

Workshops offered

To access these services
in a one-on-one setting,
call **Service**

Coordination Unit

At 519-445-0230

*There are no perfect
parents, or perfect
children, or perfect
people. We can only
do our best, and we
all need help once in
awhile.*

Nobody's Perfect

For more information
on parenting programs,
or workshops,
call Jeannie

Family Support Unit
519-445-4050

Sewing Workshops

Basis Hand Stitching. Mending
and repairing your own clothes.

Blanket Play Workshop: Make
your own blanket and discover the
importance of play.



Budgeting

Four part workshop focusing on
frugal living while living GREAT.
Couponing, frugal meals, tips to
reduce waste and spending, ways
to find free activities



**Six Nations of
the Grand
River Child &
Family
Services**

*Family Support Unit
Teacher / Homemaker*



15 Sunrise Court
Ohsweken, ON

N0A 1M0

Phone: 519-445-0230

Fax: 519-445-0249

Programs offered yearly

Teacher/Homemaker

The Teacher/Homemaker offers programs in sewing, time management, budgeting, and parenting. These services are offered one-on-one, or in a group setting

Parenting Teenagers

Eight sessions. Learn to understand yourself and your teen. Communication, Encouragement, Cooperation, Problem Solving, and Consequences.

Super Dad's Super Kids

Eight week program for fathers, grandfathers, uncles, brothers, and any other man who is influencing a child's life. Fathers play a vital role in the healthy development of children. Amazing things happen to kids, moms, the community, and to dads, when men give their time, attention, and focus to the children they are raising.

**Nobody's Perfect
Program**

Geared for parents of children from infant to 5 years old. Eight sessions.

TOPICS: Parents, Safety, Behavior, Mind, Feelings and Body

Parenting Thru the Years

Geared for parents that have children aged infant to teenager. Eight sessions. Topics include child development, foundations of parenting, values, setting guidelines, choices & consequences, communication, and problem solving.

**Caregiver Support
Group**

Support Group for individuals that are caring for children in their home on a permanent or part time basis. Some topics may include, Transitions, Adjustments, Coping, Self care. Group topics are based on group needs.

Look in the local newspapers for workshops and programs offered .
