewatá:ton Dedwadado Market

SNHS' COMMUNITY HEALTH & WELLNESS

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

Date: Every Wednesday* | Time: 1-5pm | Location: Odrohekta'geh (1676 Chiefswood Road)

*Holiday Dates (No Program): Wednesday, December 27

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





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

Joe Martin works as a point of contact for community members to share concerns and complaints about SNGR's programs, services, and unmet needs.

They work with SNGR Elected Council, directors, and managers to analyze matters and determine how best to solve them.

Contact Joe via email or mobile snyeri@sixnations.ca or (519) 754-7685 or by filling out a form on the SNGR App.





DIAL- A- STORY 519-900-0908

Call ANYTIME to Hear a Story!

Dial-A-Story is the library's pre-recorded phone line for library updates and story sharing.

Hear children's stories, traditional knowledge, local history and our languages shared by community members.

If you would like to contribute contact the library for more information.

www.snpl.ca

519-445-2954

How Well is Your Get your cistern & well water tested

Pick up a test bottle at Six Nations Health Promotions, or in the lobby at White Pines Wellness Centre, 1745 Chiefswood Rd. Ohsweken

Drop off water sample at the Health Promotions office 2:00 pm Monday through Thursday.

If you are an elder, call us and we will come out and collect your water sample.



For more information contact the Community Educator office

519-445-2809





TENTEWATÁ:TON/ DĘDWADADQ

COMMUNITY MARKET

EVERY WEDNESDAY 1 PM - 5 PM

LOCATION
1676 CHIEFSWOOD RD.,
OHSWEKEN, ON







Let's Get Moving

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION & THERAPY SERVICES

A total body exercise class for community members wanting to get active and start a program to improve function, strength, range of motion and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Seniors 55+**

Duration: Every Monday & Friday (December 1-February 26)* | Time: 1:30-2:30pm

*Holiday Dates (No Program): December 22 & 29 | Transportation: Available upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

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



Sit to Be Fit SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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, TheraBand's, therapy balls and free weights. This program is run by an exercise facilitator from the Canadian Alzheimer's Society. Ages: Seniors 55+

Duration: Every Tuesday (December 5-February 27)*

Time: 2-3pm

*Holiday Dates (No Program): December 26

Transportation: Available upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

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





Six Nations Book Club

SNHS' HEALTH PROMOTION & SIX NATIONS PUBLIC LIBRARY

Interested in reading Haudenosaunee literature? The Six Nations Book Club offers community members the opportunity to read Haudenosaunee literature and have discussions about the book, cultural knowledge, their thoughts and values as they reflect on their own journey of life. The next book we are reading: Reflecting on Our Journeys, by Norma Jacobs. Ages: Adults 18+

Duration: Every Tuesday (December 5-February 27)* | Time: 10-11am

*Holiday Dates (No Program): December 19 & 26

Location: Virtual (Zoom) & Six Nations Public Library (1679 Chiefswood Road) Registration Required: Minetta McNaughton | (519) 445-2954 | info@snpl.ca

NEW Kanikonriio Social Skills Through Storytelling

SOCIAL SERVICES, KANIKONRIIO CHILD AND YOUTH PROGRAMS

This group aims to teach youth various skills to help improve mental health and mindfulness skills to improve social interactions though the traditional teachings with storytelling. **Ages: 12-14**.

Dates: December 4, December 11 | Time: 4:30-7pm | Location: 18 Stoneridge Circle (2nd Floor)
Registration Opens: October 23 | Debora Martin | (519) 761-9437 | deboramartin@sixnations.ca

Language Game Drop-In

SIX NATIONS PUBLIC LIBRARY

Make & play language games. All ages (under 13 years old must be accompanied by an adult)

Dates: December 11, January 8 & February 12 | **Time**: 6-8pm **Location**: Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Six Nations Public Library | (519) 445-2954 | info@snpl.ca



DON'T FORGET:

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



Six Nations Tourism • Cultural Experiences



ON THE WATER-



·\$120/PERSON·

Soak in the beautiful scenery of the Carolinian forests as you paddle down the Grand River by canoe or kayak.

·WHERE CULTURES MEET-



·\$85/PERSON·

LARGER THAN 20

Experience the culture of the Haudenosaunee people as you travel the Six Nations of the Grand River.

DAY OF PLAY.



•\$85/PERSON•

\$70/PERSON FOR A GROUP LARGER THAN 20

Learn about and try our traditional games, then take a walk in the largest area of Carolinian Forest in Canada



AUGMENTED REALITY & VIRTUAL REALITY

Enjoy our AR/VR experience through interactive and story driven gameplay.

CHIEFSWOOD NATIONAL HISTORIC SITE

The CNHS is the birthplace and childhood home of renowned Mohawk and English poetess, E. Pauline Johnson.



OSTTC KAYANASE GREENHOUSE

973 HWY 54, OHSWEKEN, ON

Explore Indigenous ecological restoration practices. Programming & ours available upon request.

WOODLAND CULTURAL CENTRE

184 MOHAWK ST, BRANTFORD, ON

We welcome you to learn with us as we bring the story of the Haudenosaunee people to life through innovative exhibitions and programs.



1037 Hwy 54, Ohsweken, ON • www.sixnationstourism.ca • experience@sixnations.ca

After School Music Lessons

SIX NATIONS PUBLIC LIBRARY

In the winter months there will be free guitar (and other instruments) lessons at the library. Please look for advertisement on exact times and dates or contact the Six Nations Public Library. Ages: Children 7-17

Duration: Every Monday-Thursday (November-December)* | **Transportation**: Contact to Inquire **Time**: TBD (after 4pm until before 8pm) | **Location**: Six Nations Public Library (1679 Chiefswood Road)

*Holiday Dates (No Program): Christmas Break (December 25-January 5)

Contact: Minetta McNaughton | (519) 445-2954 | info@snpl.ca

NEW Corn Husk Tree Topper

SOCIAL SERVICES, KANIKONRIIO CHILD AND YOUTH PROGRAM

Learn how to make and decorate a Corn husk doll tree topper. Ages: 12-18

Duration: December 6-8 | **Time**: 4:30-8pm | **Location**: 18 Stoneridge Circle (2nd floor)

Registration: Opens November 20 | Debora Martin | (519) 761-9437 | deboramartin@sixnations.ca

NEW E-Commerce Training for Small Businesses

TWO RIVERS COMMUNITY DEVELOPMENT CENTRE

Join our workshop to learn how to help yourself be one step ahead of your competition. Learn about key topics such as the use of AI, Search Engine Optimization (SEO), The Power of Digital Marketing, Updating Your Website, Design Mastery with Canva, and Email Marketing. Ages: Small Business Owners of all ages

Dates: December 12, January 16 & February 13 | Time: 11-1pm

Location: Two Rivers Community Development Centre (16 Sunrise Court) & Virtual (Zoom)

Contact: Rachel Martin | (519) 445-4567 | info@tworivers.ca

NEW First Nations Drinking Water Settlement: Claim Support Drop-In SNHS' HEALTH PROMOTION

Drop in to receive claim support for the First Nations Drinking Water Settlement with SNGR Staff. Ages: All ages – Six Nations Community Members who are Band Members and lived on the territory during the time frame listed on the claim website (www.firstnationsdrinkingwater.ca)

Dates: Tuesday, December 5 & 12 | Location: Wagyosehta'geh (1745 Chiefswood Road)

Time: 1-3pm | Contact: Brenda Greene | (519) 445-2201

Additional Information: Visit firstnationsdrinkingwater.ca or linktr.ee/sixnationsgr

NEW First Nations Drinking Water Settlement: Workshop

CENTRAL ADMINISTRATION

Attend a workshop to learn how to fill out your First Nations Drinking Water Settlement Claim through interactive guides. At the end of each workshop there will be time to ask for support from SNGR staff to complete your claim. Ages: All ages – Six Nations Community Members who are Band Members and lived on the territory during the time frame listed on the claim website (www.firstnationsdrinkingwater.ca)

Dates: Wednesday, December 6 & 13 | Location: Council Chambers (1695 Chiefswood Road)

Time: 6-7pm | Contact: Brenda Greene | (519) 445-2201

Additional Information: Visit firstnationsdrinkingwater.ca or linktr.ee/sixnationsgr

NEW Holiday Crafts

SOCIAL SERVICES, KANIKONRIIO CHILD AND YOUTH PROGRAMS

Over the course of three days, three age groups of youth will be able to partake in different holiday themed crafts. The youngest, beaded ornaments, the middle gingerbread longhouses and the oldest group will make their own stockings. **Ages: 5-14**

Duration: December 12-14 | Time: 4:30-7:30pm | Location: 18 Stoneridge Circle

Registration Open: December 4 | Contact: Grace Young | (519) 732-9961 | kaylp18@sixnations.ca

Meal Prep Made Simple Cooking Class

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us in a meal prepping class where we plan and make meals that you can have ready in no time on busy days. Ages: Adults 18+

Dates: December 12, January 9 & February 13 | Time: 1-2pm | Location: Virtual (Zoom) Registration Required: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

Tentewatá:ton Dedwadado' Market Cooking

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS PROGRAM

Please join us to make delicious seasonal meals using produce from the local market. Participants will receive a coupon for the market for participating. All ingredients are provided. **Ages: Adults 18**+

Dates: Thursday, December 7, January 4 & February 1 | Time: 4:30-6:30pm

Location: White Pines Wellness Centre (1745 Chiefswood Road) | Transportation: Contact to Inquire

Registration Required: Jordyn Johnson | (519) 445-2226 | dep@sixnations.ca

Youth Cooking

SNHS' CHILD & YOUTH HEALTH

Join us with a family member to learn to prepare different recipes every month in our youth cooking class! Ages: Preteens/Teens 9-17

Dates: Tuesday, December 19, January 16 & February 20 | Time: 4:30-6:30pm

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Claire Nanda | (548) 328-1838 | cyhrd2@sixnations.ca



JANUARY CALENDAR/OVERVIEW



MONDAY	TUESDAY	WEDNESDAY
Closure Notice: No:ia! All SNGR departments are closed for New Year's Day. Regular office hours resume January 2, 2024 @ 8:30am.	Pickleball Drop-In (p. 19) Six Nations Book Club (p. 23)	Traditional Clothing Workshop (p. 28)
Adult Badminton (p. 17) Family Badminton (p. 17) Language Game Drop-In (p. 23) Let's Get Moving (p. 18) Second Wind (p. 19)	Meal Prep Made Simple Cooking Class (p. 28) MuscleFIT (p. 18) Pickleball Drop-In (p. 19) Rockwall (p. 19) Sit to Be Fit (p. 19) Six Nations Book Club (p. 23) Winter Wellness Walks (p. 20)	Chair Yoga (p. 17) First Nations Drinking Water Settlement: Claim Support Workshop (p. 27) Junior Cooking (p. 27) Lane Swim & Water Walking (p. 18)
Adult Badminton (p. 17) Family Badminton (p. 17) Family Togetherness Program (p. 14) Let's Get Moving (p. 18) Morning Spark (p. 18) Second Wind (p. 19)	E-Commerce Training (p. 27) First Nations Drinking Water Settlement: Claim Support Drop-In (p. 27) MuscleFIT (p. 18) Pickleball Drop-In (p. 19) Rockwall (p. 19) Sit to Be Fit (p. 19) Six Nations Book Club (p. 23) Soup for Seniors (p. 14) Winter Wellness Walks (p. 20) Youth Cooking (p. 29)	Chair Yoga (p. 17) Lane Swim & Water Walking (p. 18) Tentewata:ton Dedwadado Market (p. 15) Zumba (p. 20)
Adult Badminton (p. 17) Family Badminton (p. 17) Family Togetherness Program (p. 14) Let's Get Moving (p. 18) Morning Spark (p. 18) Second Wind (p. 19)	MuscleFIT (p. 18) Pickleball Drop-In (p. 19) Rockwall (p. 19) Plant-Based Eating (p. 28) Sit to Be Fit (p. 19) Six Nations Book Club (p. 23) Soup for Seniors (p. 14) Winter Wellness Walks (p. 20)	Chair Yoga (p. 17) First Nations Drinking Water Settlement: Claim Support Workshop (p. 27) Group Triple P (p. 23) Lane Swim & Water Walking (p. 18) Safe Food Handling (p. 28) Tentewata:ton Dedwadado Market (p. 15) Zumba (p. 20)
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DON'T FORGET: Check out the multi-day & ongoing events on p. 47!

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MuscleFIT (p. 18) Rez Hoops (p. 19) Second Wind (p. 19)	AquaFIT (p. 17) Let's Get Moving (p. 18)	Family Breakfast (p. 14) Story Time (p. 15)
MuscleFIT (p. 18) Rez Hoops (p. 19) Second Wind (p. 19) The Link Between Diabetes and Mental Health (p. 28)	AquaFIT (p. 17) Let's Get Moving (p. 18)	20
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IMMUNIZATIONS AVAILABLE DAILY AT OHSWEKEN PUBLIC HEALTH

Walk-in immunizations (including the flu shot) are available Monday - Friday from 9:00am-3:45pm (closed 12pm-1pm) at Ohsweken Public Health. Extended hour clinics until 6pm every Tuesday and Thursday beginning November 2, 2023.

PLEASE NOTE: The COVID-19 vaccine (moderna) is **ONLY** available every Tuesday & Thursday from 9:00am-6:00pm (closed 12:00pm-1:00pm) during the month of November. Walk-in's welcome. For the most up to date schedule, please visit Healthy 6Nay on social media or call Ohsweken Public Health at 519-445-2672.



If you have any questions or concerns, please contact Ohsweken Public Health at 519-445-2672.

If you are home bound and would like a vaccine, please contact
Ohsweken Public Health at
519-445-2672 or the
Community Paramedicine
Program at 519-750-3908.





NEW Family Breakfast

SIX NATIONS SOCIAL SERVICES, FAMILY WELL-BEING PROGRAM

Come enjoy a free pancake breakfast with the Family Well-Being program! All ages

Dates: Saturday, January 13 | Time: 8:30-10:30am | Location: Community Hall (1738 Fourth Line)

Contact: Maureene Ninham-Harvey | (519) 732-5881 | mninham-harvey@sixnations.ca

Chicopee Tubing Trip ▲

SOCIAL SERVICES, KANIKONRIIO YOUTH LIFE PROMOTION

Youth ages 9 to 12 will participate in a day of snowtubing at Chicopee Tube Park in Kitchener as well as a lunch at a nearby restaurant. Ages: 9-12

Date: January 5 | Time: 8-4pm | Location: Chicopee Tube Park (1600 River Rd E, Kitchener)

Transportation: Contact to Inquire | **Registration Opens**: December 11

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

Family Togetherness Program

SOCIAL SERVICES, SIX NATIONS CHILD & FAMILY SERVICES

Provides families with a meal and a fun, family-oriented activity to complete together. All ages

Duration: Every Monday (January 15-March 4) | **Time**: 5-6:30pm | **Location**: 18 Stoneridge Circle

Contact: Shantel Bomberry | (519) 445-2950 | shantelbomberry@sixnations.ca

NEW Movie & Skate PA Day

SOCIAL SERVICES, KANIKONRIIO YOUTH LIFE PROMOTION

Youth will join us for a day of skating at the local arena as well as lunch at East Side Mario's and a movie in Brantford. Ages: 9-11

Date: January 26 | Time: 8:30-4pm | Transportation: Contact to Inquire

Location: Six Nations Arena (1738 Fourth Line) & Galaxy Cinemas (300 King George Rd, Brantford) **Registration Opens**: January 8 | Contact: Grace Young | (519) 732-9961 | kaylp18@sixnations.ca

Soup for Seniors

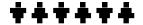
SNHS' COMMUNITY HEALTH & WELLNESS

Soup for Seniors is a weekly drive-thru service that provides a free hot bowl of soup to Six Nations Elders 55+. Watch Healthy6Nay social media and local newspapers for our next Soup for Seniors Gatherings (in December & February!) Ages: Seniors 55+

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

*Holiday Dates (No Program): January 2 & 9 | Location: Wagyo'sehta'geh (1745 Chiefswood Road)

Contact: Kaya Hill | (519) 732-4026 | hpcfa2@sixnations.ca





COMMUNITY EVENTS & PROGRAMS (JANUARY)

NEW Story Time

SNHS' HEALTH PROMOTION & SIX NATIONS PUBLIC LIBRARY

Celebrate our community tradition of No:ia and bring awareness of our cultural traditions among our children. This program is for pre-schoolers and their parents. Ages: Pre-Schoolers 4-6

Date: Saturday, January 13 | Time: 10:30-11:30am | Location: Public Library (1679 Chiefswood Road) Registration Opens: November 24 | Contact: Minetta McNaughton | (519) 445-2954 | info@snpl.ca

Tentewatá:ton Dedwadado Market

SNHS' COMMUNITY HEALTH & WELLNESS

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

Date: Every Wednesday* | Time: 1-5pm | Location: Odrohekta'geh (1676 Chiefswood Road)

*Holiday Dates (No Program): Wednesday, January 3 & 10

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



TECH HELP with Six Nations Public Library

Discover the wonders of technology

YOU CAN learn how to use email, social media and other websites, e-readers, tablets, computers.
Learn how to use library computers or get help with your device.

Our staff is here to help you navigate the world of technology...



Call the library to make an appointment 519-445-2954

SIX NATIONS TOURISM PRESENTS



DINNER DANCE THEATRE

A Night You Won't Forget!

Gathering Place By The Grand 2593 Chiefswood Road

www.sixna tionstourism .ca/events sntmpc@sixna tions.c



Adult Badminton Drop-In

PARKS & RECREATION

Community members of any skill level are welcome to attend our Adult Badminton sessions every Monday night at Dajoh! Ages: 15+

Duration: Every Monday (January 8-April 22)* | Time: 7-9pm

*Holiday Dates (No Program): February 19 & April 1 | Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

AquaFIT

SNHS' COMMUNITY HEALTH & WELLNESS

Join us for a low impact exercise class in a pool. AquaFIT is great for those with arthritis, recovering from knee surgeries, seniors, and those who are inactive and looking to get active. Transportation is available on a first-come, first-serve basis. **Ages: Adults 18+**

Duration: Every Friday (January 12-February 23) | **Time**: 10:45-11:45am

Location: Wayne Gretzky Centre (254 N Park St, Brantford) | Transportation: Contact to Inquire

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Chair Yoga

SNHS' COMMUNITY HEALTH & WELLNESS

Join us in the Seneca Room at Dajoh for an adaptive yoga class that utilizes a chair to complete poses. A focus will be put on pain reduction, balance, joint-freeing movements, and breath work. Ages: Seniors 50+

Duration: Every Wednesday (January 10-April 24) | Time: 10:30-11:30am

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

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Family Badminton

PARKS & RECREATION

Badminton for the entire family! All ages

Duration: Every Monday (January 8-April 22)* | Time: 6-7pm

*Holiday Dates (No Program): February 19 & April 1 | Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

NEW Lane Swim and Water Walking

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION & THERAPY SERVICES

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

Duration: Every Wednesday (January 10-February 28) | **Time**: 9-10am

Location: Wayne Gretzky Centre (254 N Park St, Brantford)

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

Let's Get Moving

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION & THERAPY SERVICES

A total body exercise class for community members wanting to get active and start a program to improve function, strength, range of motion and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Seniors 55+**

Duration: Every Monday & Friday (December 1-February 26)* | Time: 1:30-2:30pm *Holiday Dates (No Program): January 1 & 5 | Transportation: Available upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

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

Morning Spark

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION & THERAPY SERVICES

This is a morning drop-in program. Participants can arrive at their preferred time and start the exercise routine independently. This program is a combination of strength and cardio-vascular training presented in a circuit form. Participants will develop strength, endurance, balance, and body awareness. Available to community members looking to stay active, indoors during the winter months. Some equipment will be given out to participants for home use. This equipment is to be brought to each session. Ages: Adults 18+

Duration: Every Monday (January 15-February 26)* | **Time**: 8:30-10am

*Holiday Dates (No Program): February 19 | Transportation: Available upon Request Location: Odrohekta'geh (1676 Chiefswood Road) | Registration Opens: December 4

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

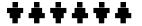
MuscleFIT

SNHS' COMMUNITY HEALTH & WELLNESS

Join us for a strength-based exercise program. This class will introduce proper lifting techniques in a circuit-based environment. Participants will get to try using dumbbells, weighted bars, kettlebells, resistance bands and other exercise equipment to perform exercises. Space is limited. Individuals of all fitness levels are welcome! Ages: Adults 18+

Duration: Every Tuesday & Thursday (January 9-February 29) | **Time**: 12-1pm | **Location**: TBD **Registration Opens**: December 12 | Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca







GETTING ACTIVE/MOVEMENT (JANUARY)

Pickleball Drop-In

PARKS & RECREATION

Join us for drop-in Pickleball at the Dajoh Gym on Tuesday nights! All ages

Duration: Every Tuesday (January 2-April 23) | **Time**: 6-7:30pm

Location: Dajoh Gym - Court 1 (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

NEW Rez Hoops Highschool Team

PARKS & RECREATION

Open to all highschool players interested in playing in the Rez Hoops Tournament in Febru-

ary. Ages: Teens 14-18

Duration: Every Thursday (January 4-February 8) | **Time**: 7:30-8:30pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Rockwall

PARKS & RECREATION

There are three (3) different 1-hour time slots (based on age category) available for youth wishing to use the rockwall at Dajoh. **Ages: 4-13**

Duration: Every Tuesday (January 9-February 27) | **Location**: Dajoh Gym (1738 Fourth Line)

Ages 4-6: start at 4:30 pm | Ages 7-9: start at 5:30 pm | Ages 10-13: start at 6:30 pm

Registration Opens: December 4 | Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Second Wind

SNHS' COMMUNITY HEALTH & WELLNESS

Join us in the Tuscarora & Cayuga rooms at Dajoh for an exercise class where individuals will learn to exercise in a safe environment utilizing a chair. There is a focus on strengthening using resistance bands and breathwork. Classes will be run with the aid of Occupational Therapists, Kinesiologist, and Healthy Lifestyle Coordinator. Ages: Seniors 55+ or individuals with chronic illnesses

Duration: Every Monday & Thursday (January 8-April 29) | **Time**: 10:30-11:30am **Location**: Dajoh (1738 Fourth Line) | **Transportation**: Available upon Request

Registration Opens: December 1 | Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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, TheraBand's, therapy balls and free weights. This program is run by an exercise facilitator from the Canadian Alzheimer's Society. Ages: Seniors 55+

Duration: Every Tuesday (December 5-February 27)* | Time: 2-3pm

*Holiday Dates (No Program): January 2 | Transportation: Available upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

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

Winter Wellness Walks A

SNHS' COMMUNITY HEALTH & WELLNESS

Join us for a weekly walk on local trails both on and off reserve. Specific locations for each date will be provided once you are registered for the program. Ages: Adults 18+

Duration: Every Tuesday (January 9-April 16) | **Time**: 9-10:30am

Location: Local Trails (On and Off-Reserve) | Registration Opens: December 15 Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

NEW Zumba

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us for a fun, high-energy eight (8) week aerobic dance exercise class. Zumba is all about stretching the muscles and moving your body to the beat. Class is drop-in. Ages: 16+

Duration: Every Wednesday (January 17-February 28) | Time: 5:45-6:45pm

Location: TBD | Contact: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

What you should know about:

ME DISEAS

From April to November, there is a small chance of being exposed to Lyme disease if bitten by an infected blacklegged (deer) tick. Lyme disease is a serious illness; however, it's easy to prevent and treat when caught early.

Year Round Tick Submission (we often receive ticks 12 months out of the year now)

Tick Submissions from FN Communities in Ontario (this is termed Passive Tick surveillance)

Note: we are accepting any and all ticks. It doesn't matter if they were feeding, attached to a pet or a human etc.

You can submit your ticks to Gane Yohs Health Clinic- Public Health. The ticks will be sent to the lab to test for Lyme Disease.

Call Public Health 519-445-2672 or Health Promotion-Community Educators 519-445-2809 for Tick Submission information.









Use bug spray with DEET or icaridin (always follow directions).-Wear closedtoe shoes, long sleeves and pants-Tuck your shirt into your pants, and your pants into your socks-Walk on paths.

The best way to prevent Lyme disease is to avoid being bitten by

a tick. Follow these tips when heading outside in areas where ticks can be found:

Do a daily full body tick check on yourself, your children, your pets and your gear- Shower or bathe as soon as possible after being outdoors- Put your clothes in a dryer on high heat for at least 10 minutes.

TAKE ACTION

WHAT SHOULD YOU DO IF YOU'RE BITTEN?

Use clean tweezers to immediately remove attached ticks: Grasp the tick's head as close to your skin as possible-Slowly pull it straight out. Try not to twist or squeeze the tick. If parts of the tick's mouth break off and remain in your skin, remove them with the tweezers. If you can't remove the mouthparts, leave them alone, and let your skin heal. Wash the bite area thoroughly with scap and water or alcohol-based sanitizer. Contact your health care provider if you're not feeling well or if you are concerned after being bitten by a tick. Keep the tick in a closed container and bring it with you if

For more information visit Canada.ca/LymeDisease you go see your health care provider.



Winter Driving: What to do, and what NOT to do!



Slow down your driving speeds according to weather conditions.



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



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



Stay indoors during major snowfall.



Avoid travel on roads or sidewalks during major snowfall.

During heavy snowfall, it takes 8 hours for snow plows to complete their route through priority roads, which includes:

- 4th Line (Mohawk Rd. the tracks)
- Chiefswood Rd. (Hwy 54 Townline)
- 2nd Line (Bateman Line Chiefswood)
- 2nd Line (East of Chiefswood Rd.)
- 6th Line (East of Chiefswood Rd.)
- Onondaga Rd. (4th Line 2nd Line)
- Cayuga Rd. (4th Line 6th Line)
- Mohawk Rd.

WANTED! Community Members For the Hiring & Grievance Committees

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

Training will be 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 Needed: Name, Phone/Cell #, Committee Preference (Hiring Committee, Grievance Committee, or Both), Employment Area of Expertise and Availability

*Current Six Nations of the Grand River Employees and Councilors are NOT ELIGIBLE to participate on the committees.

For more information or to express interest in joining the Hiring & Grievance Committees please contact, Lesleigh Rusnak at HRBP1@sixnations.ca or mail/drop-off information at: Human Resources Department

1697 Fourth Line Road, Ohsweken, N0A 1M0 P.O. Box 5000



Transfer Station Winter Hours

The Six Nations Transfer Station is currently operating under winter hours of 8:00am-4:30pm. with the final load-in happening at 4:15pm. The Transfer Station is open Tuesday to Saturday with the exception of certain holidays.



For inquiries, call the Transfer Station at 519-445-1212.







HOW YOU CAN GET ON THE SNGR Council/Committee Agenda

STEP 1

Submit a written request to the SNGR Administration Building.



STEP 2

State your purpose & the outcome you expect from presenting. you expect from presenting.



STEP 3

Be as detailed as possible so that council is prepared for your request.



STEP 4

Include contact info to be informed when your issue will be discussed.



STEP 5

Request deadlines are Tuesdays prior to the next meeting @12pm.





AERIAL INSECTIVORES PROJECT

Many Aerial Insectivores, or birds and bats, are facing population declines and are classified as Special Concern, Threatened, or Endangered.

While Six Nations may provide a vital refuge for wildlife, we lack information about these species on the reserve.

With your support, we can make a difference in conserving Species at Risk on Six Nations

If interested in participating in our Aerial Insectivore research, contact us:

laurenjones@sixnations.ca • (519) 445-0330 Six Nations Wildlife & Stewardship Facebook Page

Seen in Photograph: Eastern Wood-Pewee.







JOIN OUR TEAM!!

Visit www.sixnations.ca to find all of SNGR's latest career opportunities. Your career is just a click away.



Breastfeeding Support Group

SIX NATIONS CHILD & YOUTH HEALTH AND CHW, NUTRITION SERVICES

All who support breastfeeding are welcome to join, share, and support each other. A light lunch/nourishing snack will be provided. All ages: new mothers and all who support breastfeeding

Dates: Thursday, January 25 & February 29 | Time: 12-1pm | Location: Virtual (Zoom) Registration Required: Stephanie George | (519) 445-4922 | sgeorge@sixnations.ca

Group Triple P

SOCIAL SERVICES, FAMILY SUPPORT UNIT

Group Triple P is a level 4, broad-based parenting intervention delivered over 8 weeks. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour and plan for high-risk situations. Families suitable for course. Ages: Parents and caregivers of children 2-12

Duration: Every Wednesday (January 24 – March 13) | **Time**: 5-7pm

Registration Opens: December 11 | Location: Virtual (Zoom)

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

Language Game Drop-In

SIX NATIONS PUBLIC LIBRARY

Make & play language games. All ages (under 13 years old must be accompanied by an adult)

Dates: January 8 & February 12 | Time: 6-8pm | Location: Public Library (1679 Chiefswood Road)

Registration Required: Six Nations Public Library | (519) 445-2954 | info@snpl.ca

Six Nations Book Club

SNHS' HEALTH PROMOTION & SIX NATIONS PUBLIC LIBRARY

Interested in reading Haudenosaunee literature? The Six Nations Book Club offers community members the opportunity to read Haudenosaunee literature and have discussions about the book, cultural knowledge, their thoughts and values as they reflect on their own journey of life. The next book we are reading: Reflecting on Our Journeys, by Norma Jacobs. Ages: Adults 18+

Duration: Every Tuesday (December 5-February 27) | Time: 10-11am

Location: Virtual (Zoom) & Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Minetta McNaughton | (519) 445-2954 | info@snpl.ca



FINANCIAL SUPPORTS AVAILABLE!

Six Nations of the Grand River's Finance Department wants you to check out the following financial supports available for Six Nations band members:

- Enrollment Allowance (formerly Attendance Allowance)
- Student Support Allowance
- Donation Fund

See the ad below for more information regarding the **Donation Fund Policy!**

For further information on the **Student Support Allowance** and the **Enrollment Allowance** (formerly known as Attendance Allowance), please see the ads on page 26!







All Classes will be at Parks and Recreation Boardroom 1748 4th Line, Ohsweken.

January **24, 2024**

February **28, 2024**

March **27, 2024**

Class starts 8:30 am to 5:00 pm

Please bring a paper and pen to take notes.

Safe Food Handling Course is Facilitated By Peter Hill, Environmental Health Officer. Please note there is a minimum number of 5 participants required to run the course.

Certification expires in 5 years.

COVID-19 Protocols in place. For ages 14yrs and older.



michellejamieson@sixnations.ca

ENROLLMENT ALLOWANCE FOR HIGH SCHOOL STUDENTS

(Formerly known as Attendance Allowance)

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

What Has Changed?

Enrollment Allowance (formerly 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.

How to Receive Enrollment Allowance:

Enrollment Allowance can be obtained (via Direct Deposit only - cheques will no longer be issued) by submitting a completed EFT form & void cheque. It is given out in December, April & June of each year.

EFT Forms can be found at: sixnations.ca

For further inquiries & more information, please contact Rebecca McComber bmccomber@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.

Sports Fees

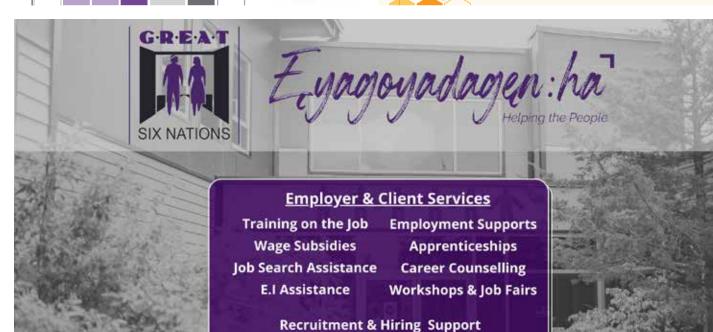
*Co-Op Fees/Expenses:

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

Secondary

For more information, please contact Becky McComber: bmccomber@sixnations.ca





CONTACT US TODAY TO START YOUR CAREER!

519-445-2222 | greatsn.com | @ @greatsixnations

Toll-free: 1-888-218-8230

Your job is out there. We'll help you find it. Canada



Ontario 😚



NEW E-Commerce Training for Small Businesses

TWO RIVERS COMMUNITY DEVELOPMENT CENTRE

Join our workshop to learn how to help yourself be one step ahead of your competition. Learn about key topics such as the use of AI, Search Engine Optimization (SEO), The Power of Digital Marketing, Updating Your Website, Design Mastery with Canva, and Email Marketing. Ages: Small Business Owners of all ages

Dates: January 16 & February 13 | Time: 11-1pm

Location: Two Rivers Community Development Centre (16 Sunrise Court) & Virtual (Zoom)

Contact: Rachel Martin | (519) 445-4567 | info@tworivers.ca

NEW First Nations Drinking Water Settlement: Claim Support Drop-In SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Drop in to receive claim support for the First Nations Drinking Water Settlement with SNGR Staff. Ages: All ages – Six Nations Community Members who are Band Members and lived on the territory during the time frame listed on the claim website (www.firstnationsdrinkingwater.ca)

Dates: Tuesday, January 16 & 30 | Location: Wagyosehta'geh (1745 Chiefswood Road)

Time: 1-3pm | Contact: Brenda Greene | (519) 445-2201

Additional Information: Visit firstnationsdrinkingwater.ca or linktr.ee/sixnationsgr

NEW First Nations Drinking Water Settlement: Workshop

CENTRAL ADMINISTRATION

Attend a workshop to learn how to fill out your First Nations Drinking Water Settlement Claim through interactive guides. At the end of each workshop there will be time to ask for support from SNGR staff to complete your claim. Ages: All ages – Six Nations Community Members who are Band Members and lived on the territory during the time frame listed on the claim website (www.firstnationsdrinkingwater.ca)

Dates: Wednesday, January 10 & 24 | Location: Council Chambers (1695 Chiefswood Road)

Time: 6-7pm | Contact: Brenda Greene | (519) 445-2201

Additional Information: Visit firstnationsdrinkingwater.ca or linktr.ee/sixnationsgr

NEW Junior Cooking SNHS' CHILD & YOUTH HEALTH

This Junior Cooking Class is designed for 4-9 year old children to learn basic cooking skills while making delicious food. Just before the class ends, one caregiver is welcome to join the class to enjoy the food that was made! Ages: Children 4-9

Dates: Wednesday, January 10 | Time: 4:30-6:30pm | Transportation: Contact to Inquire

Location: White Pines Wellness Centre (1745 Chiefswood Road) | Registration Opens: December 11

Registration Required: Claire Nanda | (548) 328-1838 | cyhrd2@sixnations.ca

Meal Prep Made Simple Cooking Class

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us in a meal prepping class where we plan and make meals that you can have ready in no time on busy days. Ages: Adults 18+

Dates: Tuesday, January 9 & February 13 | Time: 1-2pm | Location: Virtual (Zoom)

Registration Required: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Learn how to prepare vegetarian and vegan meals that are nutritious and satisfying. All ingredients provided. This class is appropriate for anyone wanting to include more plants on their plate. Ages: Adults 18+

Dates: Tuesday, January 23 & February 27 | Time: 5-6:30pm | Transportation: Contact to Inquire

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Keri Howell | (519) 754-7405 | dietitian@sixnations.ca

Safe Food Handling

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This free certification course is open to all Six Nations community members! Learn general principles of safe food handling. Topics include Temperature Control, Cross-Contamination, Personal Hygiene, Cleaning and Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. Ages: Teens 15-17 and Adults 18+

Dates: January 24 & February 28 | Time: 8:30am-5pm | Registration Opens: December 1

Location: Six Nations Parks & Recreation Conference Room (1738 Fourth Line)

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

Tentewatá:ton Dedwadado' Market Cooking

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS PROGRAM

Please join us to make delicious seasonal meals using produce from the local market. Participants will receive a coupon for the market for participating. All ingredients are provided. **Ages: Adults 18+**

Dates: Thursday, January 4 & February 1 | Time: 4:30-6:30pm

Location: White Pines Wellness Centre (1745 Chiefswood Road) | **Transportation**: Contact to Inquire

Registration Required: Jordyn Johnson | (519) 445-2226 | dep@sixnations.ca

NEW The Link Between Diabetes and Mental Health

SOCIAL SERVICES, SIX NATIONS CHILD AND FAMILY SERVICES

Learn about diabetes and the factors that play a role in adult or child mental health, so we can better help ourselves or others living with the condition. Ages: Teens 15+; For anyone with diabetes, people who know, or works with someone with diabetes, or people who want to know more

Date: January 18, 2023 | Time: 6-8pm | Location: Virtual

Registration Required: Kim Discipline | (519) 761-0594 | scsu@sixnations.ca

NEW Traditional Clothing Workshop

SOCIAL SERVICES, KANIKONRIIO CHILD AND YOUTH PROGRAMS

Learn basic sewing techniques and make a traditional skirt. Have fun socializing with your peers while learning a new skill. Ages: 12-18





WORKSHOPS & CLASSES (JANUARY)

Duration: January 3-4 | **Time**: 9am-4pm | **Location**: 18 Stoneridge Circle (2nd Floor) **Registration**: Opens December 18 | Debora Martin | (519) 761-9437 | deboramartin@sixnations.ca

Youth Cooking

SNHS' CHILD & YOUTH HEALTH

Join us with a family member to learn to prepare different recipes every month in our youth cooking class! Ages: Preteens/Teens 9-17

Dates: Tuesday, January 16 & February 20 | **Time**: 4:30-6:30pm **Location**: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Claire Nanda | (548) 328-1838 | cyhrd2@sixnations.ca



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.

What are the symptoms? Most people who are infected with the virus show no symptoms or they experience mild flu-like symptoms, such as fever, headache, body aches or fatigue. The symptoms usually last for a few days. Call your doctor immediately if you notice any symptoms. Those being most at risk are the elderly and children.

What to do if you find a dead bird on property?

Finding a dead bird that tests positive for West Nile virus is one of the signs that West Nile virus has spread to an area. When birds in the area have WNV, it means the people are at risk for infection.



You can report any dead birds (crows, jays, magpies and ravens and larger birds as these birds are more susceptible to getting sick and dying from WNV) in your area by contacting your Community Educator office. C.E.'s will arrange to come out to have the birds investigated and sent in for testing, if the bird specifications are met. Do not touch the dead or sick birds unless you are wearing rubber or latex gloves, and make sure any open wounds on your hands are covered. Warn your children about this too. Wash your gloved hands and then your bare hands well after handling.

For more information contact the Six Nations Community Educator program 519-445-2809 or the Environmental Health Officer 519-751-6513











This App Helps You:

- Oreate a Personal Safety Plan
- Find Six Nations Community Resources for Support
- Be Prepared if you Find Yourself in α Crisis
- FREE to Download + Use App



Choose Six Nations of the Grand River in your App Settings















Where to Find SNGR Litigation Resources

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

Court Documents are Accessible!

Follow the court case and access court documents and other important information by visiting the Litigation website: www.sngrlitigation.com

Important Updates & Press Releases

Access the latest updates via the Political Newsletter or Press Releases by visiting the Six Nations of the Grand River website: www.sixnations.ca/news-and-events

Further Insight and Inquiries

If you have any questions regarding the court case, or require further information, please contact **Lands and Resources** by calling (519) 753-0665 or visiting:

www.sixnations.ca











Parks and Recreation is currently working on a new online scheduling and registration software program!

To Book the Following Facilities:

- Community Hall*
- Sports Den*
- Arena*

- Ball Diamonds*
- Sports Fields

Contact: Email joannelickers@sixnations.ca or call (519) 445-4311

To Book Dajoh & Meeting Rooms:

Contact: Cindy Thomas

cthomas@sixnations.ca



Minor Sports Contacts:

Six Nations Minor Hockey

Email: snmhpresident@gmail.com Website: sixnationsminorhockey.com

Six Nations Minor Lacrosse

Email: snminorlacrosse@gmail.com

Website: snmla.ca

Six Nations Skating Club

Email: snskatingclub@gmail.com
Follow their Facebook page for more!

Six Nations Minor Softball

Follow their Facebook page for more!

Six Nations Girls Field Lacrosse

Follow their Facebook page for more!

*NOTE: Birthday party bookings are available at these facilities, as well as the Half Gym!







13 years and up, unless accompanied by an adult.
Register before the date you want to attend to ensure there are enough supplies.
Last minute drop-ins are welcome if there are enough supplies.

519-445-2954 or info@snpl.ca









FEBRUARY CALENDAR/OVERVIEW





ALSO ON THE 13th: MuscleFIT (p. 39), Pickleball (p. 40), Rockwall (p. 40), and Sit to Be Fit (p. 40)

THURSDAY	FRIDAY	SATURDAY/SUNDAY
After School Music Lessons (p. 43) MuscleFIT (p. 39) Rez Hoops (p. 40) Second Wind (p. 40) Tentewata:ton Dedwadado Market Cooking Class (p. 45)	AquaFIT (p. 38) 2 Let's Get Moving (p. 39)	4
After School Music Lessons (p. 43) MuscleFIT (p. 39) Rez Hoops (p. 40) Second Wind (p. 40)	AquaFIT (p. 38) Let's Get Moving (p. 39)	Story Time (p. 35)
		11
After School Music Lessons (p. 43) Family Movie Night (p. 35) MuscleFIT (p. 39) Second Wind (p. 40)	AquaFIT (p. 38) Family Movie Night (p. 35) Let's Get Moving (p. 39)	17
Woodburning Workshop (p. 45)		18
After School Music Lessons (p. 43) MuscleFIT (p. 39) Second Wind (p. 40)	AquaFIT (p. 38) Let's Get Moving (p. 39)	24
		25
Leap Day 29		
After School Music Lessons (p. 43) Breastfeeding Support Group (p. 42) MuscleFIT (p. 39) Second Wind (p. 40)	DON'T FORGET: Check out the multi-day and ongoing events on page 47!	

ALSO ON THE 27th: First Nations Drinking Water Settlement: Claim Support Drop-In (p. 43)

NEW Family Movie Night

SOCIAL SERVICES, KANIKONRIIO YOUTH LIFE PROMOTION

\$50 Cineplex tickets will be purchased by Youth Life Promotions for families to register for. One gift card will be given per family with the goal of giving families a fun activity to do together for the Family Day holiday on February 19th. All ages

Date: February 12-16 | Time: 9am-4pm | Location: 18 Stoneridge Circle

Registration: Opens January 24 | Grace Young | (519) 732-9961 | kaylp@sixnations.ca

Family Togetherness Program

SOCIAL SERVICES, SIX NATIONS CHILD & FAMILY SERVICES

Provide families with a meal and a fun, family-oriented activity to complete together. All ages

Duration: Every Monday (January 15-March 4)* | **Time**: 5-6:30pm

*Holiday Dates (No Program): February 19 | Location: 18 Stoneridge Circle

Contact: Shantel Bomberry | (519) 445-2950 | shantelbomberry@sixnations.ca

Soup for Seniors

SNHS' COMMUNITY HEALTH & WELLNESS

A drive-thru service that provides a free hot bowl of soup to Six Nations Elders. Watch Healthy6Nay social media and local newspapers for our next Soup for Seniors Gatherings! Ages: Seniors 55+

Dates: Every Tuesday | Time: 11am-1pm (or until soup runs out)

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

Contact: Kaya Hill | (519) 732-4026 | hpcfa2@sixnations.ca

NEW Story Time

SNHS' HEALTH PROMOTION & SIX NATIONS PUBLIC LIBRARY

Celebrate our community tradition of No:ia and bring awareness of our cultural traditions among our children. This program is for pre-schoolers and their parents. Ages: Pre-Schoolers 4-6

Date: Saturday, February 10 | Time: 10:30-11:30am | Location: Public Library (1679 Chiefswood Road)

Registration Opens: November 24 | Contact: Minetta McNaughton | (519) 445-2954 | info@snpl.ca

Tentewatá:ton Dedwadado Market

SNHS' COMMUNITY HEALTH & WELLNESS

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

Date: Every Wednesday | Time: 1-5pm | Location: Odrohekta'geh (1676 Chiefswood Road)

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

WAGYOSEHTA'GEH THE VISITING PLACE

Services Provided:

- Respite Supervision
- Lunch
- Social/Recreational Programs
- Exercise Programs
- Client Advocacy/Referrals

Community Programming: Wagoyosehta'geh offers a variety of community programming on Tuesdays, focused on targeting a specific community need. These include educational presentations, elders' gatherings, and traditional workshops. Some previous programming offered includes will kits, hearing screening, and elders' wellness days.

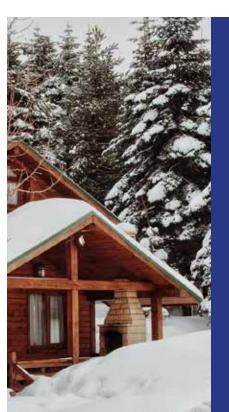
Home Visits: Wagyosehta'geh offers in-home visits to elderly clients in need, for recreational activity purposes only. Wagyosehta'geh staff will come into the homes for socialization, activity kits, and enrichment.







For more information, please call Wagyosehta'geh at (519) 445-1867



SIX NATIONS

HOME & COMMUNITY CARE PROGRAM Community Support Services Offered

Meals on Wheels

Delivery of a hot, nutritious meal to the clients' homes 5 days per week.

Transportation

Every Monday & Friday, a van is available for group transportation to local centres for the purpose of shopping and banking.

Home Maintenance/Repairs

Provide general home maintenance and repairs.

Security (Telephone Reassurance)

Workers will make regular telephone contact to seniors in their homes.

Friendly Visiting

Workers will visit seniors while in their homes to keep socially involved with the community.

Diners Club (Silver Fox)

Recreational and social group activities are offered every Tuesday and Thursday at a set location. Transportation and meal are provided.

Home Help

Workers assist with light housekeeping.

Anyone wishing to gain new access to the programs listed above must be assessed by a case manager to determine their eligibility. Note: Some services may have a minimal monetary fee.

For more information, please call the Home & Community Care Program at (519) 445-4055







FREE



PUBLIC SKATING HELMETS MANDATORY

Mondays, Wednesdays & Thursdays
12:00 - 12:50 p.m.
Starts October 11, 2023
Saturdays

Parent & Tot Skate 6:00 - 6:30 p.m. (Learn to Skate stands on ice)

Open Skate 6:30 - 7:20 p.m.

Starts October 14, 2023

PUBLIC SKATE RULES

No Playing Tag

No Play Fighting

No Skating Backwards

Must Skate in Same Direction

No hockey Sticks or pucks

No Food or Drinks or ice

Must Wear Skates on Ice

Six Nations Sports & Cultural Memorial Centre

1738 Fourth Line Road, Ohsweken

For more information contact Six Nations Parks and Recreation 519-445-4311



GETTING ACTIVE/MOVEMENT (FEBRUARY)

NEW New Event

▲ Outdoor Event

Adult Badminton Drop-In

PARKS & RECREATION

Community members of any skill level are welcome to attend our Adult Badminton sessions every Monday night at Dajoh! Ages: 15+

Duration: Every Monday (January 8-April 22) | Time: 7-9pm

*Holiday Dates (No Program): February 19 & April 1 | Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

AquaFIT

SNHS' COMMUNITY HEALTH & WELLNESS

Join us for a low impact exercise class in a pool. AquaFIT is great for those with arthritis, recovering from knee surgeries, seniors, and those who are inactive and looking to get active. Transportation is available on a first-come, first-serve basis. **Ages: Adults 18+**

Duration: Every Friday (January 12-February 23) | **Time**: 10:45-11:45am

Location: Wayne Gretzky Centre (254 N Park St, Brantford) | **Transportation**: Contact to Inquire

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Chair Yoga

SNHS' COMMUNITY HEALTH & WELLNESS

Join us in the Seneca Room at Dajoh for an adaptive yoga class that utilizes a chair to complete poses. A focus will be put on pain reduction, balance, joint-freeing movements, and breath work. Ages: Seniors 50+

Duration: Every Wednesday (January 10-April 24) | Time: 10:30-11:30am

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

Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Family Badminton

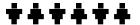
PARKS & RECREATION

Badminton for the entire family! All ages

Duration: Every Monday (January 8-April 22) | **Time**: 6-7pm

*Holiday Dates (No Program): February 19 & April 1 | Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca





GETTING ACTIVE/MOVEMENT (FEBRUARY)

NEW Lane Swim and Water Walking

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION & THERAPY SERVICES

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

Duration: Every Wednesday (January 10-February 28) | Time: 9-10am

Location: Wayne Gretzky Centre (254 N Park St, Brantford)

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

Let's Get Moving

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION & THERAPY SERVICES

A total body exercise class for community members wanting to get active and start a program to improve function, strength, range of motion and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Seniors 55+**

Duration: Every Monday & Friday (December 1-February 26)* | **Time**: 1:30-2:30pm ***Holiday Dates (No Program)**: February 19 | **Transportation**: Available upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

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

Morning Spark

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION & THERAPY SERVICES

This is a morning drop-in program. Participants can arrive at their preferred time and start the exercise routine independently. This program is a combination of strength and cardiovascular training presented in a circuit form. Participants will develop strength, endurance, balance, and body awareness. Available to community members looking to stay active, indoors during the winter months. Some equipment will be given out to participants for home use. This equipment is to be brought to each session. Ages: Adults 18+

Duration: Every Monday (January 15-February 26)* | Time: 8:30-10am

*Holiday Dates (No Program): February 19 | Transportation: Available upon Request Location: Odrohekta'geh (1676 Chiefswood Road) | Registration Opens: December 4

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

MuscleFIT

SNHS' COMMUNITY HEALTH & WELLNESS

Join us for a strength-based exercise program. This class will introduce proper lifting techniques in a circuit-based environment. Participants will get to try using dumbbells, weighted bars, kettlebells, resistance bands and other exercise equipment to perform exercises. Space is limited. Individuals of all fitness levels are welcome! **Ages: Adults 18+**

Duration: Every Tuesday & Thursday (January 9-February 29) | Time: 12-1pm | Location: TBD Registration Opens: December 12 | Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Pickleball Drop-In

PARKS & RECREATION

Join us for drop-in Pickleball at the Dajoh Gym on Tuesday nights! All ages

Duration: Every Tuesday (January 2-April 23) | **Time**: 6-7:30pm

Location: Dajoh Gym - Court 1 (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

NEW Rez Hoops Highschool Team

PARKS & RECREATION

Open to all highschool players interested in playing in the Rez Hoops Tournament in Febru-

ary. Ages: Teens 14-18

Duration: Every Thursday (January 4-February 8) | **Time**: 7:30-8:30pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Rockwall

PARKS & RECREATION

There are three (3) different 1-hour time slots (based on age category) available for youth wishing to use the rockwall at Dajoh. **Ages: 4-13**

Duration: Every Tuesday (January 9-February 27) | **Location**: Dajoh Gym (1738 Fourth Line)

Ages 4-6: start at 4:30 pm | Ages 7-9: start at 5:30 pm | Ages 10-13: start at 6:30 pm

Registration Opens: December 4 | Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Second Wind

SNHS' COMMUNITY HEALTH & WELLNESS

Join us in the Tuscarora & Cayuga rooms at Dajoh for an exercise class where individuals will learn to exercise in a safe environment utilizing a chair. There is a focus on strengthening using resistance bands and breathwork. Classes will be run with the aid of Occupational Therapists, Kinesiologist, and Healthy Lifestyle Coordinator. Ages: Seniors 55+ or individuals with chronic illnesses

Duration: Every Monday & Thursday (January 8-April 29)* | Time: 10:30-11:30am *Holiday Dates (No Program): February 19 | Location: Dajoh (1738 Fourth Line) Transportation: Available upon Request | Registration Opens: December 1 Registration Required: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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, TheraBand's, therapy balls and free weights. This program is run by an exercise facilitator from the Canadian Alzheimer's Society. Ages: Seniors 55+

Duration: Every Tuesday (December 5-February 27) | **Time**: 2-3pm

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

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





GETTING ACTIVE/MOVEMENT (FEBRUARY)

Winter Wellness Walks A

SNHS' COMMUNITY HEALTH & WELLNESS

Join us for a weekly walk on local trails both on and off reserve. Specific locations for each date will be provided once you are registered for the program. **Ages: Adults 18+**

Duration: Every Tuesday (January 9-April 16) | **Time**: 9-10:30am

Location: Local Trails (On and Off-Reserve) | **Registration Opens**: December 15 **Registration Required**: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

NEW Zumba

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us for a fun, high-energy eight (8) week aerobic dance exercise class. Zumba is all about stretching the muscles and moving your body to the beat. Class is drop-in. **Ages: 16+**

Duration: Every Wednesday (January 10-February 28) | **Time**: 5:45-6:45pm **Location**: TBD | **Contact**: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca



Six Nations Public Library is available online all day, everyday.

Get your library card ready and visit



Breastfeeding Support Group

SIX NATIONS CHILD & YOUTH HEALTH AND CHW, NUTRITION SERVICES

All who support breastfeeding are welcome to join, share, and support each other. A light lunch/nourishing snack will be provided. All ages: new mothers and all who support breastfeeding

Dates: Thursday, February 29 | Time: 12-1pm | Location: Virtual (Zoom)

Registration Required: Stephanie George | (519) 445-4922 | sgeorge@sixnations.ca

Group Triple P

SOCIAL SERVICES, FAMILY SUPPORT UNIT

Group Triple P is a level 4, broad-based parenting intervention delivered over 8 weeks. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour and plan for high-risk situations. Families suitable for course. **Ages: Parents and caregivers of children 2-12**

Duration: Every Wednesday (January 24 – March 13) | Time: 5-7pm

Registration Opens: December 11 | Location: Virtual (Zoom)

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

Language Game Drop-In

SIX NATIONS PUBLIC LIBRARY

Make & play language games. All ages (under 13 years old must be accompanied by an adult)

Dates: February 12 | **Time**: 6-8pm | **Location**: Public Library (1679 Chiefswood Road) **Registration Required**: Six Nations Public Library | (519) 445-2954 | info@snpl.ca

Six Nations Book Club

SNHS' HEALTH PROMOTION & SIX NATIONS PUBLIC LIBRARY

Interested in reading Haudenosaunee literature? The Six Nations Book Club offers community members the opportunity to read Haudenosaunee literature and have discussions about the book, cultural knowledge, their thoughts and values as they reflect on their own journey of life. The next book we are reading: Reflecting on Our Journeys, by Norma Jacobs. Ages: Adults 18+

Duration: Every Tuesday (December 5-February 27) | **Time**: 10-11am

Location: Virtual (Zoom) & Six Nations Public Library (1679 Chiefswood Road) **Registration Required**: Minetta McNaughton | (519) 445-2954 | info@snpl.ca

After School Music Lessons

SIX NATIONS PUBLIC LIBRARY

In the winter months there will be free guitar (and other instruments) lessons at the library. Please look for advertisement on exact times and dates or contact the Six Nations Public Library. Ages: Children 7-17

Duration: Every Monday-Thursday (February-March) | **Transportation**: Contact to Inquire

Time: TBD (after 4pm until before 8pm) | Location: Six Nations Public Library (1679 Chiefswood Road)

Contact: Minetta McNaughton | (519) 445-2954 | info@snpl.ca

NEW E-Commerce Training for Small Businesses

TWO RIVERS COMMUNITY DEVELOPMENT CENTRE

Join our workshop to learn how to help yourself be one step ahead of your competition. Learn about key topics such as the use of AI, Search Engine Optimization (SEO), The Power of Digital Marketing, Updating Your Website, Design Mastery with Canva, and Email Marketing. Ages: Small Business Owners of all ages

Dates: February 13 | Time: 11-1pm | Contact: Rachel Martin | (519) 445-4567 | info@tworivers.ca

Location: Two Rivers Community Development Centre (16 Sunrise Court) & Virtual (Zoom)

Feeding Your Baby

SNHS' COMMUNITY HEALTH & WELLNESS, CHILD & YOUTH HEALTH

Classes designed to help parents/caregivers transition their 6 month old (or older) baby to starting solids. Learn to prepare foods for your baby that are nutritious. safe and cost effective. All food and supplies will be provided during this 4 week program. Ages: Adults 18+; Mothers and Infants (6 months+)

Duration: Every Wednesday (February 7-28) | **Time**: 10am-12pm

Location: Family Gatherings (18 Stoneridge Circle) | **Registration Opens**: September 1 **Registration Required**: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

NEW First Nations Drinking Water Settlement: Claim Support Drop-In SNHS' HEALTH PROMOTION

Drop in to receive claim support for the First Nations Drinking Water Settlement with SNGR Staff. Ages: All ages – Six Nations Community Members who are Band Members and lived on the territory during the time frame listed on the claim website (www.firstnationsdrinkingwater.ca)

Dates: Tuesday, February 13 & 27 | Location: Wagyosehta'geh (1745 Chiefswood Road)

Time: 1-3pm | Contact: Brenda Greene | (519) 445-2201

Additional Information: Visit firstnationsdrinkingwater.ca or linktr.ee/sixnationsgr

NEW First Nations Drinking Water Settlement: Workshop

CENTRAL ADMINISTRATION

Attend a workshop to learn how to fill out your First Nations Drinking Water Settlement Claim through interactive guides. At the end of each workshop there will be time to ask for support from SNGR staff to complete your claim. Ages: All ages – Six Nations Community Members who are Band Members and lived on the territory during the time frame listed on the claim website (www.firstnationsdrinkingwater.ca)

Dates: Wednesday, February 7 & 21 | Location: Council Chambers (1695 Chiefswood Road)

Time: 6-7pm | Contact: Brenda Greene | (519) 445-2201

Additional Information: Visit firstnationsdrinkingwater.ca or linktr.ee/sixnationsgr

NEW Junior Cooking

SNHS' CHILD & YOUTH HEALTH

This Junior Cooking Class is designed for 4-9 year old children to learn basic cooking skills while making delicious food. Just before the class ends, one caregiver is welcome to join the class to enjoy the food that was made! **Ages: Children 4-9**

Dates: Tuesday, February 6 | Time: 4:30-6:30pm | Transportation: Contact to Inquire

Location: White Pines Wellness Centre (1745 Chiefswood Road) | Registration Opens: December 11

Registration Required: Claire Nanda | (548) 328-1838 | cyhrd2@sixnations.ca

Meal Prep Made Simple Cooking Class

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us in a meal prepping class where we plan and make meals that you can have ready in no time on busy days. Ages: Adults 18+

Dates: Tuesday, February 13 | Time: 1-2pm | Location: Virtual (Zoom)

Registration Required: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Learn how to prepare vegetarian and vegan meals that are nutritious and satisfying. All ingredients provided. This class is appropriate for anyone wanting to include more plants on their plate. Ages: Adults 18+

Dates: Tuesday, February 27 | Time: 5-6:30pm | Transportation: Contact to Inquire

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Keri Howell | (519) 754-7405 | dietitian@sixnations.ca

Safe Food Handling

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This free certification course is open to all Six Nations community members! Learn general principles of safe food handling. Topics include Temperature Control, Cross-Contamination, Personal Hygiene, Cleaning and Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. Ages: Teens 15-17 and Adults 18+

Dates: Wednesday, February 28 | Time: 8:30am-5pm | Registration Opens: December 1

Location: Six Nations Parks & Recreation Conference Room (1738 Fourth Line)

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





WORKSHOPS & CLASSES (FEBRUARY)

Tentewatá:ton Dedwadado' Market Cooking

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS PROGRAM

Please join us to make delicious seasonal meals using produce from the local market. Participants will receive a coupon for the market for participating. All ingredients are provided. Ages: Adults 18+

Dates: Thursday, February 1 | Time: 4:30-6:30pm

Location: White Pines Wellness Centre (1745 Chiefswood Road) | Transportation: Contact to Inquire

Registration Required: Jordyn Johnson | (519) 445-2226 | dep@sixnations.ca

Youth Cooking

SNHS' CHILD & YOUTH HEALTH

Six Nations community youth are welcomed to join us with a family member to learn to prepare different recipes every month in our youth cooking class! Ages: Preteens/Teens 9-17

Dates: Tuesday, February 20 | Time: 4:30-6:30pm

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Claire Nanda | (548) 328-1838 | cyhrd2@sixnations.ca





Woodburning Workshop SOCIAL SERVICES, KANIKONRIIO YOUTH LIFE PROMOTION

Youth will attend a workshop where they will be taught how to make woodburning art using a woodburning tool and wood slabs for their art.

Ages: 12-17

Duration: February 13-15

Time: 4:30-7pm

Location: 18 Stoneridge Circle

Registration Required:

Opens January 29

Rahul Dass | (519) 732-9847

rahuldass@sixnations.ca



Harm Reduction Outreach Program

Who we are

Our goal is to educate community members on substance use and reduce barriers by providing outreach services to people who are not able to access our services.

What we do

We offer workshops and programming on the following topics:

- Overdose Response & Naloxone Training
- Harm Reduction & Anti-Stigma
- Drug Paraphernalia
 Training
- Cannabis/Vaping & Effects
- General Substance
 Use Training
- Much More!

Contact Information

For more information or to book a workshop please call or text Eve at 548-328-2038 or email sndrugstrategy@sixnations.ca









MULTI-DAY/ONGOING EVENTS & PROGRAMS



Community/Annual Events





Workshops & Cooking Classes

Family Well-Being Program

SIX NATIONS SOCIAL SERVICES

The priority focus of this program is to increase coordinated access to systems of care, minimize and/or de-escalate child protection concerns for families involved with a child protection agency, and to provide prevention-focused services that promote family well-being, family stabilization, preservation, and reunification. Our aim is to provide substantive equality to the families in our community so that our next seven generations are successful. Eligibility: Six Nations families residing on-reserve with children under the age of 18 years old

Duration: Daily (Monday-Friday) | Time: 8:30am-4pm | Transportation: Contact to Inquire

Location: Family Gatherings, Second Floor (18 Stonteridge Circle)

Contact: Maureene Ninham-Harvey | (519) 732-5881 | mninham-harvey@sixnations.ca

Wagyosehta'geh: "A Visiting Place" (Formerly the Adult Day Centre) SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

A community-based day program which provides supervised activities in a group setting for adult clients with mild to moderate disabilities to assist in achieving and maintaining their maximum level of functioning. The goal is to provide the necessary support to assist individuals in being able to stay at home as long as possible and at the same time providing respite and support for caregivers. Wagyosehta'geh assists individuals to gain a sense of achievement and improve their overall wellness through meaningful social, recreational, and therapeutic activities in a friendly, caring, and safe environment. Ages: Seniors 55+; Adults with Various Disabilities; Frail Elderly; Caregiver Respite

Duration: Daily (Monday-Friday)* | **Time**: 10am-3pm | **Transportation**: Contact to Inquire

*Holiday Dates (No Program): December 25, 26, January 1 & February 19

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Sonya Hill | (519) 445-1867 | ada@sixnatons.ca Additional Information: See ad on p. 36 for services and programs available

Six Nations Home & Community Care Program (Community Support Services) SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

The Six Nations Community Support Services offers many different services to seniors (65+) and disabled persons who are residents and registered band members that are still living in their own homes on the Six Nations territory. Limited services are available to those under 65 years of age who have physically disabling conditions. Ages: Seniors 65+

Duration: Daily (Monday-Friday)* | Time: 8:30am-4:30pm | Transportation: Contact to Inquire

*Holiday Dates (No Program): December 25, 26, January 1 & February 19

Location: Jay Silverheels Complex (29 Cao Lane) | Contact: (519) 445-4055

Additional Information: See ad on p. 36 for services and programs available







HAUDENOSAUNEE MONTHLY LANGUAGE MEET

A Participant Led Opportunity to Practice Your Language

On-going via Zoom:

TUSCARORA: First Tuesday of the Month MOHAWK: First Thursday of the Month SENECA: Second Tuesday of the Month ONONDAGA: Second Thursday of the Month

ONEIDA: Third Tuesday of the Month CAYUGA: Third Thursday of the Month

7 P.M. - 9 P.M.

New!
There are helpers for
Mohawk & Cayuga!
Contact SNPL
to Volunteer

This is not a language course. This is an open meeting space for learners to gather & practice language online.

Participants will decide amongst themselves how best to use the space to further their language learning.

To register:

6languages@snpl.ca

https://snpl.ca/programs-events/#languagemeet

SNGR HEALTH SERVICESWants to Hear From Their Clients

By completing the Health Services "Patient Experience Survey", you could help improve services in the SNGR community.

Scan the QR code below, visit snhs.ca, or visit us at Health Services (1745 Chiefswood Road) to take the survey!



Those eligible can enter for a chance to win one of ten \$40 gift certificates to Clover Farms!





SUBMIT YOUR CLAIM FOR THE

First Nations Drinking Water Settlement

Submit Your Claim

We encourage all Six Nations community members to submit a claim to the First Nations Drinking Water Settlement if they lived on the Six Nations territory at any time between Nov. 20, 1995 and June 20, 2021. Claims are not limited to one per household, all individuals in the household can submit a claim.

How to Get a Claim Form

Individuals can apply by submitting a claim form. Claim forms can be found at firstnationsdrinkingwater.ca or at Central Administration (1695 Chiefswood Road).

How to Submit a Claim Submit Electronically via

Online: firstnationsdrinkingwater.ca Email: firstnationswater@deloitte.ca

Fax: 647-738-5206

Support Services

To get support with your claim, schedule an appointment with Brenda Greene at 519-445-2201 or linktr.ee/sixnationsgr

Additionally, contact Deloitte, the claim administrator at 1-833-252-4220

For information on eligiblity:



https://bit.l y/3ZUPjCu

How to get a claim form:



https://bit.l y/46DoRiW

Submit via Mail

PO Box 160 Stn Adelaide Toronto, ON M5C 2J2

Tracked shipping is recommended*



Crisis Supports For Six Nations Need Help? Reach Out:



Six Nations Crisis Hub

226-446-9902

Monday-Friday, 8:00am-11:00pm (walk-in crisis available) 1546 Chiefswood Road

Ohsweken Public Health

519-445-2672 (8:30am-4:30pm)

1769 Chiefswood Road

Kids Help Line

1-800-668-6868 OR CONNECT to 686868 (text)

kidshelpphone.ca (website, online chat available)

Talk 4 Healing for **Indigenous Women**

1-855-554-4315 (24/7 call/text) www.beendigen.com (live chat)

National Indian Residential **School Crisis Line**

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



Six Nations Crisis Line

519-445-2204 OR 1-866-445-2204 (phone 24/7) 226-777-8480

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

Ganohkwasra Family **Assault Support Services**

519-445-4324 (24/7)

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)

First Nations & Inuit Hope for Wellness Help Line

1-855-242-3310 (24/7)

hopeforwellness.ca (website, online chat available)

Talk Suicide Canada

1-833-456-4566 (24/7) OR 45645 (text)







SIX NATIONS OF THE GRAND RIVER DEPARTMENTS

CENTRAL ADMINISTRATION

1695 Chiefswood Road

(519) 445-2201

ONTARIO WORKS

12 Sunrise Court

(519) 445-2084

FIRE & EMERGENCY SERVICES

17 Veterans Lane (519) 445-4054 PARKS & RECREATION

1738 Fourth Line (519) 445-4311

HEALTH SERVICES

1745 Chiefswood Road

(519) 445-2418

PUBLIC WORKS

1953 Fourth Line (519) 445-4242

HOUSING

67 Bicentennial Trail

(519) 445-2235

SOCIAL SERVICES

15 Sunrise Court (519) 445-0232

JUSTICE DEPARTMENT

1721 Chiefswood Road

(226) 227-2192

TOURISM

(519) 758-5444

LANDS & MEMBERSHIP

67 Bicentennial Trail

(519) 445-4613

YERIHWAHRÓN:KAS

(They Hear the Matters)

1695 Chiefswood Road

(519) 758-5444

LANDS & RESOURCES

2498 Chiefswood Road (519) 753-0665 P.O. Box 5000,

Ohsweken, Ontario

NOA 1MO

























WAYS TO STAY CONNECTED!

FOLLOW SNGR'S SOCIAL MEDIA ACCOUNTS!

Facebook: Six.Nations.Grand.River

O Instagram: sixnationsgr

X: sixnationsgr

YouTube: sixnationsofthegrandriver6627

DOWNLOAD THE SNGR APP

by visiting the Google Play Store or Apple's App Store on your mobile device!





VISIT OUR WEBSITE:

www.sixnations.ca