Sge:no

As the seasons continue to change, so do the activities that we can engage in. The Six Nations of the Grand River Leisure Guide Fall 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.

I would also like to thank and commend Six Nations of the Grand River 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)

Members of the 58th Elected Council
Elected Chief Mark B. Hill

Hazel Johnson
Sherri-Lyn Hill Pierce
Helen Miller
Kerry Bomberry
Audrey Powlless-Bomberry

Melba Thomas
Nathan Wright
Michelle Bomberry
Wendelyn Johnson

Council Departments
CENTRAL ADMINISTRATION I 1695 Chiefswood Road, Ohsweken I 519-445-2201
FIRE & EMERGENCY SERVICES I 17 Veterans Lane, Ohsweken I 519-445-4054
HEALTH SERVICES I 1745 Chiefswood Road, Ohsweken I 519-445-2418
HOUSING I 67 Bicentennial Trail, Ohsweken I 519-445-2235
LANDS & MEMBERSHIP I 67 Bicentennial Trail, Ohsweken I 519-445-4613
PARKS & RECREATION I 1738 Fourth Line, Ohsweken I 519-445-4311
PUBLIC WORKS I 1953 Fourth Line, Ohsweken I 519-445-4242
SIX NATIONS GRAND RIVER ONTARIO WORKS I 12 Sunrise Court, Ohsweken I 519-445-2084
SOCIAL SERVICES I 15 Sunrise Court, Ohsweken I 519-445-2071
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**Crisis Hotlines**
Virtual Programming

She:kon 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.
“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 Edwadekoni Bag to a Weekly Market

$10.00

Per bag - Exact change is NEEDED

Wednesdays from 3:00-7:00 pm
Starting September 16, 2020

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 application based and each application requires supporting documentation/letters of support along with costs.
- If you or someone you know is in need of support, please reach out!

Updates:

- In the past, eligibility criteria included First Nations children under the age of 18 with status (or eligible for status), or ordinarily resident on reserve. Eligibility now includes children/youth that are recognized by their nation and those with a parent who has status. All persons eligible under S-3 are immediately eligible for Jordan’s Principle.
- 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 navigator, there may be some way that we can help!

Six Nations Jordan’s Principle Contact:

If you or someone you know is in need of assistance, please contact:

Kurtis Martin
Jordan’s Principle Navigator
O: 519-445-4983 x 2617
*C: 519-732-9831
F: 519-445-4783
*Email: kurtismartin@sixnations.ca

You may also call the Jordan’s Principle hotline directly at 1-855-JP-CHILD (1-855-572-4453) or visit www.canada.ca/jordans-principle
How to look after yourself if you are sick at home with COVID-19

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

01 Stay home

Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas. Avoid using ride-sharing, taxis or public transportation.

02 Call public health

Call Ohswenken Public Health at 519-445-2572, or call Six Nations COVID-19 Hotline at 1-855-977-7737 or 226-446-9909. Call ahead before you get medical care and tell them you have or may have COVID-19 and they will help you.

03 Stay away from others

As much as possible, stay away from others. You should stay in a specific “sick room” or “sick area” if possible, and away from other people and pets in your home. Use a separate bathroom, if available. Separate yourself from other people and pets in your home, also known as home isolation.

04 Wear a mask around others

If you are sick wear a cloth covering over your nose and mouth if you must be around other people even at home. You may need to improvise a cloth face covering using a scarf or bandana. Avoid touching your face or re-adjusting your mask unless you can immediately disinfect your hands.

05 Know when to get medical help

Be sure to get medical attention or call 911 immediately if you have trouble breathing, or if you develop emergency warning signs for COVID-19 because it can be fatal. Emergency warning signs include: trouble breathing, persistent pain or pressure in the chest, new confusion or difficulty waking up, bluish lips or face. This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.
Ohwejagehka Ha’degaenage

Open Social with Cam Hill on Zoom!

Thursdays 3:00-4:00 p.m.
Weekly September 17—October 29, 2020

Location: ZOOM Virtual Platform
Look for the ZOOM link on Healthy 6Nay Facebook page

Our traditional songs and dances are important in restoring our wellness. Have the whole family join in to sing and dance together!

A free community event!
For more information call: 226-227-9990

Location: ZOOM Virtual Platform
Look for the ZOOM link on Healthy 6Nay Facebook page

Our traditional songs and dances are important in restoring our wellness. Have the whole family join in to sing and dance together!

A free community event!
For more information call: 226-227-9990
# September 2020 Programs

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### Monday
- **1**: 
  - Youth Canning & Preservation
  - Food Preservation
- **7**: 
- **14**: 
  - Second Wind
  - Youth Canning & Preservation
- **21**: 
  - Second Wind
  - Healthy Active Lifestyles
- **28**: 
  - Second Wind
  - Healthy Active Lifestyles

### Tuesday
- **1**: 
- **8**: 
  - Books & Beyond
- **15**: 
  - Tentewata:ton/Dedwadado
  - Learn Ganohonyohk
  - Lunch FIT
  - Books & Beyond
- **22**: 
  - Youth Canning & Preservation
  - Food Preservation
  - Snacks That Fuel You
  - Family Batch Cooking
  - Community Beautification
- **29**: 
  - Youth Canning & Preservation
  - Food Preservation
  - Arthritis Class
  - Couch to 3K
  - Community Beautification

### Wednesday
- **2**: 
- **9**: 
  - Books & Beyond
- **16**: 
  - Tentewata:ton/Dedwadado
  - Lunch FIT
  - Books & Beyond
- **23**: 
  - Tentewata:ton/Dedwadado
  - Cooking With Young Adults
  - Boys 2B Boys Program
  - Second Wind
  - Lunch FIT
  - Books & Beyond
- **30**: 
  - Tentewata:ton/Dedwadado
  - I Just Want Them to Eat! Picky Eaters Caregiver Info Session
  - Boys 2B Boys Program
  - Second Wind
  - Lunch FIT
  - Healthy Active Lifestyles
  - Books & Beyond
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  • Paddling Program | • Recovery "One Step At A Time"  
  • Paddling Program | • Paddling Program |
| **10**   |        |                 |
| • Move in Yellow for World Suicide  
  • Paddling Program  
  • Weekly Virtual Exercise Class | | • Paddling Program |
| **17**   |        |                 |
| • Edwadeko:ni Cooking  
  • Paddling Program  
  • Weekly Virtual Exercise Class  
  • Open Social Dance on Zoom | | • Paddling Program |
| **24**   |        |                 |
| • Learn Ganohonyohk  
  • Lil Miss Empowerment Program  
  • Breastfeeding Social Group  
  • Paddling Program  
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  • Stories Around the Fire | • Recovery "One Step At A Time"  
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| • Recovery "One Step At A Time"  
  • Sharing Support Circle for Addictions  
  • Paddling Program | | • Paddling Program |
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# October 2020 Programs

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## November 2020 Programs

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<th>MONDAY</th>
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| • Second Wind  
• Healthy Active Lifestyles | • Snacks That Fuel You  
• Arthritis Class  
• Couch to 3K  
• Community Beautification | • Tentewata:ton/Dedwadado  
• Shake and Scribble  
• Boys 2B Boys Program  
• Second Wind  
• Healthy Active Lifestyles  
• Books & Beyond  
• Ogwakwiyo |
| 9      | 10      | 11 Remembrance Day |
| • Soup & Chat for Youth  
• Second Wind  
• Healthy Active Lifestyles | • Arthritis Class  
• Community Beautification | |
| 16     | 17      | 18         |
| • Second Wind  
• Healthy Active Lifestyles | • Snacks That Fuel You  
• Family Batch Cooking  
• Arthritis Class | • Tentewata:ton/Dedwadado  
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• Boys 2B Boys Program  
• Second Wind  
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• Books & Beyond  
• Equipment Service Clinic  
• Ogwakwiyo |
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• Healthy Active Lifestyles | • Arthritis Class | • Tentewata:ton/Dedwadado  
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• Books & Beyond  
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• Connecting with Corn  
• Lil Miss Empowerment Program  
• Couch to 3K  
• Weekly Virtual Exercise Class | • Sharing Support Circle for Addictions  
• Arthritis Class | • Virtual Craft: Rabbit Fur Mitts |
| 12       | 13     | 14              |
| • Connecting with Corn  
• Kids Cooking  
• Lil Miss Empowerment Program  
• Weekly Virtual Exercise Class  
• Books & Beyond | • Sharing Support Circle for Addictions  
• Arthritis Class | • Virtual Craft: Rabbit Fur Mitts |
| 19       | 20     | 21              |
| • Connecting with Corn  
• Edwałdeko:ni Cooking  
• Soup & Chat for Youth  
• Lil Miss Empowerment Program  
• Weekly Virtual Exercise Class | • Sharing Support Circle for Addictions  
• Arthritis Class | |
| 26       | 27     | 28              |
| • Connecting with Corn  
• Lil Miss Empowerment Program  
• Breastfeeding Social Group  
• Weekly Virtual Exercise Class | • Sharing Support Circle for Addictions  
• Arthritis Class | |
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# December 2020 Programs

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Falls are the leading cause of injury among older Canadians. 20-30% of seniors experience one or more falls each year. Falls are the cause of 85% of seniors’ injury-related hospitalizations. Falls are the cause of 95% of all hip fractures. 50% of all falls causing hospitalization happen at home. (Public Health Agency of Canada)

This activity involves walking on trails and paths in Dundas Valley. While this activity is of moderate difficulty it helps develop core and lower body strength, while working on body awareness.

Offered : 2 hikes in September and October
1 hike in November and December

You Can Prevent Falls!

Location and Registration information: refer to the Fall 2020 Leisure Guide – Getting Active & Movement Section.

For more information on Falls Prevention Programs please call (519) 445-4779
COMMUNITY & ANNUAL EVENTS

Tentewatá:ton/Dëdwadadó
Growing the Edwadekoni bag program to a weekly market. Starting Wednesday September 16th at the community garden in Ohsweken from 3-7pm, a $10.00 produce bag will be available for purchase. Drive-through style, drop off your $10.00 and grab your pre-packaged bag of fruits and vegetables. No calling in. While supplies last.

Date: Every Wednesday  
Time: 3:00pm - 7:00pm  
Location: Community Garden [End of Sunrise Court]  
Call for Info: (519) 445-2809

WORKSHOPS & COOKING CLASSES

Learn Ganohonyohk *VIRTUAL*
Learn Ganohonyohk with Jordon Sandy. Join us for an online learning forum to learn more about the ganohonyohk in the Cayuga language. Ages: 12+. Registration starts September 14, 2020.

Dates: Wednesdays, September 16 - October 29, 2020  
Location: Zoom [visit Healthy6Nay for link]  
Time: 2:00-3:00pm  
Contact to Register: (226) 227-9990

Shake and Scribble *VIRTUAL*
Join the Child & Youth Health Team Occupational Therapist Assistants for Shake and Scribble. This group is designed to engage children in a variety of activities to develop fine motor and body awareness skills This group will be offered in two separate 4-week sessions. Materials will be provided as needed. Ages: 6-9 year olds. Registration starts September 14, 2020.

Dates: Group 1 - October 2, 9, 16 & 23 | Group 2 - November 4, 18, 25 & December 2 [No group Nov 11]  
Location: Zoom  
Time: 2:30-3:30pm - October | 6:00-7:00pm - November & December  
Contact to Register: (519) 732-2928 or sfrancis-nelson@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 dinner delivery. Taking a max of 25 people over Zoom. Ages 16+. Registration starts October 1, 2020.

Dates: Thursday, October 8, 2020  
Location: Zoom  
Time: 5:00pm  
Contact to Register: jadejohnson@sixnations.ca
WORKSHOPS & COOKING CLASSES

Virtual Craft: Rabbit Fur Mitts  *VIRTUAL*

Dates: Saturday, November 5 or November 12, 2020
Location: Zoom
Time: 9:30am - 2:30pm
Contact to Register: jadejohnson@sixnations.ca

Virtual Craft: Moccasins  *VIRTUAL*

Dates: Saturday, December 5 - December 12, 2020
Location: Zoom
Time: 9:30am - 2:30pm
Contact to Register: jadejohnson@sixnations.ca

Cooking Classes for Kids

Junior Cooking  *VIRTUAL*
Join us for one of our four cooking classes, as you and your child[ren] will collaborate to prepare a meal for the entire family! All ingredients will be delivered to your home prior to online class, so you can follow along with us. Ages: 8-12 year olds. Registration starts August 31, 2020.

Date: Thursday: September 3, October 1, November 5 or December 3, 2020
Location: Virtual Format, Online
Time: 5:00-6:30pm
Contact to Register: Kyleigh Farmer (519) 750-3370 or kfarmer@sixnations.ca

Youth Canning and Preservation Class  *VIRTUAL*
Youth can participate in this six-week program, outlining the basics of canning and preserving foods. All ingredients and supply will be delivered to your house prior to the online class. Join us as we make marinara sauce, dilly beans, pickled beets and more! Ages 12-18 years old. Registration starts August 31, 2020.

Dates: Tuesday: September 15, 22, 29 and October 6, 13, 20, 2020
Location: Virtual Format, Online
Time: 5:30-8:30pm
Contact to Register: Kyleigh Farmer (519) 750-3370 or kfarmer@sixnations.ca
WORKSHOPS & COOKING CLASSES

**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 preparation and have lots of fun too! Ingredients will be dropped off at your home so you can participate virtually! **Ages: 4-10, Register at the beginning of every month.**

**Dates:** 2nd Thursday of the Month: October 8, November 12 & December 10, 2020

**Location:** Virtual Format, Online

**Time:** 4:30-5:30pm

**Contact to Register:** Heidi Leslie [519] 761-0013

**Connecting with Corn  *VIRTUAL***

Join us for a six-week workshop to connect with corn! We’ll learn about the process of preparing corn, starting with picking it from the field, then we’ll learn about cleaning it and its various uses, and finally we’ll prepare it to be made into a soup that you’ll get to enjoy with your family. **Ages: 10-17, Registration starts September 18, 2020.**

**Dates:** Thursdays: October 22, 29, November 5, 12, 19 & 26, 2020

**Location:** Corn field; Drop off of materials; Zoom; Email & Youtube

**Time:** 1:30-3:30pm

**Contact to Register:** TBD

**Soup and Chat for Youth  *VIRTUAL***

Join us as we learn to prepare a comforting soup perfect for the cooler months from the comfort of your homes! All ingredients will be delivered prior to class. **Ages: 14-18, Registration starts November 9, 2020.**

**Dates:** Thursday, November 19, 2020

**Location:** Virtual Format, Online

**Time:** 5:00-6:30pm

**Contact to Register:** Kyleigh Farmer [519] 750-3370 or kfarmer@sixnations.ca

**Holiday Cooking Class for Kids  *VIRTUAL***

Join us for one of our two cooking classes, as we will prepare holiday favourites! All ingredients will be delivered to your home prior to online class, so you can follow along with us. **Ages: 7-12, Registration starts November 16, 2020.**

**Dates:** Tuesday, December 1 or 8, 2020

**Location:** Virtual Format, Online

**Time:** 5:00-7:00pm

**Contact to Register:** Kyleigh Farmer [519] 750-3370 or kfarmer@sixnations.ca
WORKSHOPS & COOKING CLASSES

Cooking Classes for Adults & Families

Food Preservation  *VIRTUAL*
Let’s learn together [but apart] about the basics of preserving food. Canning, pickling, fermenting, water bathing, freezing and all the little tips and tricks to make it fun! It will be done safely by a zoom class and supplies will be delivered to you so you can follow along with the class safely from your own home. Ages: Adults. Registration starts August 31, 2020.

Dates:  Tuesdays: September 15, 22, 29 | October 6, 13, 20, 2020
Location:  Zoom
Time:  1:00-4:00pm
Contact to Register:  (519) 445-2809

Edwadeko:ni Cooking  *VIRTUAL*
Please join us over Zoom and learn how to make seasonal and nutritious meals. Participants will be provided grocery supplies needed to make the recipes. Ages: 18+. Registration starts September 14, 2020.

Dates:  Thursdays: September 17, October 15, November 19 & December 17, 2020
Location:  Zoom
Time:  4:00-6:00pm
Contact to Register:  (519) 445-2226

Snacks That Fuel You  *VIRTUAL*
Get fun, nutritious snack ingredients dropped to your door along with a recipe and nutrition information. Snack ideas can be difficult and we are here with some information. Enjoy a tasty snack that will help fuel you for your next activity! All Ages. Registration starts September 14, 2020.

Dates:  Tuesdays: September 22, October 6 & 20, November 3 & 17, 2020
Location:  N/A
Time:  Participants will be contacted with drop-off time
Contact to Register:  dietitian@sixnations.ca

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:  Tuesdays: September 22, October 20, November 17 & December 15, 2020
Location:  Virtual
Time:  2:00-3:00pm
Contact to Register:  Heidi Leslie (519) 761-0013
WORKSHOPS & COOKING CLASSES

**Cooking With Young Adults  *VIRTUAL***
Young adults will prepare a healthy meal for themselves and their family. This class will strengthen food preparation skills and nutrition knowledge. Ingredients will be dropped off at your house so you can participate virtually. Ages: 18-30. Register 1 week prior to class.

**Dates:** Wednesdays: September 23 & October 7, 2020  
**Location:** Virtual  
**Time:** 4:30-5:30pm  
**Contact to Register:** Heidi Leslie (519) 761-0013

**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 September 14, 2020.

**Dates:** Wednesday, September 30, 2020  
**Location:** Zoom  
**Time:** 6:30-8:30pm  
**Contact to Register:** Angelie Raynak at (519) 732-8537 or araynak@sixnations.ca

**I Just Want Them to Eat! Picky Eaters Caregiver Support Group  *VIRTUAL***
This support group will allow caregivers to share knowledge and explore strategies for picky eating. This support group will be offered at two times on Wednesdays during the month of October. Caregivers are encouraged to register for the time that works best for them and encouraged to bring any questions and ideas to this virtual group. Ages: Caregivers of children with picky eaters. Registration starts September 14, 2020.

**Dates:** Wednesdays: October 7, 14, 21 & 28, 2020  
**Location:** Zoom  
**Time:** 1:00-2:00pm | 6:30-7:30pm  
**Contact to Register:** Angelie Raynak at (519) 732-8537 or araynak@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:** Heidi Leslie (519) 761-0013
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.  **Registration date:** September 14-18, 2020.  
**Dates:** Thursdays: September 24 | October 1, 8, 15, 22, 29 | November 5, 12, 19, 26  
**Location:** Zoom (you will be sent a Zoom link that will sent via email prior to the date)  
**Time:** TBD  
**Contact to Register:** Health Promotions [519] 445-4779 or [519] 445-2809

Recovery "One Step At A Time"  *NEW*  *VIRTUAL*
Let’s Talk About Addictions. Six Nations Mental Health and Addictions is offering a weekly online Zoom group to talk about Addictions.  **Ages:** Co-ed 18+.  **Register anytime.**  
**Dates:** Every Friday through September & October 2020  
**Location:** Zoom (Contact Barry or Lance for details)  
**Time:** 1:00-2:00pm  
**Contact to Register:** Barry Miller [519] 717-3467 or Lance Logan-Keye [519] 732-3268 or lancelogan-keye@sixnations.ca

Sharing Support Circle for Addictions  *NEW*  *VIRTUAL*
A sharing circle for individuals who would like support, information and expressions in a safe environment. Open topics, focused topics surrounding addictions and mental health.  **Ages:** 18+.  
**Registration date:** September 1, 2020.  
**Dates:** Friday Evenings starting September 25, 2020  
**Location:** TBD  
**Time:** 6:00-8:00pm  
**Contact to Register:** Barry Miller [519] 717-3467 or barrymiller@sixnations.ca

Boys 2B Boys (10 Week Program)  *VIRTUAL*
This program is designed to assist boys in connecting to their true selves in an empowering, respectful, healthy and dynamic way. The program focuses on building skills to help boys excel socially and emotionally.  **Ages:** Youth Boys 9-12.  **Registration date:** September 14-18, 2020.  
**Dates:** Wednesdays: September 23, 30 | October 7, 14, 21, 28 | November 4, 11, 18, 25, 2020  
**Location:** TBD  
**Time:** TBD  
**Contact to Register:** [519] 445-2143
SUPPORT GROUPS

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 [226] 387-2690 or sgeorge@sixnations.ca

GETTING ACTIVE & MOVEMENT

Paddling Program

Stand Up Paddle [SUP] Experience paddling on a stand up board for exercise, stress management or just to learn a new skill. All beginners and experienced SUP paddlers welcome. Bring with you a change of clothes, towel, sunglasses [small floatation with string to tie onto our sunglasses], waterproof case for your phone, water shoes and water.  

Ages: Adults and families. Registration starts August 21, 2020. Register every Friday to reserve your board.

Dates: Sundays, Thursdays & Fridays: August 27 - October 2, 2020
Time: Adults 8:00-9:00am | Families 9:00-10:00am
Location: Chiefswood Park [1037 Hwy 54]
Contact: [519] 445-2809

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. Twice weekly class run by Kinesiologist, Occupational Therapist. Open to individuals with lifelong lung diseases. Transportation is available.

Dates: Monday and Wednesday: September 21 - December 23, 2020
Time: 10:00-10:30am or 10:45-11:15am [Class size limited to to 3 participants per class due to Covid]
Location: Jay Silverheels Complex Courtyard [1745 Chiefswood Rd]
Contact to Register: [519] 445-4779 [Contact 1 week prior to class]

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 September 14, 2020.

Dates: Tuesdays & Fridays: September 29 - December 18, 2020
Time: 2:00-3:00pm
Location: Virtual Class and/or [Paper] Home Exercise Program
Contact to Register: [519] 445-4779
**Hiking Program**

This moderate difficulty, outdoor walking program in the Dundas Valley encourages healthy living for youth and adults. This program can help strengthen your core, lower extremities and cardiovascular system while you safely explore trails and paths in the area. This will also help to train your ability to walk on uneven surfaces which can help reduce the risk of falls. **Ages: Youth and Adults 13+.**

**Dates:** TBD: 2 walks in September & October, 1 walk in November & December

**Time:** TBD

**Location:** TBD

**Contact to Register:** (519) 445-2809

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**Aqua Fit**

Aqua Fit is a shallow water exercise program to help with arthritis, post-knee surgery or those who want to stay active. **Ages: 18+,** **Registration start date:** TBD.

**Dates:** TBD

**Time:** TBD

**Location:** Wayne Gretzky Sports Centre – Pool [254 North Park St. Brantford]

**Contact to Register:** Arli Harrison [226] 388-3190 or aharrison@sixnations.ca

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**Lunch FIT**

A lunchtime outdoor workout to help you achieve your fitness goals. All fitness levels are welcome. **Ages: 18+,** **Registration starts September 14, 2020.**

**Dates:** Wednesdays: September 16 - October 28, 2020

**Time:** 12:00-1:00pm

**Location:** TBA

**Contact to Register:** Arli Harrison [226] 388-3190 or aharrison@sixnations.ca

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**Couch to 3K**

At the end of your day re-energize yourself with a group walk! Motivational equipment will be provided as well as prizes at the end of this six week-long program! Camp fire discussion to follow group walk with your nutrition and diabetes team. All fitness levels welcome. **Ages: 18+,** **Registration starts September 14, 2020.**

**Dates:** Tuesdays and Thursdays: September 29 - November 5, 2020 [6 weeks]

**Time:** 4:15-5:15pm

**Location:** Community Garden [at the end of Sunrise Court]

**Contact to Register:** (519) 445-2226
GETTING ACTIVE & MOVEMENT

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: Sept 10, 17, 24 | Oct 1, 8, 15, 22, 29 | Nov 5, 12, 19, 26 | Dec 3, 10, 17

**Time:** 10:00-11:00am

**Location:** Zoom

**Contact to Register:** Regan Franklin at rfranklin@sixnations.ca

Healthy Active Lifestyles *NEW*
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 September 21, 2020.**

**Dates:** Monday & Wednesdays: September 28-December 16, 2020

**Time:** 1:00-2:00pm

**Location:** TBD

**Contact to Register:** Regan Franklin at rfranklin@sixnations.ca

Open Social Dance on Zoom *VIRTUAL*
Join us for an open social dance. Learn social songs, dance and connect with each other over Zoom. **All Ages.**

**Dates:** Thursdays: September 17-October 29, 2020

**Time:** 3:00-4:00pm

**Location:** Zoom [visit Healthy 6Nay for link]

**Contact for more Info:** (226) 227-9990
COMMUNITY & OUTDOOR ACTIVITIES

Books & Beyond *VIRTUAL*
This program is a free monthly book club for children ages 4-10. You will receive a delivery each week during the month you are signed up for. Each delivery will give you a book and crafts/activities to go along with it. Join us every Wednesday via Zoom to read the story and the activities as a group. **Ages: 4-10, Registration starts ASAP August 24, 2020.**

**Dates:** Wednesdays: September 9-December 16, 2020 [Class on Nov 12 due to Stat Holiday on Nov 11]
**Time:** 3:00-4:00pm
**Location:** Zoom
**Contact to Register:** (519) 751-9004 or gvisser@sixnations.ca

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: October 14, November 18 & December 9, 2020
**Time:** 11:00am-12:00pm
**Location:** White Pines Wellness Centre - Therapy Services Gym [1745 Chiefswood Rd]
**Contact to Register for Transportation:** (519) 445-4779

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 be provided with gardening gloves and tools. **Ages: 18+. Registration starts September 15, 2020.**

**Dates:** Tuesdays: September 22-November 10, 2020
**Time:** 10:00-11:00am
**Location:** A variety of community gardens
**Contact to Register:** (519) 445-2809

Stories Around the Fire
Join us at the fire at the community garden as stories are told and we share a cup of soup! We will maintain social distancing but still be connected through stories, sharing, food and talking. **All Ages, Registration starts September 14, 2020.**

**Dates:** Thursdays: September 24-October 29, 2020
**Time:** 5:00-7:00pm
**Location:** Community Garden [at the end of Sunrise Court]
**Contact to Register:** (519) 445-2809
COMMUNITY & OUTDOOR ACTIVITIES

Ogwakwiyo  *NEW*

An outdoor program that encourages healthy living for adults. Ogwakwiyo will help to strengthen nutrition knowledge and increase physical activity with fun, outdoor activities. A safe space for adults to learn, share, focus on their health and get involved with the community.


Dates: Wednesdays: October 21-December 2, 2020 [No program on Nov 11]
Time: 2:00-3:30pm
Location: TBD
Contact to Register: dietitian@sixnations.ca

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 start date TBA.

Dates: November 2020
Time & Location: TBA
Contact to Register: Arli Harrison (226) 388-3190 or aharrison@sixnations.ca

White Corn Picking & Braiding

Join us for White Corn Picking & Braiding instruction. Please watch for advertisement closer to the event. All Ages. Registration start date TBA.

Dates: Late October 2020
Time & Location: TBA
Contact to Register: Arli Harrison (226) 388-3190 or aharrison@sixnations.ca

Apple Picking

Join us for Family Apple Picking. Each family that registers will receive 5lbs of pick your own apples. All Ages. Registration start date TBA.

Dates: Early October 2020
Time & Location: TBA
Contact to Register: Arli Harrison (226) 388-3190 or aharrison@sixnations.ca
SIX NATIONS HEALTH SERVICES

COMMUNITY DIETITIAN

Savoury White Kidney Bean Dip

Ingredients
- 2 cups cooked white kidney beans or 1 can (19oz/540mL) drained and rinsed
- 1 tsp ground sage
- 1 tbsp apple cider vinegar
- 2-3 tbsp water
- 1 tbsp sunflower oil
- 1 tbsp honey
- 1 clove garlic, pressed and sauteed in 1tsp sunflower oil

Directions
1. In food processor, puree together beans, sage, apple cider vinegar, water, sunflower oil and honey until smooth; stir in garlic. Enjoy as a snack with carrots, cucumber and celery!

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 AND WATER TESTING:

Sge:no Just to update you about the request to do water samples and social distancing with the Community Educator(s) coming into your home or testing of your well. COVID-19 guidelines will be followed.

We are available to come check your water in your home. If you would like your well tested please call 519-445-2809 and leave a detailed message with your name and number so we can return your call. We take water samples on Monday, Tuesday and Wednesdays.

Water bottles are available upon request if you would like to collect your own water sample please call and we can arrange for you to pick up water test bottle. We want to ensure that we as workers and community members are safe and safety is our priority.

The water testing only takes a few minutes from your taps. If you have any pertinent questions related to your water, please do not hesitate to call.

SPRING TIME

Do you know when do you have your water tested?

AFTER A HEAVY RAINFALL
AFTER MELTING SNOW or FLOODING
AFTER MAJOR PLUMBING WORK OR WELL REPAIRS

IF THERE IS A CHANGE IN TASTE, ODOR, APPEARANCE OF WATER

IF YOU HAVE UNEXPLAINED HEALTH ISSUES THAT MAY BE WATER RELATED
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.sixnationscovid19.ca/
Available on weekdays from 8:30am - 4:00pm
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

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.

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
Six Nations Food Bank:
Open Thursdays 9:00 a.m. to 12 p.m. & 1 p.m. to 4:30 p.m.
*Closed from 12-1 p.m. for lunch*
Status card required. Please follow safety protocols as outlined when you arrive.
For Six Nations Food Bank please call 519-771-0025.

Six Nations Emergency Food Support:
BEGINNING SEPTEMBER 14TH ... OPEN ON MONDAY’S ONLY!!
*Closed Statutory Holidays*
The Emergency Food Support program still provides a door dropped delivery of non-perishable food, and water.
For Emergency Food please call: 519-717-3402

**PLEASE NOTE:**
Emergency Food Situation will continue to be monitored, and availability will be revised accordingly.

Six Nations Crisis Line: (519)-445-2204
Ohsweken Public Health: (519)-445-2204
Six Nations Social Services: (519)-445-2872
Indigenous Victims Services (IVS): (519)-445-2071
Six Nations Mental Health & Addictions: 1-866-964-5920
Ganohkwasra Family Assault Support Services: (519)-445-2143

Six Nations Covid-19 Assessment Centre
(226)-446-9909 or 1-855-977-7737.
If you are experiencing COVID-19 symptoms please call Six Nations
www.sixnationscovid19.ca
www.sixnationscovid19.com
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.
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 SOCIAL SERVICES PRESENTS

Learning through Theatre

Basics to Filmmaking, Lighting & Sound
Youth Program 12 yrs – 25 yrs

STARTS SEPTEMBER 17, 2020
@ Thru the RedDoor Studio

HEALTH AND SAFETY PROTOCOLS IN PLACE

Request Registration forms at Facebook SIX NATIONS SOCIAL SERVICES – Six Nations Matters OR

Contact specialprojects@sixnations.ca – leave a message at 519-445-2205, ext. 4571
How To Put On A Face Mask

1. Wash your hands thoroughly for 20 seconds, or use hand sanitizer before putting the mask on.
2. Pick up the mask by the ear loops only. Avoid touching the mask itself.
3. Hold both ear loops and place a loop around each ear.
4. Adjust the mask to make sure that the mask fits around the mouth, nose and chin and does not leave any gaps.

How To Take Off A Face Mask

1. Do not touch the outside of the mask while wearing it as it might be contaminated.
2. Grab the ear loops only and then lift the mask off of your ears, mouth and chin. Pull bottom of mask off and away from mouth and chin.
3. If it is a single use mask throw directly into the garbage. If it is a cloth mask, make sure to launder the mask after it is used. You can do so by putting it in a washing machine in HOT water using soap or detergent that leaves no residue.
4. Wash your hands thoroughly for 20 seconds, or use hand sanitizer after disposing the mask.

Crisis Hotlines

NEED HELP? CALL:

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

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

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