

**INSIDE:**  
Community Events,  
Programs & Workshops!



# Edwadrohe:k/Entewatia'taroroke - We Will Gather/Come Together

Spring 2025  
Leisure Activities Guide

March 1 - May 31, 2025



## MESSAGE FROM THE 59th ELECTED CHIEF

Welcome to the Six Nations of the Grand River Spring Leisure Guide!

As we prepare to welcome warmer weather, I hope you all have the opportunity to participate in some form of the Leisure Activities for yourself or with your families.

I appreciate the effort that goes into offering such a wide range of activities to all ages of our community. The services, activities and programming are at your fingertips to be enjoyed by all. I also acknowledge the hard work our employees have done by putting the guide together, they do an amazing job!

In good health and happiness,

Sherri-Lyn Hill, Elected Chief, Six Nations of the Grand River

## 59th ELECTED CHIEF & COUNCILLORS



**CHIEF SHERRI-LYN HILL**  
(519) 445-2201



**COUNCILLOR DAYLE BOMBERRY**  
(226) 387-8096



**COUNCILLOR HAZEL JOHNSON**  
(519) 732-2169



**COUNCILLOR KERRY BOMBERRY**  
(519) 732-1477



**COUNCILLOR AMOS KEY JR.**  
(226) 387-8089



**COUNCILLOR GREG FRAZER**  
(226) 387-9112



**COUNCILLOR HELEN MILLER**  
(519) 717-2565



**COUNCILLOR CAROLE LESLEY GREENE**  
(519) 761-7058



**COUNCILLOR A. POWLESS-BOMBERRY**  
(519) 717-2721



**COUNCILLOR DEAN HILL**  
(226) 387-8093



**COUNCILLOR MELBA THOMAS**  
(519) 732-2869



**COUNCILLOR CYNTHIA JAMIESON**  
(226) 387-8085



**COUNCILLOR ALAINA VANEVERY**  
(226) 387-8087



SEE THE NEXT PAGE TO EXPLORE WAYS TO CONNECT WITH ELECTED COUNCIL!



## SNGREC RADIO UPDATES

Join 59th Elected Council every Friday for the Six Nations of the Grand River Elected Council Update on local radio stations!

To listen, tune in to Jukasa Radio (93.5FM) or CKRZ FM (100.3FM)!



## 59th ELECTED COUNCIL POLITICAL COMMITTEES

**Built Environment, Climate Adaptation & Lands and Membership**

**Chair:** D. Bomberry

**Co-Chair:** K. Bomberry

A. VanEvery, H. Miller, H. Johnson & L. Greene

**Community Committee**

**Chair:** D. Hill

M. Thomas & D. Bomberry

**Education Language & Culture**

**Chair:** A. Key Jr.

**Co-Chair:** A. Powless-Bomberry

L. Greene

**Lands and Resources & Wealth and Economy**

**Chair:** C. Jamieson

**Co-Chair:** A. Key Jr.

A. VanEvery, D. Hill, G. Frazer & H. Miller

**Unity Building, External Government Relations & Justice**

**Chair:** G. Frazer

**Co-Chair:** C. Jamieson

L. Greene, D. Hill & M. Thomas

**Well-Being Committee**

**Chair:** A. Key Jr.

A. Powless-Bomberry, H. Johnson,

M. Thomas & L. Greene



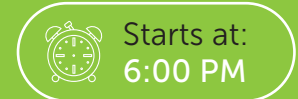
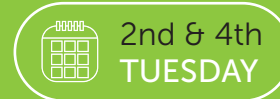
## JOIN OUR COUNCIL MEETINGS!

The Elected Council meetings are held to inform community members on updates, projects, and more at:

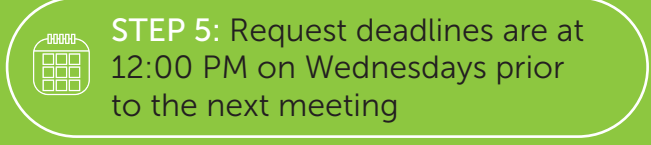
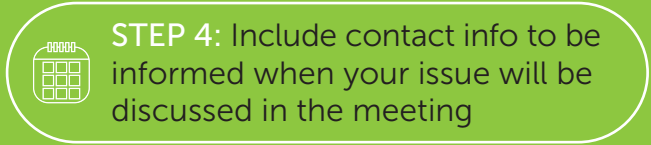
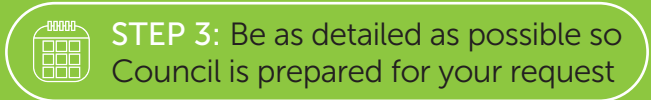
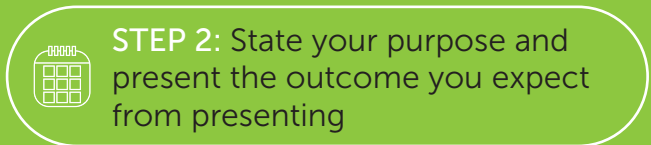
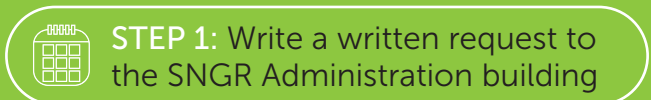
### GENERAL FINANCE



### GENERAL COUNCIL



## HOW YOU CAN GET ON THE SNGR COUNCIL/COMMITTEE AGENDA



## POLITICAL UPDATES

Keep informed on the latest Political Updates by following our social media channels – Facebook, Instagram, and X! @sixnationsgr



## MESSAGE FROM SNGR'S CEO OFFICE

She:kon,

Spring is here, and so is the Spring 2025 Edition of the Edwadrohe:k/Entewatia'taro:roke (We will gather/come together) Leisure Guide! This guide covers activities from March 1, 2025, until May 31, 2025. This season symbolizes renewal and opportunity, and we invite you to embrace it with us.

Our SNGR departments and community organizations have worked hard to curate various events, programs, and activities that cater to all ages and interests. This spring, let's come together!

Additionally, please remember that May is Community Awareness Month, during which various organizations will host fun and engaging events. Keep an eye out for the booklet online or at Central Administration (1695 Chiefswood Road). Learn more about the organizations that support our community!

Nia:wen,

Jennifer Court, Acting CEO, Six Nations of the Grand River



## SNGR ADMINISTRATION OFFICES



**CENTRAL ADMINISTRATION**  
1695 Chiefswood Road  
P: (519) 445-2201 F: (519) 445-2208



**PUBLIC WORKS - Administration:**  
1953 Fourth Line  
P: (519) 445-445-4242 F: (519) 445-4763



**FIRE & EMERGENCY SERVICES**  
17 Veterans Lane  
P: (519) 445-4054 F: (519) 445-4208



**PUBLIC WORKS - Transfer Station:**  
2470 Fourth Line  
P: (519) 445-445-1212



**HEALTH SERVICES**  
1745 Chiefswood Road  
P: (519) 445-2418 F: (519) 445-0368



**SOCIAL SERVICES**  
15 Sunrise Court  
P: (519) 445-445-2071 F: (519) 445-1783



**PARKS & RECREATION**  
1738 Fourth Line  
P: (519) 445-4311 F: (519) 445-4401



SEE THE BACK COVER FOR WAYS TO STAY CONNECTED WITH SNGR!

## CRISIS SUPPORTS

### MOBILE CRISIS RAPID RESPONSE TEAM

(226) 446-9902

(Monday-Friday, 8am-11pm)  
1546 Chiefswood Road  
(Walk-in Available)

### SIX NATIONS CRISIS LINE

1 (866) 445-2204 or

(519) 445-2204 (Call 24/7)

(226) 777-8480 (Text Monday-Friday, 8:30am-4pm)

### 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)

### GANOHKWASRA FAMILY ASSAULT SUPPORT SERVICES

(519) 445-4324 (Call 24/7)

### OHSWEKEN PUBLIC HEALTH

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

1769 Chiefswood Road

### NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE

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

### KIDS HELP LINE

1 (800) 668-6868 (Call 24/7) or

CONNECT to 686868 (Text)

[kidshelpphone.ca](http://kidshelpphone.ca) (Online Chat)

### TALK SUICIDE CANADA

1 (833) 456-4566 (Call 24/7)

or 45645 (Text)

### TALK 4 HEALING for INDIGENOUS WOMEN

1 (855) 554-4325 (Call/Text 24/7)

[www.beendigen.com](http://www.beendigen.com) (Live Chat)

### FIRST NATIONS & INUIT HOPE for WELLNESS HELP LINE

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

[hopeforwellness.ca](http://hopeforwellness.ca) (Online Chat)

## SNGR DEPARTMENTS

### CENTRAL ADMINISTRATION

(519) 445-2201 • 1695 Chiefswood Road

### DEPARTMENT OF WELL-BEING

(519) 445-2418 • 1745 Chiefswood Road

### FIRE & EMERGENCY SERVICES

(519) 445-4054 • 17 Veterans Lane

### HOUSING

(519) 445-2235 • 67 Bicentennial Trail

### JUSTICE DEPARTMENT

(226) 227-2192 • 1721 Chiefswood Road

### LANDS & MEMBERSHIP

(519) 445-4613 • 67 Bicentennial Trail

### LANDS & RESOURCES

(519) 753-0665 • 2498 Chiefswood Road

### ONTARIO WORKS

(519) 445-2084 • 12 Sunrise Court

### PARKS & RECREATION

(519) 445-4311 • 1738 Fourth Line

### PUBLIC WORKS

(519) 445-4242 • 1953 Fourth Line

### SOCIAL SERVICES

(519) 445-0232 • 15 Sunrise Court

### TOURISM

(519) 758-5444 • 1037 Highway 54

YERIHWAHRÓN:KAS – They Hear the Matters: (519) 758-5444

P.O. Box 5000, Ohsweken, Ontario,  
N0A 1M0 • 1695 Chiefswood Road







# What you should know about **WEST NILE** Virus

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 .



For more information visit [Canada.ca/LymeDisease](http://Canada.ca/LymeDisease)



**PREVENT  
CHECK  
TAKE ACTION**

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



Indigenous Services  
Canada

Services aux  
Autochtones Canada



# What you should know about **Lyme** Disease



## Disease



Despite the colder weather, we are entering into a 2nd peak time for Black Legged tick submissions. Most ticks at this time of year are black legged ticks, as they aren't overlapping with the abundant American dog ticks (or Wood ticks). So when someone talks about ticks at this time of year there is definitely an increased level of interest and risk.



For more information visit [Canada.ca/LymeDisease](http://Canada.ca/LymeDisease)

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.



**PREVENT  
CHECK  
TAKE ACTION**



Indigenous Services  
Canada

Services aux  
Autochtones Canada



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## EVENTS & PROGRAMS (MARCH)

**NEW** New Event  
▲ Outdoor Event

### Black Balloon Day

DEPARTMENT OF WELL-BEING'S HARM REDUCTION OUTREACH TEAM

Black Balloon Day is a day to recognize and remember those who we have lost due to substance related harms. **Ages: 18+; The event is not strictly 18+, but the topics that will be discussed are for a mature audience.**

**Date:** Thursday, March 6 | **Time:** 5-7:30pm

**Location:** Six Nations Community Hall (1738 Fourth Line)

**Contact:** Marissa | (519) 761-2886 | snhrow@sixnations.ca

### Maple Supper & Social

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS

Bring your whole family and join us for a FREE supper (while supplies last) with social singing and dancing to follow! No pre-registration required. **All ages.**

**Date:** Tuesday, March 18 | **Time:** 5:30-7:30pm (Supper @ 5:30pm | Social @ 6pm)

**Location:** Six Nations Community Hall (1738 Fourth Line)

**Contact:** Arli Harrison | (519) 754-7359 | aharrison@sixnations.ca

### March Break Camp

SOCIAL SERVICES/ CHILD & FAMILY SERVICES/PRIMARY PREVENTION SERVICES

A week full of activities offering games, outings, and daily lunch provided! Limited spots available. **Ages: 6-13; Six Nations Band members.**

**Duration:** Monday, March 10-Friday, March 14 | **Time:** 9am-3:30pm

**Location:** Six Nations Sports Den (1738 Fourth Line)

**Registration Required:** Quentin Jones | (519) 445-2950 | ppsw1@sixnations.ca

### National Indigenous Languages Day Event

SIX NATIONS LANGUAGE COMMISSION

Language presentations, activities, and social dancing. **Ages: 15+; Language learners, teachers, and enthusiasts.**

**Date:** Monday, March 31 | **Time:** 8:30am-3pm

**Location:** MontHill Golf and Country Club (4925 Highway 6)

**Registration Required:** Cheyanne Doxtador | (905) 765-5595 | cheyanne@snlanguagecommission.com





## Neighbourhood Forest

SIX NATIONS PUBLIC LIBRARY

Register each of your school-aged children for a FREE tree that they can plant outside, take care of, and watch grow! The trees will arrive for Earth Day in April. You will be notified when to come pick up your tree at the library. You can contact the library or use the link: <https://tinyurl.com/bdh5yym4>. When completing the form, you DO NOT need to put your child's teacher, school, or make any purchase. **Ages: 3-11; School-aged children.**

**Deadline:** Saturday, March 15 | **Location:** Six Nations Public Library (1679 Chiefswood Road)

**Registration Required:** Circulation Desk | (519) 445-2954 | info@snpl.ca

## **NEW** Six Nations Polytechnic Brantford Campus Open House

SIX NATIONS POLYTECHNIC

Join SNP at our Open House to learn more about our programs, see the facilities, meet staff and instructors, ask questions, and much more! Come learn more about STEAM Academy high school! Light refreshments, prizes, and more! **Ages: 9+**

**Date:** Saturday, March 29 | **Time:** 10am-2pm | **Location:** 411 Elgin Street, Brantford

**Contact:** Katrina Cattrysse | (519) 445-0023 | katrina.cattrysse@snpolytechnic.com

## **NEW** Six Nations Polytechnic Open House

SIX NATIONS POLYTECHNIC

Join SNP at our Open House to learn more about our programs, see the facilities, meet staff and instructors, ask questions, and much more! Come learn more about STEAM Academy high school! Light refreshments, prizes, and more! **Ages: 9+**

**Date:** Saturday, March 22

**Time:** 10am-2pm

**Location:** Six Nations Polytechnic (2160 Fourth Line, Ohsweken)

**Contact:**

Katrina Cattrysse | (519) 445-0023  
katrina.cattrysse@snpolytechnic.com






**Six Nations Parks & Rec.**

# DROP-IN VOLLEYBALL

**FOR AGES 14+**

**TUESDAYS:**  
**March 4-April 29**  
**7:30-9pm**



# How Well...is your WELL



## DID YOU KNOW?

That you need to have your well/cistern water tested at least 3 times per year, Spring, Summer and Fall. Or anytime you notice a change in your water. Pick up a test bottle today. We are located at White Pines Wellness Centre 1745 Chiefswood Rd.

## What we test for and why?

We offer free **bacteriological water tests** for wells and cisterns on Six Nations.

**Coliforms and E. coli** (types of bacteria) acts as indicators and help determine whether water is safe for drinking. **Coliform** bacteria is present in animal waste and sewage but may also be found in soil and vegetation, therefore, these bacteria may originate from septic systems leachate, animal manure or soil run-off. **E. coli** (Escherichia coli) are bacteria found in the intestinal tract of people and animals, therefore its presence in water would indicate recent sewage contamination. E. coli and other types of bacteria found in sewage may cause disease.

### Next Steps:

If your water sample comes back indicating the presence of Coliforms and/or E-coli (forms of bacteria), follow the recommended disinfection procedures appropriate for your well/cistern. **Note: Your water may be unsafe to drink unless boiled or treated.** Follow up within one to two weeks with a second water sample after treatment procedures. If the second sample comes back indicating the presence of bacteria, follow-up with the Community Educator (CE) too contact the EPHO, (Environmental Public Health Officer). The EPHO will inspect your well/cistern and make **recommendations** on where the contamination could be coming from along with **recommendations** on what you could do to correct the problem.

\* It is up to the homeowner/tenant whether they correct the problem.



## It's that time of year... To get your well & cistern water tested

Drop off water sample at Health Promotions office 1745 Chiefswood Rd. White Pines Wellness Centre (2<sup>nd</sup> Floor) by 2:00pm, Monday to Thursday. If you are an elder, please call for appointment to have your water tested by the Community Educator.

For more information contact the Community Educators located at Health Promotions **519-445-2809**





# WAGYOSEHTA'GEH THE VISITING PLACE

## Services Provided:

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

**Community Programming:** Wagyosehta'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 included 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.

**In-Centre Client Services:** Monday, Wednesday, Thursday from 10am-3pm by referral.



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 & Thursday 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.

**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.

### 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 and laundry.

For more information, please call Community  
Support Services at (519) 445-4055





## GETTING ACTIVE/MOVEMENT (MARCH)

**NEW** New Event  
▲ Outdoor Event

### Lane Swim & Water Walking

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

This 8-week aquatic program will allow you the choice of one or both activities (lane swim and/or water walking) each session. 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+; Individuals of all fitness levels welcome.**

**Duration:** Every Thursday (March 27-May 15) | **Time:** 9-10am

**Location:** Wayne Gretzky Sports Centre (254 North Park Street, Brantford)

**Registration Required:** Julie Villamere | Call or text: (519) 754-5730 | [hpk8@sixnations.ca](mailto:hpk8@sixnations.ca)

**Registration Begins:** Thursday, March 13

### Let's Get Moving

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, 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. This program is suitable as a next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Adults 18+; All fitness levels welcome.**

**Duration:** Every Monday & Friday (March 3-May 30)\* | **Time:** 1:30-2:30pm

**\*Holiday Dates (No Program):** April 18, 21 & May 19 | **Location:** Odrohektageh (1676 Chiefswood Road)

**Registration Required:** Julie Villamere | Call or text: (519) 754-5730 | [hpk8@sixnations.ca](mailto:hpk8@sixnations.ca)

### Lil Stars Softball

PARKS & RECREATION

Weekly Softball on Thursday evenings! **Ages: 4-6.**

**Duration:** Every Thursday (March 20-April 24) | **Time:** 5:30-7:30pm

**Location:** Dajoh Youth and Elders Centre Gymnasium (1738 Fourth Line)

**Registration Required:** Emerson Oakes | (519) 445-4311, ext. 5226 | [dajoh10@sixnations.ca](mailto:dajoh10@sixnations.ca)

### Morning Spark

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, 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. **Ages: Adults 18+; All fitness levels welcome.**





Duration: Every Monday (March 3-May 26)\* | Time: 8:30-10am

\*Holiday Dates (No Program): April 21 & May 19. | Location: Odrohekta'geh (1676 Chiefswood Road)

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

### Sit to Be Fit

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

This program is designed to maintain function and total body strength to help prevent falls. This is a drop-in seated exercise program that uses body weight, Theraband, therapy balls, and free weights. The program is run by an exercise facilitator from the Canadian Alzheimer's Society. Ages: Seniors 55+; Seniors fitness or individuals looking to maintain function and total body strength while seated.

Duration: Every Tuesday (March 4-May 27, 2025) | Time: 2-3pm

Location: Odrohekta'geh (1676 Chiefswood Road)

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



Presented by: Six Nations Social Services,  
Child & Family Services, Clinical Services Unit

# SNAP<sup>®</sup>

SNAP is a 12 week in person program for families with children ages 6-11 who are experiencing behavioral struggles.

Ages: 6-8 & 9-11 girls groups and boys group, mandatory parent groups.

Meals will be provided! If you require help with transportation or childcare, please reach out to us to see how we can assist you.



**STOP NOW**

- Be aware of your body cues
- Be aware of your feelings
- Change your understanding

**AND PLAN**

- Use strategies to keep from acting impulsively
- Be aware of negative thoughts
- Make a plan to keep your problems small

**NO WAIT LIST! Inquire with us today about registration:**

**(519) 445-0408**

**[SCSU@sixnations.ca](mailto:SCSU@sixnations.ca)**



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

To share concerns and complaints about SNGR's programs, services, and unmet needs, please fill out a form on the SNGR App or contact:

**Joe Martin**

**snyeri@sixnations.ca**  
**(519) 754-7685**



## **WANTED!** Community Members For the Hiring & Grievance Committees\*

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

**Training 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:** Name, Phone/Cell #, Committee Preference (Hiring Committee, Grievance Committee, or both), Employment Area of Expertise and Availability

\*Current SNGR Staff & Councillors 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](mailto:HRBP1@sixnations.ca) or mail/drop-off information at:

Human Resources Department  
1697 Fourth Line, Ohsweken, NOA 1M0  
P.O. Box 5000



# FALLS PREVENTION

## Questionnaire



### Question #1: Which footwear is the safest?

- a) Slide-in slippers
- b) Flip-flops
- c) High-heels
- d) Non-skid sneakers

### Question #2: Which of these is a risk factor for falls?

- a) Watching too much TV
- b) Fear of falling
- c) Taking your medications as prescribed

### Question #3: If you fall and get up without injuring yourself, what should you do next?

- a) Keep it to yourself and don't worry anyone
- b) Relax and watch some TV
- c) Schedule an appointment with your doctor

### Question #4: What are 3 ways to prevent falls?

- a) Stay physically fit, remove hazards, and practice walking in the dark
- b) Remove hazards, wear good-fitting shoes and pants that go below your ankles
- c) Light up your living space, stay physically active, and remove hazards

## DRAW – How to Enter:

**Option 1:** Complete digitally by using this QR code!



**Option 2:** Bring your completed ballot to the front desk at **White Pines Wellness Centre (1745 Chiefswood Road)**

**Option 3:** Attend our weekly **Tentewatá:ton/Dędwadaq market** with the attached ballot **to be entered TWICE into the draw!\***

**\*Market Hours:** Every Wednesday 12-5pm • Odrohekta'geh (1676 Chiefswood Road)

## FALLS PREVENTION Ballot

**DRAW DEADLINE: March 31, 2025**

Enter before Monday, March 31, for a chance to win a \$50 gift card!



Name:

Phone #:

Answers:





## COMMUNITY SUPPORTS (MARCH)

**NEW** New Event  
▲ Outdoor Event

### **NEW** Building Strong Families: Let Your Voice Be Heard

SOCIAL SERVICES' CHILD & FAMILY WELL-BEING COORDINATOR

A bi-weekly program that will do activities such as crafts, self-care, and cultural crafts, while engaging in discussions about building strong families, community needs to help this happen and other discussions related to community needs. Guided not only by the facilitator but also by the group members. **Ages: Adults 18+; Community members interested in discussing how to build strong families; Parents & caregivers involved in the child welfare system.**

**Duration:** Every other Thursday (March 6-End date TBD) | **Time:** 4:30-7:30pm

**Location:** Six Nations Sports Den (1738 Fourth Line)

**Registration Required:** Charity Neuert Lickers | (226) 387-7651 | [charityneuert@sixnations.ca](mailto:charityneuert@sixnations.ca)

### Grief Recovery Method Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Grief Recovery Method Group is designed to help grievers deal with significant loss by addressing unfinished emotions and providing actionable steps for healing. It guides individuals through a series of actions to verbalize their feelings and complete the pain associated with them. **Ages: Adults 18+; Those who are grieving.**

**Duration:** Every Wednesday (March 5 for 10-12 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | [mhmwc@sixnations.ca](mailto:mhmwc@sixnations.ca)

### Relapse Prevention Planning

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

Learn how to recognize the stages of relapse and avoid triggers that can drive you back to using drugs or alcohol. Find out how to get support, manage withdrawal, and reward yourself for your progress. Learn about mental, emotional and physical relapse. Prepare a personalized relapse prevention plan for your own journey. **Ages: Adults 18+; Those seeking support remaining substance free.**

**Duration:** Every Friday (March 7 for 10 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | [mhmwc@sixnations.ca](mailto:mhmwc@sixnations.ca)



**DON'T FORGET:** Check out the Multi-Day & Ongoing Events & Programs on **pages 49-50!**

## Seed Library

### SIX NATIONS PUBLIC LIBRARY

The SNPL seed library contains seeds available to borrow or exchange to grow. Learn about seed saving, biodiversity, and sustainable gardening practices by checking out seeds, growing them, saving the seeds from the plants you grow, and if you are able to save some seeds, return some of the seeds back to the library for others to use. Have a packet of seeds and can't plant them all? Donate to the seed library. Come check out the SNPL Seed Library and start your garden planning now. **All ages; Gardeners and farmers.**

**Duration:** Monday-Saturday during SNPL operating hours

**Location:** Six Nations Public Library (1679 Chiefswood Road)

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

## Service Ontario OHIP "Health Card" Renewal Clinic

### DEPARTMENT OF WELL-BEING

Join us at the White Pines Wellness Centre to renew your health card. Please bring proper identification – 3 pieces are required: Proof of Citizenship, Proof of Residency, and Support of Identity. Examples of each type of identification are listed below. **All ages.**

**Proof of Citizenship:** Status card, valid Canadian passport, birth certificate

**Proof of Residency:** Monthly mailed bank statements, school (college or university) report card or transcript, utility bill (in your name)

**Support of Identity:** Valid Ontario Driver's License, credit card, current employee ID

**Date:** Wednesday, March 5, April 16 & May 14 | **Time:** 10am-3pm

**Location:** White Pines Wellness Centre - First Floor (1745 Chiefswood Road)

**Registration Required:** Department of Well-Being | (519) 445-2418

## White Bison Wellbriety Group

### DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Medicine Wheel and 12-Step Addictions program was developed to provide a culturally appropriate 12-Step program for Indigenous communities and their people. This program was developed by White Bison, based upon Teachings of the Medicine Wheel, the Cycle of Life, and the Four Laws of Change. Participants will learn techniques to facilitate healing from addiction and intergenerational trauma. **Ages: Adults 18+; Those wishing to use a 12-step program to assist with sobriety.**

**Duration:** Every Thursday (March 6 for 10 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | mhmw@sixnations.ca





CELEBRATE  
**WORLD  
WATER DAY**  
 **March 22**






## Glacier Preservation

Protecting frozen water resources for the future. The theme of World Water Day 2025 is 'Glacier Preservation'. Glaciers are critical to life – their meltwater is essential for drinking water, agriculture, industry, clean energy production and healthy ecosystems.

**Glaciers** are melting faster than ever. As the planet gets hotter due to climate change, our frozen world is shrinking, making the water cycle more unpredictable and extreme.

Ensuring access to clean water is a fundamental human right, and we all need to raise awareness about its vital importance.

### How can you help/make an impact?

-  Organize a cleanup crew with friends to remove litter and garbage, which are harmful to wildlife. Small rivers and streams feed into larger bodies of water, so local actions can have a broader impact.
-  **Try to reduce your water footprint**  
The average shower uses 17 gallons of water and a single toilet flush uses 7 gallons of water. (Consider using water-saving products like low-flow toilets and showerheads to decrease daily water usage.)
-  There are different ways to make an impact within Six Nations, visit Participate – Ohneganos and the Six Nations Water Caretakers facebook group to learn more.

Let's work together to secure a better future and clean water for all. 





# SIX NATIONS FAMILY HEALTH TEAM



## Get to know your health conditions better

Want to learn more about your health conditions?

See your Registered Nurse Case Manager.

- Hypertension (High blood pressure)
- Diabetes
- COPD (Chronic Obstructive Pulmonary Disease)
- Asthma
- Cough & Cold Season Tips
- Medication Reconciliation



## YOUR HEALTH IS OUR PRIORITY

Let's work together to understand and improve your health!!



**CONTACT US**  
**519-445-4019**

## Our Services



### What we offer:

- One-on-one appointments with your **Registered Nurse Case Manager**
- Personalized education and management plans tailored to you
- Support for understanding your medications and how they impact your health



### How can we help you?

- **Gain deeper knowledge** of your health concerns
- **Receive tailored advice** and support to better manage your health
- **Get your medications reviewed** to ensure they work for you
- **Prepare for cold & flu** season with preventative care

📍 White Pines Wellness Centre  
(1745 Chiefswood Road)



## WORKSHOPS & CLASSES (MARCH)

**NEW** New Event  
▲ Outdoor Event

### **NEW** Family Cooking Around the Fire ▲

DEPARTMENT OF WELL-BEING, CHILD & YOUTH HEALTH

Cook around the fire as a family! We will be making cozy, seasonal meals and partaking in an activity together. **All ages; For families with youth under the age of 18.**

**Dates:** First Tuesday of every month (March 4, April 1 & May 6) | **Time:** 5-7pm

**Location:** Chiefswood Park Firepit (1037 Highway 54)

**Registration Required:** Sara Montour | (548) 328-1362 | [cyna2@sixnations.ca](mailto:cyna2@sixnations.ca)

### **NEW** Learn Social Songs

SIX NATIONS PUBLIC LIBRARY

Come to the library on the last Tuesday of the month to practice social singing! Children must be accompanied by an adult. **All ages.**

**Dates:** Last Tuesday of every month (March 25, April 29 & May 27) | **Time:** 5:30-7pm

**Location:** Six Nations Public Library (1679 Chiefswood Road)

**Registration Required:** Circulation Desk | (519) 445-2954 | [info@snpl.ca](mailto:info@snpl.ca)

### **Mind, Body & Soul: Embracing Your Higher Self Series**

SOCIAL SERVICES' CHILD & FAMILY SERVICES, SIX NATIONS FAMILY SUPPORT UNIT

Traditional teachings, salve/spray making, tea readings, and Indigenous astronomy. Available virtually or in-person! **Ages: Adults 18+**

**Duration:** Every Wednesday (January 15-March 5) | **Time:** 1-3pm

**Location:** 49 Harold Road | **Virtual Location:** Zoom

**Registration Required:** Dena Annett | (226) 802-1746 | [fsw4@sixnations.ca](mailto:fsw4@sixnations.ca)

### **Safe Food Handling**

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS

This FREE certification course is open to all Six Nations community members! Available twice a month, participants will learn general principles of safe food handling. Topics include: Temperature Control, Cross-Contamination, Personal Hygiene, and Cleaning & Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: 18+**

**Dates:** Two Wednesdays every month (March 12 & 26, April 9 & 23, May 14 & 28)

**Time:** 8:30am-5pm | **Location:** White Pines Wellness Centre Boardroom (1745 Chiefswood Road)

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



## SafeTALK Training

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS

SafeTALK is a 3.5-hour training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources, which can help them in choosing to live. Participants don't need any formal preparation to attend the training. **Ages: 16+; Those who want to make a difference.**

**Date:** Tuesday, March 25 | **Time:** 5-8:30pm | **Location:** Odrohehta'geh (1676 Chiefswood Road)  
**Registration Required:** Arli Harrison | (519) 754-7359 | aharrison@sixnations.ca

## **NEW** Student Enterprise Fund Information Session

TWO RIVERS CDC

Attend our information sessions virtually or in person on Monday, March 3 or Monday, March 17! **Ages: Students 16-35 (in school and returning to school)**

**Date:** Tuesday, March 25 | **Time:** 5-6pm | **Location:** 16 Sunrise Court | **Virtual Location:** Zoom  
**Registration Required:** Rachel Martin | (519) 445-4567 | rachelmartin@tworivers.ca



  
**OGWEHOWEH**  
 Skills and Trades Training Centre

## SPRING 2025 PROGRAMS AND COURSES

Healthcare Office Assistant  
\*Partnered with Fanshawe College  
 Land Based Tourism and Adventure  
 Work Ready Indigenous Trades Experience (WRITE)  
 First Nations Firefighter Training and Certification  
 Driver's Education  
 First Aid/CPR  
 Construction Safety Training


**REGISTER TODAY!**

16 Sunrise Court, Ohsweken  
 Call our office at 519-445-1515  
 Online at [www.osttc.com](http://www.osttc.com)



**TO LEARN MORE ABOUT:** Storing household hazardous waste while waiting for the Summer and Fall collection dates, please visit Six Nations Public Works (1953 Fourth Line) or check out the Guidelines for Sorting Household Waste at: [www.sixnations.ca/public-works/](http://www.sixnations.ca/public-works/)



MONDAY	TUESDAY	WEDNESDAY
	<p>1</p> <p>Drop-In Pickleball (p. 49)                      Drop-in Volleyball (p. 49)                      Family Cooking Around the Fire (p. 30)                      Sit to Be Fit (p. 24)                      Soup for Seniors (p. 50)</p>	<p>2</p> <p>Grief Recovery Method Group (p. 27)                      Tentewata:ton/Dedwadado Market (p. 50)</p>
<p>7</p> <p>Drop-In Badminton (p. 49)                      Drop-In Pickleball (p. 49)                      Let's Get Moving (p. 23)                      Morning Spark (p. 23)                      Ohahase New Path Day Treatment (p. 27)</p>	<p>8</p> <p>Drop-In Pickleball (p. 49)                      Drop-in Volleyball (p. 49)                      Sit to Be Fit (p. 24)                      Soup for Seniors (p. 50)</p>	<p>9</p> <p>Grief Recovery Method Group (p. 27)                      Ohahase New Path Day Treatment (p. 27)                      Safe Food Handling (p. 30)                      Tentewata:ton/Dedwadado Market (p. 50)</p>
<p>14</p> <p>Drop-In Badminton (p. 49)                      Drop-In Pickleball (p. 49)                      Let's Get Moving (p. 23)                      Morning Spark (p. 23)                      Ohahase New Path Day Treatment (p. 27)</p>	<p>15</p> <p>Drop-In Pickleball (p. 49)                      Drop-in Volleyball (p. 49)                      Sit to Be Fit (p. 24)                      Soup for Seniors (p. 50)                      Understanding Aggression &amp; Management Program (p. 28)</p>	<p>16</p> <p>Grief Recovery Method Group (p. 27)                      Ohahase New Path Day Treatment (p. 27)                      Service Ontario OHIP Health Card Renewal Clinic (p. 28)                      Tentewata:ton/Dedwadado Market (p. 50)</p>
<p>21</p> <p><b>Closure Notice:</b>                      All SNGR departments are closed for Easter Monday. Regular office hours resume tomorrow @ 8:30am.</p>	<p>22</p> <p><b>Earth Day</b></p> <p>Drop-In Pickleball (p. 49)                      Drop-in Volleyball (p. 49)                      Sit to Be Fit (p. 24)                      Soup for Seniors (p. 50)                      Understanding Aggression &amp; Management Program (p. 28)</p>	<p>23</p> <p>Grief Recovery Method Group (p. 27)                      Ohahase New Path Day Treatment (p. 27)                      Safe Food Handling (p. 30)                      Tentewata:ton/Dedwadado Market (p. 50)</p>
<p>28</p> <p>Drop-In Badminton (p. 49)                      Drop-In Pickleball (p. 49)                      Let's Get Moving (p. 23)                      Morning Spark (p. 23)                      Ohahase New Path Day Treatment (p. 27)</p>	<p>29</p> <p>Drop-In Pickleball (p. 49)                      Drop-in Volleyball (p. 49)                      Learn Social Songs (p. 30)                      Sit to Be Fit (p. 24)                      Soup for Seniors (p. 50)                      Understanding Aggression &amp; Management Program (p. 28)</p>	<p>30</p> <p>Grief Recovery Method Group (p. 27)                      Ohahase New Path Day Treatment (p. 27)                      Tentewata:ton/Dedwadado Market (p. 50)</p>

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>Lane Swim &amp; Water Walking (p. 23)</p> <p>Lil Stars Softball (p. 23)</p> <p>White Bison Wellbriety Group (p. 28)</p> <p style="text-align: right;"><b>3</b></p>	<p>Drop-In Pickleball (p. 49)</p> <p>Let's Get Moving (p. 23)</p> <p>Relapse Prevention Planning (p. 27)</p> <p style="text-align: right;"><b>4</b></p>	<p style="text-align: right;"><b>5</b></p>
		<b>6</b>
<p><b>National Siblings Day</b></p> <p style="text-align: right;"><b>10</b></p> <p>Lane Swim &amp; Water Walking (p. 23)</p> <p>Lil Stars Softball (p. 23)</p> <p>White Bison Wellbriety Group (p. 28)</p>	<p>Drop-In Pickleball (p. 49)</p> <p>Let's Get Moving (p. 23)</p> <p>Relapse Prevention Planning (p. 27)</p> <p style="text-align: right;"><b>11</b></p>	<b>12</b>
		<b>13</b>
<p>Lane Swim &amp; Water Walking (p. 23)</p> <p>Lil Stars Softball (p. 23)</p> <p>White Bison Wellbriety Group (p. 28)</p> <p style="text-align: right;"><b>17</b></p>	<p style="text-align: center;"><b>Closure Notice:</b></p> <p style="text-align: center;">Most SNGR departments are closed for Good Friday.</p> <p style="text-align: center;">Parks &amp; Recreation is hosting their annual <b>Easter Scramble!</b> See <b>page 20</b> for more info.</p> <p style="text-align: center;">Regular office hours resume April 22 @ 8:30am.</p> <p style="text-align: right;"><b>18</b></p>	<b>19</b>
		<b>20</b>
<p>Lane Swim &amp; Water Walking (p. 23)</p> <p>Lil Stars Softball (p. 23)</p> <p>White Bison Wellbriety Group (p. 28)</p> <p style="text-align: right;"><b>24</b></p>	<p>Drop-In Pickleball (p. 49)</p> <p>Let's Get Moving (p. 23)</p> <p>Relapse Prevention Planning (p. 27)</p> <p style="text-align: right;"><b>25</b></p>	<b>26</b>
		<b>27</b>



## Transfer Station Closure

Good Friday - April 18, 2025

The Six Nations Transfer Station will be closed on **April 18, 2025** for Good Friday. The Transfer Station will return to its regular schedule on **Saturday, April 19, 2025**.

Transfer Station summer hours are **8am-5:30pm** with the last load in happening at **5:15pm**.



For more info, call the Transfer Station: **(519) 445-1212**.



## DO YOU HAVE OFF-ROAD DRAINAGE ISSUES?

On-reserve community members can report off-road drainage issues by contacting our **Manager of Technical Services and Drainage:**

**Vince Longboat**

Call the Public Works office:

**(519) 445-4242**

OR via email:

**[vincelongboat@sixnations.ca](mailto:vincelongboat@sixnations.ca)**

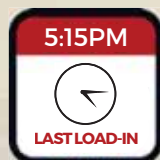


## Transfer Station Summer Hours

The Six Nations Transfer Station will change from winter hours (8am-4:30pm with last load in happening at 4:15pm) to summer hours on **Tuesday, April 8, 2025**.

Summer hours are **8am-5:30pm** with the last load in happening at **5:15pm**.

The Transfer Station is **open Tuesday-Saturday**, and is **closed Sunday and Monday**.



For more info, call the Transfer Station: **(519) 445-1212**.



## Clean-Up Week

Monday, May 12 - Thursday, May 15, 2025

Place your bagged debris or appliances roadside on the designated days to have them picked up.

**Monday, May 12-Tuesday, May 13**

**Bagged Debris ONLY:** Bags should not weigh more than **40 lbs** and must be at the road by **7am**.

**Wednesday, May 14-Thursday, May 15**

**Appliances ONLY:** Household appliances (stoves, fridges, freezers, wash machines & dryers) must be at the road by **7am**.

All trips will begin on **Townline** at **7am** & proceed to **Highway 54**, including all side roads. **No return trips will be made.**

For more info, call: **(519) 445-4242**







## EVENTS & PROGRAMS (APRIL)

**NEW** New Event  
▲ Outdoor Event

### Easter Scramble

PARKS & RECREATION

Join us on Good Friday for our Easter festivities! Ages: 3-11

Date: Friday, April 18 | Time: 10am-12pm

Location: Six Nations Sports and Cultural Memorial Centre (1738 Fourth Line)

Contact: Emerson Oakes | (519 445-4311, ext. 5226 | [dajoh@sixnations.ca](mailto:dajoh@sixnations.ca))

### CALLOUT: SIX NATIONS PUBLIC LIBRARY TEEN ADVISORY GROUP

The Teen Advisory Group is a community service project where teens can come together to make recommendations for the future of SNPL. Special workshops and activities will be planned by you for the benefit of our community and people your age. Counts for Volunteer Hours. The Teen Advisory Group will meet 4 times a year – dates and time will be confirmed after all spaces are filled. Registration is required, and will help us determine the meeting date and time. Ages: Teens 13-17; High school students.

To register, contact Six Nations Public Library or complete the registration form:

<https://forms.office.com/r/R4VzBvvaZ0>.

Location: Six Nations Public Library (1679 Chiefswood Road)

Contact: Circulation Desk | (519) 445-2954 | [info@snpl.ca](mailto:info@snpl.ca)



**TO LEARN MORE ABOUT:** Guidance on using the Transfer Station, visit Public Works (1953 Fourth Line) or check out the Six Nations Transfer Station Booklet at: [www.sixnations.ca/public-works/](http://www.sixnations.ca/public-works/)



**LEARN ABOUT:** The impact of recycling and how & what to recycle by visit us at Public Works (1953 Fourth Line) or check out the Recycling Handbook at: [www.sixnations.ca/public-works/](http://www.sixnations.ca/public-works/)



## RENTING SCHOOL FACILITIES

Those interested in renting any federal school facilities can do so by reaching out to the Six Nations Public Works Office!

For more information, contact the Public Works office:  
**(519) 445-4242**



## TREE AND BRUSH CUTTING SERVICES

The Six Nations Public Works Office offers tree and brush cutting services, including:

- Total Tree Removal
- Stump Grinding
- Brush Cutting
- Storm Clean-up
- Lot Clearing

To receive a quote, contact the Public Works office: **(519) 445-4242**.



## DROP-IN Pickleball

March 3-May 30

**Mondays: 10am-12pm**

**Tuesdays: 2pm-7pm**

**Fridays: 12pm-2pm**

No drop-in March 10, 11, 14, or May 19.



## Drop In BADMINTON

For All Ages | 6-8pm Mondays | March 3rd-May 26th



No Drop In:  
March 10th,  
April 21st,  
May 19th\*

Dajoh Gymnasium  
(1738 Fourth Line)



# SOUP FOR SENIORS

Free for Six Nations Elders and Seniors (age 55+)

OPEN 11 AM UNTIL  
SOUP IS GONE!



White Pines Wellness Centre  
(1745 Chiefswood Rd, Ohsweken)  
Wagyo'sehta'geh (The Visiting Place)  
Drive-Thru Only, Every Tuesday



## JOIN OUR TEAM!

Visit [www.sixnations.ca](http://www.sixnations.ca) to find all of SNGR's latest career opportunities.  
Your career is just a click away!



## COMMUNITY AWARENESS



**2025** MAY 1-30

We invite all community members to participate in **Community Awareness Month** in May!

Follow the Six Nations Community Awareness Facebook Page!  
[@SNCommunityAwareness](https://www.facebook.com/SNCommunityAwareness)

For more info, pick up a **Community Awareness Booklet** at Central Administration or visit SNGR social media: [@sixnationsGR](https://www.facebook.com/sixnationsGR)







## GETTING ACTIVE/MOVEMENT (APRIL)

**NEW** New Event  
▲ Outdoor Event

### Lane Swim & Water Walking

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

This 8-week aquatic program will allow you the choice of one or both activities (lane swim and/or water walking) each session. 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+; Individuals of all fitness levels welcome.**

**Duration:** Every Thursday (March 27-May 15) | **Time:** 9-10am

**Location:** Wayne Gretzky Sports Centre (254 North Park Street, Brantford)

**Registration Required:** Julie Villamere | Call or text: (519) 754-5730 | [hpk8@sixnations.ca](mailto:hpk8@sixnations.ca)

**Registration Begins:** Thursday, March 13

### Let's Get Moving

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, 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. This program is suitable as a next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Adults 18+; All fitness levels welcome.**

**Duration:** Every Monday & Friday (March 3-May 30)\* | **Time:** 1:30-2:30pm

**\*Holiday Dates (No Program):** April 18, 21 & May 19 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

**Registration Required:** Julie Villamere | Call or text: (519) 754-5730 | [hpk8@sixnations.ca](mailto:hpk8@sixnations.ca)

### Lil Stars Softball

PARKS & RECREATION

Weekly Softball on Thursday evenings! **Ages: 4-6.**

**Duration:** Every Thursday (March 20-April 24) | **Time:** 5:30-7:30pm

**Location:** Dajoh Youth and Elders Centre Gymnasium (1738 Fourth Line)

**Registration Required:** Emerson Oakes | (519) 445-4311, ext. 5226 | [dajoh10@sixnations.ca](mailto:dajoh10@sixnations.ca)

### Morning Spark

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

This is a morning drop-in program. Participants can arrive at their preferred time and start the ex-



**CHECK IT OUT:** There are more drop-in programs available for community members to attend! See the Drop-In Volleyball ad on **page 4**, and the Drop-In Pickleball and Badminton ads on **page 21** – OR find more information about all in Multi-Day & Ongoing Events & Programs (**pages 49-50**)!

ercise 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. **Ages: Adults 18+; All fitness levels welcome.**

**Duration:** Every Monday (March 3-May 26)\* | **Time:** 8:30-10am

**\*Holiday Dates (No Program):** April 21 & May 19 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

**Registration Required:** Julie Villamere | Call or text: (519) 754-5730 | [hpk8@sixnations.ca](mailto:hpk8@sixnations.ca)

### Sit to Be Fit

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

This program is designed to maintain function and total body strength to help prevent falls. This is a drop-in seated exercise program that uses body weight, Theraband, therapy balls, and free weights. The program is run by an exercise facilitator from the Canadian Alzheimer's Society. **Ages: Seniors 55+; Seniors fitness or individuals looking to maintain function and total body strength while seated.**

**Duration:** Every Tuesday (March 4-May 27) | **Time:** 2-3pm

**Location:** Odrohekta'geh (1676 Chiefswood Road)

**Registration Required:** Julie Villamere | Call or text: (519) 754-5730 | [hpk8@sixnations.ca](mailto:hpk8@sixnations.ca)




# TENTEWATÁ:TON/ DĘDWADADQ COMMUNITY MARKET

EVERY WEDNESDAY  
12 PM - 5 PM

ODROHEKTA'GEH  
1676 CHIEFSWOOD RD.,  
OHSWEKEN, ON



Six Nations Public Library presents




**HARMONICA LESSONS**  
WITH **SPENCER THOMAS**

MARCH 5 - 26, 2025

WEDNESDAYS 5:30PM - 6:30 PM | LIMITED # OF HARMONICAS AVAILABLE

ALL AGES  
AGES 12 AND UNDER MUST BE ACCOMPANIED BY ADULT

FOR MORE INFO OR TO REGISTER:  
519-445-2954  
INFO@SNPL.CA



## The Latest SNGR Litigation Updates



Six Nations Of The Grand River Band Of Indians V. The Attorney General Of Canada, His Majesty The King In Right Of Ontario, and the Mississaugas of the Credit First Nation.

**Important Update:**

 **Parties Creating a Document Management Agreement**

The legal teams continue to meet with the case management judge, Justice Centa and the pre-trial judge, Justice Firestone. Expert reports and replies continue to be received and written to meet deadlines.

**Looking for Litigation Resources?**

 **Court Documents Accessible!**  
To follow the case and access documents & other important information, visit [www.sngrlitigation.com](http://www.sngrlitigation.com)

 **Important Updates**  
For the latest updates, visit: [sngrlitigation.com](http://sngrlitigation.com) or [sixnations.ca/LandsResources/](http://sixnations.ca/LandsResources/)

For inquiries or more information, contact Lands and Resources by calling (519) 753-0665 or visiting [www.sixnations.ca](http://www.sixnations.ca)




### FINANCIAL SUPPORTS AVAILABLE!

SNGR's Finance department wants you to check out the following financial supports available to Six Nations Band members:

**Enrollment Allowance • Student Support Allowance • Donation Fund**

See ads on the following page for more information!





## 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.

**Support Allowance** is a program that reimburses students for:

Sports Fees

Enhanced Course Fees

Co-Op Fees\*

School Fees

Post-Secondary Application Fees

### \*Co-Op Fees/Expenses:

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

For more information, please contact Becky McComber:  
[bmccomber@sixnations.ca](mailto:bmccomber@sixnations.ca)



## ENROLLMENT ALLOWANCE FOR HIGH SCHOOL STUDENTS

(Formerly known as Attendance Allowance)

Six Nations Band members currently 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 completing an application and EFT form. It is given out in December, April & June of each year.

EFT Forms can be found at: [sixnations.ca](http://sixnations.ca)

\$50 per month

For further inquiries & more information, please contact Becky McComber  
[bmccomber@sixnations.ca](mailto:bmccomber@sixnations.ca)



## UPDATED: Donation Fund Policy

All youths and vulnerable individuals, on & off reserve, are eligible to apply!

The updated policy can be picked up at Central Administration (1695 Chiefswood Road) or viewed online:  
[www.sixnations.ca](http://www.sixnations.ca)

**Application Deadline:**  
4pm on the 3rd Friday of every month

For submissions and more information, contact us at: (519) 445-2201 or visit:  
[www.sixnations.ca/contact](http://www.sixnations.ca/contact)

### FUNDING Categories:

Community • Arts & Culture  
Health • Education • Recreation

### ELIGIBILITY\*

**Community Associations:**  
Eligible to receive up to \$3,000.

Further approval from Elected Chief & Council is required when requesting more than \$3,000.

**Individuals:** Eligible to receive up to \$1,000.

\*Applicants are eligible to receive one (1) donation every two (2) fiscal years.





## COMMUNITY SUPPORTS (APRIL)

**NEW** New Event  
▲ Outdoor Event

### Grief Recovery Method Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Grief Recovery Method Group is designed to help grievers deal with significant loss by addressing unfinished emotions and providing actionable steps for healing. It guides individuals through a series of actions to verbalize their feelings and complete the pain associated with them.

**Ages: Adults 18+; Those who are grieving.**

**Duration:** Every Wednesday (March 5 for 10-12 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | [mhmwc@sixnations.ca](mailto:mhmwc@sixnations.ca)

### Ohahase “New Path” Day Treatment Program

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

Recognize how others understand aggression and appreciate how others feel, by understanding your own emotions. Use skills of self reflection and self expression to share stories and learn lessons. Find solutions to problems where emotions are involved. **Ages: Adults 18+; Must be Indigenous status and a Six Nations Band member.**

**Duration:** Every Monday & Wednesday (April 7 for 10 Weeks) | **Time:** 9am-12pm

**Location:** Land Based Healing (727 Third Line)

**Registration Required:** Intake Worker | (519) 445-2143 | [mhmwc@sixnations.ca](mailto:mhmwc@sixnations.ca)

### Relapse Prevention Planning

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

Learn how to recognize the stages of relapse and avoid triggers that can drive you back to using drugs or alcohol. Find out how to get support, manage withdrawal, and reward yourself for your progress. Learn about mental, emotional and physical relapse. Prepare a personalized relapse prevention plan for your own journey. **Ages: Adults 18+; Those seeking support remaining substance free.**

**Duration:** Every Friday (March 7 for 10 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | [mhmwc@sixnations.ca](mailto:mhmwc@sixnations.ca)

### Seed Library

SIX NATIONS PUBLIC LIBRARY

The SNPL seed library contains seeds available to borrow or exchange to grow. Learn about seed saving, biodiversity, and sustainable gardening practices by checking out seeds, growing them,



saving the seeds from the plants you grow, and if you are able to save some seeds, return some of the seeds back to the library for others to use. Have a packet of seeds and can't plant them all? Donate to the seed library. Come check out the SNPL Seed Library and start your garden planning now. **All ages; Gardeners and farmers.**

**Duration:** Monday-Saturday during SNPL operating hours

**Location:** Six Nations Public Library (1679 Chiefswood Road)

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

## Service Ontario OHIP "Health Card" Renewal Clinic

DEPARTMENT OF WELL-BEING

Join us at the White Pines Wellness Centre to renew your health card. Please bring proper identification – 3 pieces are required: Proof of Citizenship, Proof of Residency, and Support of Identity. Examples of each type of identification are listed below. **All ages.**

**Proof of Citizenship:** Status card, valid Canadian passport, birth certificate

**Proof of Residency:** Monthly mailed bank statements, school (college or university) report card or transcript, utility bill (in your name)

**Support of Identity:** Valid Ontario Driver's License, credit card, current employee ID

**Date:** Wednesday, April 16 & May 14 | **Time:** 10am-3pm

**Location:** White Pines Wellness Centre - First Floor (1745 Chiefswood Road)

**Registration Required:** Department of Well-Being | (519) 445-2418

## Understanding Aggression and Management Program

DEPARTMENT OF WELL-BEING

A program designed to explore and understand the causes of anger and the related problematic behaviours. This program will aim to help you manage your anger in a healthier way to avoid problematic behaviours and the related negative consequences. Gain knowledge of your anger triggers and physical signals. Problem solve situations in your life that frequently cause anger. **Ages: Adults 18+; Those looking to learn how to manage their own anger.**

**Duration:** Every Tuesday (April 15 for 6 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | mhmmc@sixnations.ca

## White Bison Wellbriety Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Medicine Wheel and 12-Step Addictions program was developed to provide a culturally appropriate 12-Step program for Indigenous communities and their people. This program was developed by White Bison, based upon Teachings of the Medicine Wheel, the Cycle of Life, and the Four Laws of Change. Participants will learn techniques to facilitate healing from addiction and intergenerational trauma. **Ages: Adults 18+; Those wishing to use a 12-step program to assist with sobriety.**

**Duration:** Every Thursday (March 6 for 10 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | mhmmc@sixnations.ca



# LANDS & MEMBERSHIP

## STATUS CARD RENEWALS



Status cards are issued every Monday, Tuesday and Wednesday only from 9AM - 3:30PM. Office closed from 12 - 1PM for lunch.

**Cost:** Children 0-17 and Seniors 55+: \$5, Adults: \$10

Here is a list of valid forms of identification, **please bring 2 pieces of identification** when renewing your status card:

- ✓ Birth Certificate or Statement of Live Birth
- ✓ Canadian or US passport (counts as 2 pieces of ID)
- ✓ Drivers License
- ✓ Employee ID – with photo
- ✓ Indian status ID Card
- ✓ Provincial Acquisition Certificate (FAC)
- ✓ Nexus card (counts as 2 pieces of ID)
- ✓ Incarceration release form
- ✓ Guarantor form – with photo

**Have you lost your status card?** Reported lost status cards have a 30-day probationary period until you can replace your card. Lost card fee is \$20. Bring 2 pieces of identification from the list above.

**NOTE:** Maximum 2 replacement cards allowed per year.



Lands & Membership  
67 Bicentennial Trail, P.O. Box 204, Ohsweken  
Monday - Friday, 8:30AM - 4:30PM  
(519) 445-4613



## WORKSHOPS & CLASSES (APRIL)

**NEW** New Event  
▲ Outdoor Event

### **NEW** Family Cooking Around the Fire ▲

DEPARTMENT OF WELL-BEING, CHILD & YOUTH HEALTH

Cook around the fire as a family! We will be making cozy, seasonal meals and partaking in an activity together. **All ages; For families with youth under the age of 18.**

**Date:** First Tuesday of every month (April 1 & May 6) | **Time:** 5-7pm

**Location:** Chiefswood Park Firepit (1037 Highway 54)

**Registration Required:** Sara Montour | (548) 328-1362 | [cyna2@sixnations.ca](mailto:cyna2@sixnations.ca)

### **NEW** Learn Social Songs

SIX NATIONS PUBLIC LIBRARY

Come to the library on the last Tuesday of the month to practice social singing! Children must be accompanied by an adult. **All ages.**

**Date:** Last Tuesday of every month (April 29 & May 27) | **Time:** 5:30-7pm

**Location:** Six Nations Public Library (1679 Chiefswood Road)

**Registration Required:** Circulation Desk | (519) 445-2954 | [info@snpl.ca](mailto:info@snpl.ca)

### Safe Food Handling

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS

This FREE certification course is open to all Six Nations community members! Available twice a month, participants will learn general principles of safe food handling. Topics include: Temperature Control, Cross-Contamination, Personal Hygiene, and Cleaning & Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: 18+**

**Dates:** Two Wednesdays every month (April 9 & 23, May 14 & 28)

**Time:** 8:30am-5pm | **Location:** White Pines Wellness Centre Boardroom (1745 Chiefswood Road)

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



## LOOKING TO CONNECT with SIX NATIONS of the GRAND RIVER?

DOWNLOAD THE APP!



VISIT OUR WEBSITE:

[www.sixnations.ca](http://www.sixnations.ca)

FOLLOW US ONLINE!





# WHAT'S UP?



@Six Nations Public Library



**6N FILM CLUB**  
3rd Thursdays 6PM



**DIAL-A-STORY**  
519-900-0908



**GUITAR, UKULELE,  
& HARMONICA**  
Wednesdays



**HPL BOOKMOBILE**  
Every other Friday



**HAUDENOSAUNEE  
LANGUAGE MEET**  
Tues & Thurs



**KNITTING CLUB**  
Wednesdays 4:30



**OUR BEADING HEARTS**  
1st & 3rd Mondays



**BOOK  
CLUBS!**

**BOOKS, DVDS,  
BRAILLE, ETC!  
AND MANY MORE  
PROGRAMS!**

Visit us!  
[www.snpl.ca](http://www.snpl.ca)  
[info@snpl.ca](mailto:info@snpl.ca)  
519-445-2954



# ONKWEHÓN:WE HEALTH CHECK-IN

The Onkwehón:we Health Check-In has started! The OHCI is a community health survey developed by Six Nations with the purpose of understanding the health status of our community. Interested in participating? Be on the look out for coupons from Six Nations community members to be eligible for participation. Read below for reasons on why you should participate.

## COMMUNITY BENEFITS

- Identify health concerns within the community
- Identify gaps in the services provided to our community
- Results of the study will be used in the planning and prioritization of community resources




## BENEFITS FOR YOU

- Contributing positively to your community and having your voice heard
- \$50 in gift cards for participating in the survey
- Up to \$75 in additional gift cards for referring other community members

***BY SIX NATIONS, FOR SIX NATIONS***

Want to learn more? Visit us:



 [OHCIsixnations.ca](http://OHCIsixnations.ca)  
 [chspsc@sixnations.ca](mailto:chspsc@sixnations.ca)  
 OhCheck InIt

**#ohcheckinit**



MONDAY		TUESDAY		WEDNESDAY	
<p><b>Red Dress Day</b> <b>5</b></p> <p>Drop-In Badminton (p. 49)                      Drop-In Pickleball (p. 49)                      Let's Get Moving (p. 38)                      Morning Spark (p. 38)                      National Youth Week Activities (p. 35)                      Ohahase New Path Day Treatment (p. 43)</p>		<p><b>6</b></p> <p>Drop-In Pickleball (p. 49)                      Family Cooking Around the Fire (p. 46)                      National Youth Week Activities (p. 35)                      Sit to Be Fit (p. 39)                      Soup for Seniors (p. 50)                      Understanding Aggression &amp; Management Program (p. 44)</p>		<p><b>7</b></p> <p>Grief Recovery Method Group (p. 43)                      National Youth Week Activities (p. 35)                      Ohahase New Path Day Treatment (p. 43)                      Tentewata:ton/Dedwadado Market (p. 50)</p>	
<p><b>12</b></p> <p>Community Clean-Up Week: Bagged Debris (p. 35)                      Drop-In Badminton (p. 49)                      Drop-In Pickleball (p. 49)                      Let's Get Moving (p. 38)                      Morning Spark (p. 38)                      Ohahase New Path Day Treatment (p. 43)</p>		<p><b>13</b></p> <p>Community Clean-Up Week: Bagged Debris (p. 35)                      Drop-In Pickleball (p. 49)                      Sit to Be Fit (p. 39)                      Soup for Seniors (p. 50)                      Understanding Aggression &amp; Management Program (p. 44)</p>		<p><b>14</b></p> <p>Community Clean-Up Week: Appliances (p. 35)                      Maybe: Grief Recovery Method Group (p. 43)                      Ohahase New Path Day Treatment (p. 43)                      Safe Food Handling (p. 46)                      Service Ontario OHIP Health Card Renewal Clinic (p. 44)                      Tentewata:ton/Dedwadado Market (p. 50)</p>	
<p><b>19</b></p> <p><b>Closure Notice:</b>                      All SNGR departments are closed for Bread &amp; Cheese.                      Regular office hours resume May 20 @ 8:30am.</p>		<p><b>20</b></p> <p>Drop-In Pickleball (p. 49)                      Sit to Be Fit (p. 39)                      Soccer Tots (p. 39)                      Soccer Troops (p. 39)                      Soup for Seniors (p. 50)                      Understanding Aggression &amp; Management Program (p. 44)</p>		<p><b>21</b></p> <p>Maybe: Grief Recovery Method Group (p. 43)                      Ohahase New Path Day Treatment (p. 43)                      Tentewata:ton/Dedwadado Market (p. 50)</p>	
<p><b>26</b></p> <p>Drop-In Badminton (p. 49)                      Drop-In Pickleball (p. 49)                      Let's Get Moving (p. 38)                      Morning Spark (p. 38)                      T-Ball Program (p. 39)                      Ohahase New Path Day Treatment (p. 43)</p>		<p><b>27</b></p> <p>Drop-In Pickleball (p. 49)                      Learn Social Songs (p. 46)                      Sit to Be Fit (p. 39)                      Soccer Tots (p. 39)                      Soccer Troops (p. 39)                      Soup for Seniors (p. 50)</p>		<p><b>28</b></p> <p>Ohahase New Path Day Treatment (p. 43)                      Safe Food Handling (p. 46)                      Tentewata:ton/Dedwadado Market (p. 50)</p>	

**DON'T FORGET:** Check out the multi-day and ongoing events & programs on [pages 49-50!](#)

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p><b>Community Awareness Begins!</b> 1</p> <p>Lane Swim &amp; Water Walking (p. 38) National Youth Week Activities (p. 35) White Bison Wellbriety Group (p. 44)</p>	<p>Drop-In Pickleball (p. 49) Let's Get Moving (p. 38) National Youth Week Activities (p. 35) Relapse Prevention Planning (p. 43)</p> <p>2</p>	<p>3</p>
		4
<p>Children's Mental Health Week/ Community Awareness Event (p. 35) Lane Swim &amp; Water Walking (p. 38) White Bison Wellbriety Group (p. 44)</p> <p>8</p>	<p>Drop-In Pickleball (p. 49) Let's Get Moving (p. 38) Relapse Prevention Planning (p. 43)</p> <p>9</p>	<p>10</p>
		<p><b>Mother's Day</b> 11</p>
<p>Community Clean-Up Week: Appliances (p. 35) Lane Swim &amp; Water Walking (p. 38)</p> <p>15</p>	<p>Drop-In Pickleball (p. 49) Let's Get Moving (p. 38)</p> <p>16</p>	<p>17</p>
		18
<p>22</p>	<p>Drop-In Pickleball (p. 49) Let's Get Moving (p. 38)</p> <p>23</p>	<p>24</p>
		25
<p>29</p>	<p>Drop-In Pickleball (p. 49) Let's Get Moving (p. 38)</p> <p>30</p>	<p>31</p> <p><b>Community Awareness:</b> Don't miss out! Check our social media platforms (@sixnationsgr) for all Community Awareness events &amp; updates!</p>







## EVENTS & PROGRAMS (MAY)

**NEW** New Event  
▲ Outdoor Event

### Bread & Cheese Day ▲

CENTRAL ADMINISTRATION, COMMUNICATIONS

Join us for Bread & Cheese Fireworks on Sunday, May 18 at 9:45pm! The rain date is: Monday, May 19, 2025. Monday's events include: Parade at 11:30am, Midway, and Vendors. More details to come! All ages; Six Nations of the Grand River Band members.

Date: Monday, May 19 | Time: Doors open after parade (which starts at 11:30am)

Location: Six Nations Sports & Cultural Memorial Centre (1738 Fourth Line)

Contact: Leigh Thompson | (519) 445-2201 | [sncec@sixnations.ca](mailto:sncec@sixnations.ca)

### Children's Mental Health Week Event/CAW ▲

SOCIAL SERVICES' CLINICAL SERVICES UNIT

Children's Mental Health Week Event! All ages; Community & families.

Date: Thursday, May 8 | Time: TBD | Location: TBD

Registration: Register on site/live at the event

Contact: Kim Discipline | (519) 445-0408 | [scsu@sixnations.ca](mailto:scsu@sixnations.ca)

### Community Clean-Up Week ▲

PUBLIC WORKS' TRANSFER STATION

Curbside collection of bagged debris and appliances. Monday, May 12 & Tuesday, May 13: Bagged Debris ONLY. Bags should not weigh more than 40lbs and must be at the road by 7am. Wednesday, May 14 & Thursday, May 15: Appliances ONLY. Household appliances (stoves, fridges, freezers, washing machines & dryers) must be at the end of the road by 7am. All trips will begin on Townline at 7am & proceed to Highway 54, including all side roads. No return trips will be made. All ages.

Dates – Bagged Debris: Monday, May 12 & Tuesday, May 13 | Time: 7am-5pm

Dates – Appliances: Wednesday, May 14 & Thursday, May 15 | Location: Six Nations

Contact: Six Nations Public Works | (519) 445-4242 | [publicworksadmin@sixnations.ca](mailto:publicworksadmin@sixnations.ca)

### National Youth Week Activities

SOCIAL SERVICES' CHILD & FAMILY SERVICES

A week of activities celebrating our youth! Outings offered to youth aged 13-19, full schedule of events will be released soon! Be sure to check out Six Nations Social Services Facebook page for more details. Ages: Youth 13-19.

Dates: Thursday, May 1-Wednesday, May 7 | Time & Location: TBD | Registration Begins: April 23

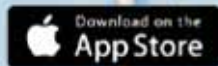
Registration Required: Quentin Jones | (519) 445-2950 | [ppsw@sixnations.ca](mailto:ppsw@sixnations.ca)





# Be Safe

by  mindyourmind



## This App Helps You:

- ◎ Create a Personal Safety Plan
- ◎ Find Six Nations community support resources
- ◎ Be prepared if you find yourself in a crisis

**FREE to download & use the app!**

Choose "Six Nations of the Grand River" in the app settings.





# SAVE ON ENERGY:

## Energy Affordability Program

You could receive energy saving products (energy saving kit, replacement appliances, insulation) or services at no cost!\*

**\*NOTE:** Results may vary, dependent on individual circumstances.

### Who is Eligible?

Residents of Ontario who are responsible for paying electricity bills – this includes both homeowners and renters!\*\*

**\*\*NOTE:** Social housing residents may also qualify.

### Funding Eligibility:

- Household income
- How many people live in your home
- Receipt of qualifying government/energy support benefit

### Find Out if You Qualify!

Please contact Crystal Campbell,  
Community Energy Champion:

**(519) 445-4242 ext. 5620**  
**(548) 328-1709**

### Accessing Forms

Forms are available via email:  
**[crystalcampbell@sixnations.ca](mailto:crystalcampbell@sixnations.ca)**

Or by visiting Public Works:  
**1953 Fourth Line**







## GETTING ACTIVE/MOVEMENT (MAY)

**NEW** New Event  
▲ Outdoor Event

### Lane Swim & Water Walking

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

This 8-week aquatic program will allow you the choice of one or both activities (lane swim and/or water walking) each session. 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+; Individuals of all fitness levels welcome.**

**Duration:** Every Thursday (March 27-May 15) | **Time:** 9-10am

**Location:** Wayne Gretzky Sports Centre (254 North Park Street, Brantford)

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

**Registration Begins:** Thursday, March 13

### Let's Get Moving

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, 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. This program is suitable as a next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Adults 18+; All fitness levels welcome.**

**Duration:** Every Monday & Friday (March 3-May 30)\* | **Time:** 1:30-2:30pm

**\*Holiday Dates (No Program):** May 19 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

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

### Morning Spark

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, 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. **Ages: Adults 18+; All fitness levels welcome.**

**Duration:** Every Monday (March 3-May 26)\* | **Time:** 8:30-10am

**\*Holiday Dates (No Program):** May 19 | **Location:** Odrohekta'geh (1676 Chiefswood Road)

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



**ARE YOU REGISTERING FOR SNGR PROGRAMS OR BOOKING A FACILITY?**  
See pages 51-52 for more information on the new registration/booking system!



**NEW** New Event

▲ Outdoor Event

## GETTING ACTIVE/MOVEMENT (MAY)

### Sit to Be Fit

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

This program is designed to maintain function and total body strength to help prevent falls. This is a drop-in seated exercise program that uses body weight, Theraband, therapy balls, and free weights. The program is run by an exercise facilitator from the Canadian Alzheimer's Society. **Ages: Seniors 55+; Seniors fitness or individuals looking to maintain function and total body strength while seated.**

**Duration:** Every Tuesday (March 4-May 27) | **Time:** 2-3pm

**Location:** Odrohekta'geh (1676 Chiefswood Road)

**Registration Required:** Julie Villamere | Call or text: (519) 754-5730 | [hpk8@sixnations.ca](mailto:hpk8@sixnations.ca)

### Soccer Tots ▲

PARKS AND RECREATION

Soccer tots every Tuesday evening! **Ages: 3-5.**

**Duration:** Every Tuesday (May 20-June 24) | **Time:** 6-6:45pm

**Location:** Six Nations Sports & Cultural Memorial Centre - Sports Field West (1738 Fourth Line)

**Registration Required:** Emerson Oakes | (519) 445-4311, ext. 5226 | [dajoh10@sixnations.ca](mailto:dajoh10@sixnations.ca)

**Registration Begins:** Monday, April 7

### Soccer Troops ▲

PARKS AND RECREATION

Soccer troops every Tuesday evening! **Ages: 6-10.**

**Duration:** Every Tuesday (May 20-June 24) | **Time:** 7-7:45pm

**Location:** Six Nations Sports & Cultural Memorial Centre - Sports Field West (1738 Fourth Line)

**Registration Required:** Emerson Oakes | (519) 445-4311, ext. 5226 | [dajoh10@sixnations.ca](mailto:dajoh10@sixnations.ca)

**Registration Begins:** Monday, April 7

### T-Ball Program ▲

PARKS AND RECREATION

Weekly t-ball program on Monday afternoons! **Ages: 4-6.**

**Duration:** Every Monday (May 26-July 14) | **Time:** 12-2pm

**Location:** Six Nations Sports & Cultural Memorial Centre - Ball Diamond 3 (1738 Fourth Line)

**Registration Required:** Emerson Oakes | (519) 445-4311, ext. 5226 | [dajoh10@sixnations.ca](mailto:dajoh10@sixnations.ca)

**Registration Begins:** Monday, April 7



# JORDAN'S PRINCIPLE



## What is Jordan's Principle?

- Jordan's Principle is a child-first initiative which ensures that First Nations children receive equitable supports and services
- The funding is available to First Nations children under the age of 18 and is application based. Each application requires supporting documentation/letters of support along with costs

## What can be covered?

Medical Equipment • Therapies • Tutoring • Respite • Emergency Supports  
Assistive Devices • NHIB Denied Services • Assessments • Recreation • & More!

## Updates:

Please be advised that there is a large volume of requests submitted in the Ontario region. Files are reviewed in the order they are received, unless the request is urgent or time-sensitive.

**Urgent Requests:** Defined as "Child requires urgent assistance, is in palliative care, or a risk of irremediable harm is reasonably foreseeable."

## Bear Witness Day:

Bear Witness Day is May 10th. This is Spirit Bear's birthday! Please watch for events on how you can help celebrate and spread awareness! [#BearWitnessDay](#)

## Settlement:

For updates on the recent First Nations Child and Family Services and Jordan's Principle Settlement, please call: **1 (833) 852-0755** or visit: [fnchildclaims.ca](http://fnchildclaims.ca)

## Six Nations Jordan's Principle:

**Update:** The Six Nations Jordan's Principle team is currently providing Navigation Services to Six Nations Band members and residents only. To inquire about a possible Jordan's Principle application, please visit the website below or by contacting:

Child and Youth Health Office: **(519) 445-4983** • Jordan's Principle hotline: **1 (855) 572-4453**





*Eyagoyadagen:ha*  
Helping the People

**Employer & Client Services**

- Training on the Job
- Employment Supports
- Wage Subsidies
- Apprenticeships
- Job Search Assistance
- Career Counselling
- E.I Assistance
- Workshops & Job Fairs
- Recruitment & Hiring Support

**CONTACT US TODAY TO START YOUR CAREER!**

519-445-2222 | [greatsn.com](http://greatsn.com) | @greatsixnations

Toll-free: 1-888-218-8230

**GET TRAINED. GET HIRED.**



## Harm Reduction Outreach & Education Program

### WHO WE ARE:

We aim to educate community members about substance use and mental wellness through awareness events and educational programming. We also look to reduce barriers for those unable to access our services by providing outreach services.

### WHAT WE DO:

We offer presentations and programming on the following topics:

- Overdose response & Naloxone training
- Harm Reduction & Anti-Stigma
- Sharps collection & disposal
- Cannabis/Vaping & effects
- Substance use information
- Sexual health education
- Much more!

For inquiries, contact (548) 328-2038 or [sndrugstrategy@sixnations.ca](mailto:sndrugstrategy@sixnations.ca)



# CLINICAL SERVICES UNIT

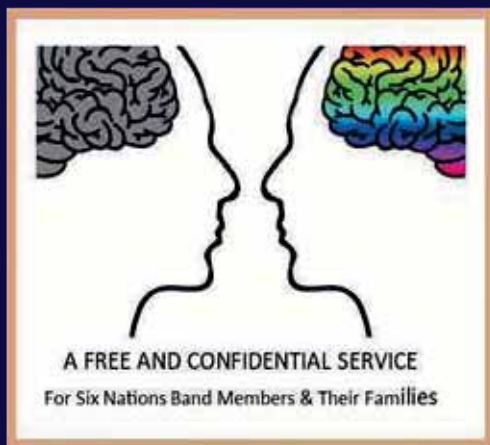
Six Nations of the Grand River  
Child & Family Services

**GOOD MENTAL HEALTH IS IN YOUR HANDS.  
WE ARE HERE TO HELP.**

When life circumstances become challenging, or mental health and wellness concerns impact your daily life, we're here to offer our assistance and support:

## SERVICES PROVIDED:

- Short and long-term counselling (6 yrs and older)
- Behavioural programs
- Mental health presentations



**Self & Professional  
Referrals Welcome!**

Contact Intake:  
**(519) 445-0230**

OR Clinical Services:  
**(519) 445-0408**  
[scsu@sixnations.ca](mailto:scsu@sixnations.ca)





## COMMUNITY SUPPORTS (MAY)

**NEW** New Event  
▲ Outdoor Event

### Grief Recovery Method Group

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Grief Recovery Method Group is designed to help grievers deal with significant loss by addressing unfinished emotions and providing actionable steps for healing. It guides individuals through a series of actions to verbalize their feelings and complete the pain associated with them.

**Ages: Adults 18+; Those who are grieving.**

**Duration:** Every Wednesday (March 5 for 10-12 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | mhmwc@sixnations.ca

### Ohahase “New Path” Day Treatment Program

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

Recognize how others understand aggression and appreciate how others feel, by understanding your own emotions. Use skills of self reflection and self expression to share stories and learn lessons. Find solutions to problems where emotions are involved. **Ages: Adults 18+; Must be Indigenous status and a Six Nations Band member.**

**Duration:** Every Monday & Wednesday (April 7 for 10 Weeks) | **Time:** 9am-12pm

**Location:** Land Based Healing (727 Third Line)

**Registration Required:** Intake Worker | (519) 445-2143 | mhmwc@sixnations.ca

### Relapse Prevention Planning

DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

Learn how to recognize the stages of relapse and avoid triggers that can drive you back to using drugs or alcohol. Find out how to get support, manage withdrawal, and reward yourself for your progress. Learn about mental, emotional and physical relapse. Prepare a personalized relapse prevention plan for your own journey. **Ages: Adults 18+; Those seeking support remaining substance free.**

**Duration:** Every Friday (March 7 for 10 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | mhmwc@sixnations.ca

### Seed Library

SIX NATIONS PUBLIC LIBRARY

The SNPL seed library contains seeds available to borrow or exchange to grow. Learn about seed saving, biodiversity, and sustainable gardening practices by checking out seeds, growing them,





saving the seeds from the plants you grow, and if you are able to save some seeds, return some of the seeds back to the library for others to use. Have a packet of seeds and can't plant them all? Donate to the seed library. Come check out the SNPL Seed Library and start your garden planning now. **All ages; Gardeners and farmers.**

**Duration:** Monday-Saturday during SNPL operating hours

**Location:** Six Nations Public Library (1679 Chiefswood Road)

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

## Service Ontario OHIP "Health Card" Renewal Clinic

### DEPARTMENT OF WELL-BEING

Join us at the White Pines Wellness Centre to renew your health card. Please bring proper identification – 3 pieces are required: Proof of Citizenship, Proof of Residency, and Support of Identity. Examples of each type of identification are listed below. **All ages.**

**Proof of Citizenship:** Status card, valid Canadian passport, birth certificate

**Proof of Residency:** Monthly mailed bank statements, school (college or university) report card or transcript, utility bill (in your name)

**Support of Identity:** Valid Ontario Driver's License, credit card, current employee ID

**Date:** Wednesday, May 14 | **Time:** 10am-3pm

**Location:** White Pines Wellness Centre - First Floor (1745 Chiefswood Road)

**Registration Required:** Department of Well-Being | (519) 445-2418

## Understanding Aggression and Management Program

### DEPARTMENT OF WELL-BEING

A program designed to explore and understand the causes of anger and the related problematic behaviours. This program will aim to help you manage your anger in a healthier way to avoid problematic behaviours and the related negative consequences. Gain knowledge of your anger triggers and physical signals. Problem solve situations in your life that frequently cause anger. **Ages: Adults 18+; Those looking to learn how to manage their own anger.**

**Duration:** Every Tuesday (April 15 for 6 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | mhmmc@sixnations.ca

## White Bison Wellbriety Group

### DEPARTMENT OF WELL-BEING, MENTAL HEALTH & ADDICTIONS

The Medicine Wheel and 12-Step Addictions program was developed to provide a culturally appropriate 12-Step program for Indigenous communities and their people. This program was developed by White Bison, based upon Teachings of the Medicine Wheel, the Cycle of Life, and the Four Laws of Change. Participants will learn techniques to facilitate healing from addiction and intergenerational trauma. **Ages: Adults 18+; Those wishing to use a 12-step program to assist with sobriety.**

**Duration:** Every Thursday (March 6 for 10 weeks) | **Time:** 6:30-8:30pm

**Location:** Mental Health & Addictions Services (1769 Chiefswood Road)

**Registration Required:** Intake Worker | (519) 445-2143 | mhmmc@sixnations.ca

# HELP REDUCE THE SPREAD OF RESPIRATORY VIRUSES



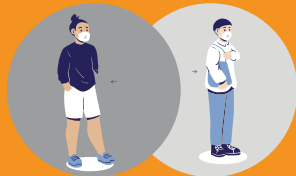
Cover your cough or sneeze. Cover your mouth with a tissue, or sneeze into your elbow or upper sleeve.

Frequently wash your hands with soap & water or hand sanitizer.



Wear a mask that fits your face to protect others.

Clean high touch surfaces.



Keep space between yourself and others, and avoid non-essential places, high-risk situations or gatherings.

Stay home when sick or feeling unwell.



Get Vaccinated. Ohsweken Public Health will have a clinic this fall; more details will be available in the future.

Check symptoms. Check for sore throat, runny nose, new or worse cough, fatigue or weakness, loss of smell or taste, etc.





## WORKSHOPS & CLASSES (MAY)

**NEW** New Event  
▲ Outdoor Event

### **NEW** Family Cooking Around the Fire ▲

DEPARTMENT OF WELL-BEING, CHILD & YOUTH HEALTH

Cook around the fire as a family! We will be making cozy, seasonal meals and partaking in an activity together. **All ages; For families with youth under the age of 18.**

**Date:** First Tuesday of every month (May 6) | **Time:** 5-7pm

**Location:** Chiefswood Park Firepit (1037 Highway 54)

**Registration Required:** Sara Montour | (548) 328-1362 | cyna2@sixnations.ca

### **NEW** Learn Social Songs

SIX NATIONS PUBLIC LIBRARY

Come to the library on the last Tuesday of the month to practice social singing! Children must be accompanied by an adult. **All ages.**

**Date:** Last Tuesday of every month (May 27) | **Time:** 5:30-7pm

**Location:** Six Nations Public Library (1679 Chiefswood Road)

**Registration Required:** Circulation Desk | (519) 445-2954 | info@snpl.ca

### Safe Food Handling

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS

This FREE certification course is open to all Six Nations community members! Available twice a month, participants will learn general principles of safe food handling. Topics include: Temperature Control, Cross-Contamination, Personal Hygiene, and Cleaning & Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: 18+**

**Dates:** Two Wednesdays every month (May 14 & 28) | **Time:** 8:30am-5pm

**Location:** White Pines Wellness Centre Boardroom (1745 Chiefswood Road)

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



#### DON'T FORGET:

You can also access the Leisure Guide online at: [sixnations.ca](http://sixnations.ca), by visiting our social media pages, or by logging into the SNGR App!





# TWO ROW ON THE GRAND

## 10TH ANNIVERSARY

### SIGN-UP OPTIONS:

#### **ENTIRE (FIRST & SECOND LEGS)**

Experience the full journey!

#### **JULY 16 - 20 UPPER (FIRST LEG)**

From Cambridge to Chiefswood Park. This segment covers the Upper River portion, exploring the initial stretch of the journey.

#### **JULY 20 - 25 LOWER (SECOND LEG)**

From Chiefswood Park through the Lower River. This Lower River portion features paddling from Chiefswood Park to Port Maitland.

#### **VOLUNTEERING?**

Email us at: [tworowinfo@gmail.com](mailto:tworowinfo@gmail.com)

Please specify, Ground Support or Safety Paddler & your abilities.

Be prepared for vetting & training well ahead of the paddle.

**Deadline: March 31, 2025**

A 10-DAY PADDLE  
FROM CAMBRIDGE  
TO PORT MAITLAND!

#### **REGISTRATION**

**MARCH 15 - JUNE 1, 2025**

**\$100** to register from May 2, until June 1, 2025. Early Bird Rate: **\$90** per day until May 1, 2025

#### **INCLUDES:**

Food, Safety Paddlers, camping, logistical support and honoraria for speakers.

#### **RENTING YOUR CRAFT?**

Call **(519) 442-2519** or email:

[info@grandriverrafting.ca](mailto:info@grandriverrafting.ca)



Registration and more information can be found at:  
[www.tworowonthegrand.com](http://www.tworowonthegrand.com)

# SOLIDARITY DAY 2025 is COMING!

For updates and further information about this year's Solidarity Day festivities, check out our social media – [@sixnationsgr](#)

We can't wait to see you there!

**June 21, 2025**



## Watch for Weather ALERTS!

Stay safe! Download the SNGR App or follow [@sixnationsgr](#) on social media to receive Weather Alerts and safety tips for each type of weather alert.



You can also keep up to date by checking Environment Canada's website:  
[https://weather.gc.ca/index\\_e.html?layers=alert](https://weather.gc.ca/index_e.html?layers=alert),

### Impacted by the current weather & require assistance?


Six Nations Crisis Line:  
(519) 445-2204 or  
1 (866) 445-2204  
(Available 24/7)

SN Fire & Emergency Services:  
(519) 445-4054  
(Available Monday-Friday,  
8:30 am - 4:30 pm)





## MULTI-DAY/ONGOING EVENTS & PROGRAMS

 Events & Programs

 Community Supports

 Getting Active/Movement

 Workshops & Classes

### Drop-in Badminton

#### PARKS AND RECREATION

Weekly drop-in Badminton games every Monday! **All ages.**

**Duration:** Every Monday (March 3-May 26)\* | **Time:** 6-8pm

**\*Holiday Dates (No Program):** March 10, April 21 & May 19

**Location:** Dajoh Youth & Elders Centre Gymnasium (1738 Fourth Line)

**Contact:** Emerson Oakes | (519) 445-4311, ext. 5226 | dajoh10@sixnations.ca

### Drop-In Pickleball

#### PARKS AND RECREATION

Drop-in pickleball games on Mondays, Tuesdays, and Fridays! **All ages.**

**Duration:** Every Monday, Tuesday & Friday (March 3-May 30)\* |

**Time – Mondays:** 10am-12pm | **Time – Tuesdays:** 2-7pm | **Time – Fridays:** 10am-12pm

**\*Holiday Dates (No Program):** March 10, 11, 14 & May 19

**Location:** Dajoh Youth & Elders Centre Gymnasium (1738 Fourth Line)

**Contact:** Emerson Oakes | (519) 445-4311, ext. 5226 | dajoh10@sixnations.ca

### Drop-In Volleyball

#### PARKS AND RECREATION

Drop-in volleyball sessions on Tuesdays! **Ages: 14+**

**Duration:** Every Tuesday (March 1-April 29) | **Time:** 7:30-9pm

**Location:** Dajoh Youth & Elders Centre Gymnasium (1738 Fourth Line)

**Contact:** Emerson Oakes | (519) 445-4311, ext. 5226 | dajoh10@sixnations.ca

### Elected Council Meetings

#### SIX NATIONS OF THE GRAND RIVER 59TH ELECTED COUNCIL

Six Nations of the Grand River Elected Council (SNGREC) meeting is a crucial platform for ensuring that the community's needs are being met and that everyone is working together towards a common goal. The SNGREC meetings are an important event where representatives from the Six Nations community come together to discuss various issues. The purpose of the meeting is to provide updates on current projects, to review financial reports, and to discuss any matters that may impact the community as a whole. The meetings are also an opportunity for community members to voice their concerns, offer suggestions, and ask questions. **All ages.**

**General Finance:** 1st & 3rd Monday of every month | **Start Time:** 9am

**General Council:** 2nd & 4th Tuesday of every month | **Start Time:** 6pm



**In-Person Location:** Council Chambers @ Central Administration (1695 Chiefswood Road)

**Virtual Location:** Six Nations of the Grand River Facebook Page (@sixnationsgr)

**Contact:** Central Administration | (519) 445-2201

## Soup for Seniors ▲

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS

A weekly drive-thru service that provides a free portion of soup to Six Nations Elders.

**Ages:** Seniors 55+

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

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

**Contact:** Avery McCorkell | chcfa@sixnations.ca

## Six Nations Home & Community Care Program (Community Support Services)

DEPARTMENT OF WELL-BEING, 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 23 & 30, 2024, January 1 & February 17, 2025

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

## Tentewatá:ton Dędwadado Community Market

DEPARTMENT OF WELL-BEING, 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:** 12-5pm | **Location:** Odrohekta'geh (1676 Chiefswood Road)

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

## Wagyo'sehta'geh: "A Visiting Place" (Formerly the Adult Day Centre)

DEPARTMENT OF WELL-BEING, 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. Wagyo'sehta'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 23 & 30, 2024, January 1 & February 17, 2025

**Location:** White Pines Wellness Centre (1745 Chiefswood Road)

**Registration Required:** Sonya Hill | (519) 445-1867 | ada@sixnations.ca



# LOOKING TO REGISTER FOR A SNGR PROGRAM?

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## To Register for a Program:

- Sign in/create a SNGR booking account.  
Please email [sngprbookings@sixnations.ca](mailto:sngrprbookings@sixnations.ca) with Subject Line: Account Status to verify if an account already exists.
- **Activity Registration:** Navigate to “Activity Registration” and choose the department you want to explore. Use the filters to find a program that matches your interests and select a program.
- **Register:** You can register yourself or a family member for the program.

Remember to add the program to your calendar!

## Help with Registration:

**Well-Being programs:** Email [sngbookings@sixnations.ca](mailto:sngrbookings@sixnations.ca) or call **(519) 445-2809, ext. 2288** for assistance.

**Parks & Recreation programs:** Email [sngbookings@sixnations.ca](mailto:sngrbookings@sixnations.ca) or call **(519) 445-4311** for assistance.

For more information about your account, program registration, and more, check out the **Customer Resource Guide** by using the **SNGR App** or visiting: [www.sixnations.ca](http://www.sixnations.ca)

# DO YOU WANT TO BOOK A PARKS AND RECREATION FACILITY?

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## Current Booking Process:

- Sign in/create a SNGR booking account.  
Please email [sngprbookings@sixnations.ca](mailto:sngrprbookings@sixnations.ca) with Subject Line: Account Status to verify if an account already exists.
- View availability of facilities online in real time at:  
<https://sngpr.perfectmind.com/>
- Book a facility.  
To complete booking, please email or call the Parks and Recreation department: [sngprbookings@sixnations.ca](mailto:sngrprbookings@sixnations.ca) (519) 445-4311

Our **Customer Resource Guide** provides step-by-step instructions on how to book a facility!

Access this document on the **SNGR App** or by visiting:  
[www.sixnations.ca](http://www.sixnations.ca)

**NOTE:** Online payments are not available at this time, and must be processed separately.





# SIX NATIONS FLOOD SEASON

**The Grand River's flows  
& water levels can vary  
dramatically.**

The river and its banks should be avoided as the cold, fast-moving water, snow, and ice pose a serious hazard.

Melting ice and snow, a major rainstorm, or the release of water from GRCA reservoirs can result in a sudden increase of water levels and higher river flows.

For updates about the Grand River and further info regarding flooding and water safety, visit:

[www.grandriver.ca](http://www.grandriver.ca)

Please report flooding (roads or private property) to Public Works:

**(519) 445-4242**

If you are stranded in your home, or are experiencing other flood-related emergencies, please call **911**



# STAY SAFE

## 6 SAFETY TIPS

### from the RED CROSS

Create an **emergency plan** that includes your household's needs and discuss it with your family.

Build an **emergency kit** which has enough water, food, and supplies (can-openers, batteries, first-aid kits) for at least 72 hours.

**Listen to local news and check social media** and/or weather reports for flood warnings. Follow advice of local authorities.

Stay away from swollen rivers & streams as moving waters can sweep you away. Be careful when driving as puddles can be quite deep.

Discard any food items or water which have been in contact with flood waters. **Wear protective clothing** (rubber boots, gloves) during cleanup.

If you smell natural or propane gas, or hear a hissing noise, leave your home immediately and call **911**.

For more information or additional safety tips, please visit: [www.redcross.ca](http://www.redcross.ca)

# Visit the Mobile Cancer Screening Coach



**Pap Tests**  
Ages 25-69,  
every 3 years



**Mammograms**  
Ages 40-74,  
every 2 years



**At-Home test for  
colon screening**  
Ages 50-74, every 2 years



**Help to quit  
smoking & NRT**  
Ages 18+



**Walk-ins welcome or call to book!**

905-975-4467 or toll-free 1-855-338-3131



**Coming to Iroquois Plaza twice a month!**

**1721 Chiefswood Rd.**

9:00AM-3:00PM

For dates each month visit:

[www.hnhbscreenforlife.ca/schedule](http://www.hnhbscreenforlife.ca/schedule)



**Hamilton Niagara Haldimand  
Brant Regional Cancer Program**  
Ontario Health (Cancer Care Ontario)



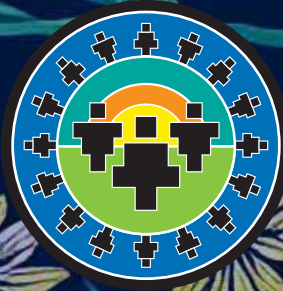
## ONLINE RESOURCES @ SNPL



*The Six Nations Public Library subscribes to a wide variety of online resources for the community. These can be accessed with your library card from the library's website.*

Community Digital Archive	<a href="https://snpl.ca/digital-archive/">https://snpl.ca/digital-archive/</a>
Library Catalogue	Search or place holds for library books
Ancestry.com	Available on library wifi
Music Online:	Stream with Alexander Street
A to Z World Food	Essential culinary resources
A to Z World Travel	Travel • Cultures • Activities Transportation • Security
Chilton Auto Manuals	Auto repair manuals and guides
Career Cruising	Interactive career resource
Digitalia Film	Movies & documentaries
EBSCO Resources	Engine repair, hobbies, crafts, home improvement, small business
Libby: ebook app	Read/listen anytime, anywhere
Literature Resource Centre Gale Ebooks & Periodicals	Research, books, periodicals
Novelist	Book recommendations
Proquest	Scholarly journals, dissertations & theses
WorldBook	Trustworthy resource for grades pre-K through high school
World Cinema	Stream films from around the world

**[www.snpl.ca/eresources](http://www.snpl.ca/eresources)**



## WAYS TO STAY CONNECTED!

FOLLOW SNGR'S SOCIAL MEDIA ACCOUNTS!



@sixnationsgr

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](http://www.sixnations.ca)

