

INSIDE:
Community Events,
Programs & Workshops!



Ēdwadrohe:k/Entewatia'taro:roke - We Will Gather/Come Together

Summer 2024
Leisure Activities Guide

June 1 - August 31, 2024

MESSAGE FROM SNGR'S CEO OFFICE

She:kon,

I am thrilled to inform you that the Summer 2024 Edition of the *Edwadrohe:k/Entewatia'taro:roke* Leisure Guide has been released! This guide is your gateway to a summer full of fun, learning, and growth. From June 1, 2024, to August 31, 2024, you'll have access to exciting events, programs, workshops, and classes that the Six Nations of the Grand River (SNGR) departments and community organizations have to offer.

I am always impressed by the efforts of SNGR's Communications and Health Promotions teams in developing such an outstanding resource for the community each season. Thank you for your hard work and dedication.

Nia:wen,



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

MESSAGE FROM THE S9H ELECTED CHIEF

She:kon,

It's with great pleasure that I extend my warmest greetings on behalf of the Six Nations of the Grand River Elected Council. I am thrilled to invite you to explore a number of exciting events and activities that the community has in store for you this summer.

The aim is to provide you and your family with opportunities to not only engage in fun-filled experiences, but also to foster connections within our community. I express my heartfelt appreciation to all those who have contributed to organizing and bringing these events to life.

As the season unfolds, I hope that each moment spent participating in these activities brings joy, laughter, and cherished memories for you and your loved ones. May your summer be filled with kindness, good health, and boundless enjoyment.

Nia:wen to the leadership and hard-working staff for planning these amazing opportunities for our community.

Yours in unity,



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





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DON'T FORGET: Check out the Multi-Day/Ongoing Events section for more events and programs! (p. 43-45)



THURSDAY		FRIDAY		SATURDAY/SUNDAY	
		<p>In June, we celebrate: National Indigenous History Month and Pride Month!</p>		1	
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				16	<p>Father's Day!</p>
<p>1st Day of Summer</p>	20	<p>Closure Notice: SNGR departments are closed for Solidarity Day. Regular office hours resume June 24, 2024 @ 8:30am.</p>		22	
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STAY IN THE LOOP: For updates about this year's Solidarity Day event, please follow our social media – @sixnationsgr





COMMUNITY EVENTS & PROGRAMS (JUNE)

NEW New Event
▲ Outdoor Event

TD Summer Reading Club

SIX NATIONS PUBLIC LIBRARY

Participate in the TD Summer Reading Club to have fun, meet new people and continue your love of reading. You can participate in person at the library or on your own and still have lots of fun.

Ages: 1-14; Children, students, parents and/or families interested in literacy

Dates: Every Wednesday (June 26-August 28) | Time: 10am-3pm |

Location: Six Nations Public Library (1679 Chiefswood Road)

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

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IN PERSON: 16 SUNRISE COURT
 OHSWEKEN, ON N0A 1M0

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BOOKS
 INTO THE HANDS
 OF ENOUGH
CHILDREN”
Dolly



INSPIRE A LOVE OF READING

Enroll your child in Dolly Parton's Imagination Library and get a **FREE BOOK** every month until their 5th birthday.

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Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five, through funding shared by Dolly Parton and local community partners in the United States, United Kingdom, Canada, Australia and Republic of Ireland.



SIX NATIONS SOCIAL SERVICES, EARLY YEARS AND CHILD CARE
 18 STONERIDGE CIRCLE
 OHSWEKEN, ON N0A 1M0
 Phone: (519)445-0884

IMAGINATIONLIBRARY.COM/CA/AFFILIATE/ONFNSIXNATIONS/

Register Here:





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 <https://www.canada.ca/en/public-health/services/diseases/west-nile-virus.html>

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



**PREVENT
CHECK
TAKE ACTION**



Indigenous Services Canada / Services aux Autochtones Canada



What you should know about **Lyme** 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



**PREVENT
CHECK
TAKE ACTION**



You can submit your ticks to Gane Yohs Health Clinic– Public Health. The ticks will be sent to the lab to test for Lyme Disease. Call Public Health 519-445-2672 or Health Promotion– Community Educators 519-445-2809 for Tick Submission information.



Indigenous Services Canada / Services aux Autochtones Canada



GETTING ACTIVE/MOVEMENT (JUNE)

NEW New Event
▲ Outdoor Event

Archery ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Teaching archery skills for recurve and traditional bows for drop-in program. Two time slots available, the first is for children 10-15 years old and the second is open to anyone 16 years old and older who want to shoot. Archery equipment is provided but you are welcome to bring your own. **Ages: 12+**

Duration: Every Tuesday (June 1-October 8)* | **Time:** 6-8pm

***Holiday Dates (No Program):** August 13

Location: Jamieson Elementary School (1613 Chiefswood Road)

Registration Required: Cindy Martin | (519) 754-5826 | cindymartin@sixnations.ca

Bike the Rail Trail (Hamilton to Port Dover) ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come out and bike the Hamilton to Port Dover Rail Trail. We will be dividing the 82km trail ride into sections. Each section will cover 15-20km return trip. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. Bells and reflectors are also required for safety purposes. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: Adults 18+**

Duration: Every Tuesday (June 4-August 27) | **Start Time:** 10am-12pm

Location: Various locations along the Rail Trail

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

Community Beautification ▲

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

An active community improvement program that encourages healthy living and caring for our surroundings. This program will allow adults to mentally, emotionally, spiritually and physically focus on their health while beautifying the gardens around the community. Participants will be provided with gardening gloves and tools. **Ages: Adults 18+; All fitness levels welcome**

Duration: Every Wednesday (June 5-August 28) | **Time:** 9-10am

Location: Iroquois Lodge (1755 Chiefswood Road)

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

Couch to 5K ▲

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS PROGRAM

Join the diabetes wellness team in our couch to 5k program. Over the course of fifteen weeks,





NEW New Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (JUNE)

Let us lead you through a comprehensive physical activity program aimed at enhancing both physical and mental wellness. Our dedicated team is here to provide unwavering support at every turn. Join us for training sessions three times a week at the blue track. Save the date for the thrilling conclusion: the Tom Longboat Run on Toronto Island on September 8th, 2024. Lace up your shoes and join us on this incredible Couch to 5K journey! **Ages: 15+; All fitness levels welcome**

Duration: Every Monday, Wednesday, Friday (June 1-September 26)*

Time – Mondays: 5-6pm | **Wednesdays:** 7-8am | **Fridays:** 7-8pm

***Holiday Dates (No Program):** July 1, August 5, and September 6

Location: Blue Track (1738 Fourth Line)

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

NEW June PA Day Program ▲

KANIKONRIIO (GOOD MIND) CHILD AND YOUTH PROGRAMS, YOUTH LIFE PROMOTION

KCYP will be taking youth to Kidtastic in Brantford for the morning and then spending the afternoon having a picnic and playing outdoor activities at Mohawk park. **Ages: 5-9**

Date: Friday, June 7 | **Time:** 9am-3:30pm | **Location:** Second Floor (18 Stoneridge Circle)

Transportation: Available upon request

Registration Required: Grace Young | (519) 732-9961 | kaylp19@sixnations.ca

Let's Get Moving

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

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

Duration: Every Monday & Friday (June 3-August 30)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** June 21, July 1 & August 5

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

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

LunchFIT ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

An exercise class offered over the lunch hour for busy individuals to fit into their schedule. The class will focus on aerobic movements outdoors and strengthening using body-weight or resistance bands. The class is open to all fitness levels. **Ages: Adults 18+**

Duration: Every Monday & Thursday (June 3-20) | **Time:** 12-1pm

Location: Blue Track (1738 Fourth Line)

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

Paddle Program ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us to paddle the Grand River. All skill levels welcome. Children 10+ are welcome to paddle with an adult. Canoes, kayaks, and gear provided for the session. **Ages: Adults 18+**

Duration: Every Tuesday (June 4-August 26) | **Time:** 5-7pm

Location: Chiefswood Park (1037 Hwy 54)

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

Second Wind

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us for a strength-based exercise class designed for individuals with chronic lung disease or illnesses. The program focuses on strengthening using resistance bands and body-weight as well as breathing techniques. Participants will learn to exercise in a safe environment utilizing a chair. Classes run with the aid of Occupational Therapists, Kinesiologists, and the Healthy Lifestyle Coordinator. **Ages: Seniors 55+ or those with chronic illnesses (COPD, asthma, emphysema)**

Duration: Every Monday & Thursday (June 3-August 27)* | **Time:** 10:30-11:30am

***Holiday Dates (No Program):** June 21, July 1 & August 5

Transportation: Contact to Inquire | **Location:** Dajoh (1738 Fourth Line)

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

Senior Stand Up Paddle ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Participants will have the opportunity to stretch and walk before and after the program. Each session will have a 15 minute wellness talk about water safety, sun safety, yoga, and meditation prior to paddling. During the program, participants will focus on sunscreen, healthy eating and water consumption. All the equipment is provided but you can bring your own sunglasses, water shoes, life jacket and towel. You will learn how to mount and position yourself on the board, balance, posture, and paddle technique. **Ages: Seniors 55+**

Duration: Every Monday (June 3-24) | **Time:** 10am-12pm

Location: Chiefswood Park Dock (1037 Hwy 54)

Registration Required: Cindy Martin | (519) 754-5826 | cindymartin@sixnations.ca

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Designed to maintain function and total body strength to help prevent falls. This is a free drop-in seated exercises program that uses body weight, Therabands, therapy balls and free weights. This 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 (June 4-August 27) | **Time:** 2-3pm

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

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





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WORKSHOPS & CLASSES (JUNE)

NEW New Event
▲ Outdoor Event

Come Jam With Us ▲

SNSS' KANIKONRIIO (GOOD MIND) CHILD AND YOUTH PROGRAMS, YOUTH LIFE PROMOTIONS

Families will pick strawberries, raspberries, and blueberries on three separate dates, followed by a Microsoft Teams call which will serve as a "Jam Making Tutorial". Prior to the Microsoft Teams call, the Youth Life Promotion Team will provide the families the supplies necessary to make their own jam. All ages.

Dates: June 17 & 18, July 8 & 9, and August 6 & 7 | Time: 5-6:30pm

Location (Virtual): Microsoft Teams | Location (In-Person): Various berry farms in the area

Contact: Justine Bourak | (519) 754-7111 ext. 3273 | kaylp21@sixnations.ca

Guitar/Ukulele Lessons

SIX NATIONS PUBLIC LIBRARY

Beginner lessons in ukulele and beginner to intermediate lessons in guitar. Drop in between 3- 5 on Wednesdays, upstairs at the library. All ages.

Duration: Every Wednesday (June 5-August 28) | Time: 3-5pm

Location: Six Nations Public Library (1679 Chiefswood Road)

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

NEW Inhale Peace, Exhale Worries (Living with Lung Disease) Workshop ▲

COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Are you concerned about your lung health? Whether you, or someone you love is living with a lung disease such as asthma, COPD, or is experiencing lung cancer, or is concerned about smoking and vaping habits, this workshop is for you. Join in as we discover how to improve our lung health to have a better quality of life. Refreshments will be provided. Activities included. Two dates offered, choose one that best suits your schedule! Ages: Adults 15+; Elders will be prioritized

Date 1: Tuesday, June 11 | Time: 1-4pm | Date 2: Thursday, June 13 | Time: 4-7pm

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

Registration Required:Carolynn Chennerly | (519) 732-7763 | chwhp@sixnations.ca

Meal Prep Made Simple

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us for a meal prepping class where we plan and make meals that you can have ready in no time on busy days. All supplies are provided. All ages; busy families

Dates: Tuesday, June 11, July 9 & August 13 | Time: 1-2pm | Location: Virtual (Zoom)

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



Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us in preparing nutritious and delicious vegan and vegetarian recipes. Ingredients provided. This class is great for anyone wanting to include more plants on their plate! **Ages: Adults 18+**

Dates: Tuesday, June 25, July 23 & August 27 | **Time:** 5-6:30pm

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

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

NEW Preserving Our Sustenance: Strawberries

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS DIVISION

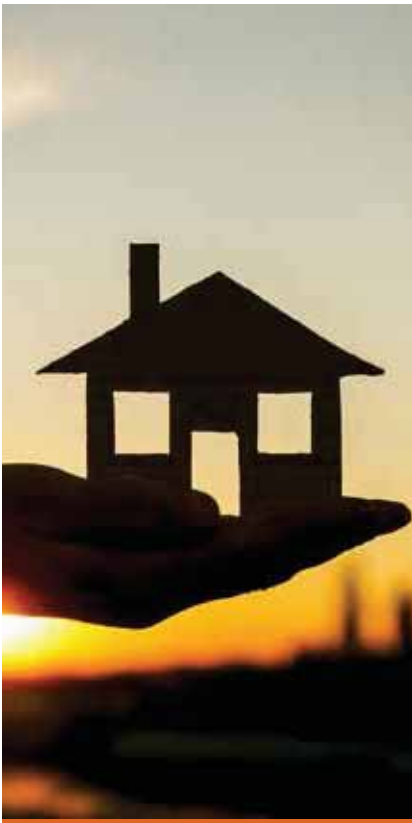
Participants will have the opportunity to wash, cut, and prepare strawberries to learn the process of making fruit preserves and dehydration. The workshop will be accompanied by cultural teachings. Participants will leave with canned jars. Refreshments provided.

Cost: \$20.00 per person. **Ages: Adults 18+**

Dates: Thursday, June 13 | **Time:** 1-4pm | **Location:** GREAT (16 Sunrise Court)

Registration Required: OSTTC Admin | (519) 445-1515 | info@osttc.com





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.

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 Friday at a set location. Transportation and meal are provided.

Home Help

Workers assist with light housekeeping.

Anyone wishing to gain new access to the programs listed above must be assessed by a case manager to determine their eligibility.

Note: Some services may have a minimal monetary fee.

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



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 offered includes will kits, hearing screening, and elders' wellness days.

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

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



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



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.

Update Information:



First Update:

SNGR has met their deadline for expert reports of April 2, 2024. Though SNGR is prepared for the trial to begin in late 2024, this is unlikely to occur because a judge has not yet been appointed due to shortages. The date of the trial will be announced when it is confirmed.



Second Update:

Ontario has not fully met this deadline. The Mississaugas of the Credit will be serving their reports on May 1, 2024. Canada also wants some of their experts to testify in summer 2024 due to age and illness.

Looking for Litigation Resources?



Court Documents are Accessible!

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



Important Updates

For the latest updates, please visit: sngrlitigation.com or www.sixnations.ca/departments/lands-and-resources

Further Insight & Inquiries

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

www.sixnations.ca



MONDAY	TUESDAY	WEDNESDAY
<p>Closure Notice: All SNGR departments are closed today for July 1st. Regular office hours resume July 2, 2024 @ 8:30am.</p>	<p>2</p> <ul style="list-style-type: none"> Archery (p. 21) Bike the Rail Trail (p. 21) Girls Wellness Week (p. 28) Paddle Program (p. 23) Salad for Seniors (p. 45) Sit to Be Fit (p. 23) 	<p>3</p> <ul style="list-style-type: none"> Community Beautification (p. 21) Couch to 5K (p. 22) Girls Wellness Week (p. 28) Guitar/Ukelele Lessons (p. 28) TD Summer Reading Club (p. 18) Tentewata:ton Dedwadado Market (p. 45)
<p>8</p> <ul style="list-style-type: none"> Come Jam With Us (p. 28) Couch to 5K (p. 22) Let's Get Moving (p. 22) Morning Spark (p. 22) Second Wind (p. 23) 	<p>9</p> <ul style="list-style-type: none"> Archery (p. 21) Bike the Rail Trail (p. 21) Come Jam With Us (p. 28) Meal Prep Made Simple (p. 28) Niagara Safari Trip (p. 44) Paddle Program (p. 23) Salad for Seniors (p. 45) Sit to Be Fit (p. 23) 	<p>10</p> <ul style="list-style-type: none"> Community Beautification (p. 21) Couch to 5K (p. 22) Guitar/Ukelele Lessons (p. 28) Niagara Safari Trip (p. 44) TD Summer Reading Club (p. 18) Tentewata:ton Dedwadado Market (p. 45)
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<p>29</p> <ul style="list-style-type: none"> Couch to 5K (p. 22) Let's Get Moving (p. 22) Morning Spark (p. 22) School Readiness (p. 25) Second Wind (p. 23) 	<p>30</p> <ul style="list-style-type: none"> Archery (p. 21) Bike the Rail Trail (p. 21) Paddle Program (p. 23) Salad for Seniors (p. 45) School Readiness (p. 25) Sit to Be Fit (p. 23) 	<p>31</p> <ul style="list-style-type: none"> Community Beautification (p. 21) Couch to 5K (p. 22) Guitar/Ukelele Lessons (p. 28) School Readiness (p. 25) TD Summer Reading Club (p. 18) Tentewata:ton Dedwadado Market (p. 45)

SUMMER SPORTS CAMPS: Check out the summer sports camps (for children 7-12) on p. 23-24!



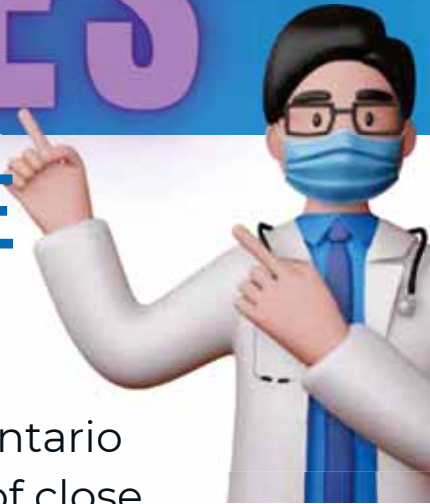
THURSDAY		FRIDAY		SATURDAY/SUNDAY	
<p>Girls Wellness Week (p. 28) Second Wind (p. 23)</p>	4	<p>Couch to 5K (p. 22) Let's Get Moving (p. 22)</p>	5		6
					7
<p>Niagara Safari Trip (p. 44) Second Wind (p. 23)</p>	11	<p>Couch to 5K (p. 22) Let's Get Moving (p. 22)</p>	12		13
					14
<p>Preserving Our Sustenance: Blueberries & Raspberries (p. 29) Rock Your Mocs (p. 44) Second Wind (p. 23) Two Row on the Grand Youth Engagement Camp (p. 24)</p>	18	<p>Couch to 5K (p. 22) Let's Get Moving (p. 22) Two Row on the Grand Youth Engagement Camp (p. 24)</p>	19		20
					21
<p>Breastfeeding Social Group (p. 25) Land-Based Skills (p. 22) Second Wind (p. 23)</p>	25	<p>Aunts & Uncles Day 26</p> <p>Couch to 5K (p. 22) Land-Based Skills (p. 24) Let's Get Moving (p. 22)</p>			27
					28



MEASLES



NOT JUST A DISEASE FROM THE PAST



- Cases of measles have been reported in Ontario
- Measles is very contagious, it infects 90% of close contacts who are not immune
- Measles virus can live in the air and on surfaces for 2 hours
- Measles can cause serious health complications and death.

SIGNS AND SYMPTOMS

- High Fever
- Cough
- Runny Nose
- Red, Watery Eyes
- Small, white spots inside mouth
- Rash starting 3-5 days after symptoms began



If you have symptoms of measles, self-isolate and contact your healthcare provider for assessment. Make sure you phone ahead to protect others.

Protect yourself, your family and your community by making sure your measles vaccines are up to date!

MEASLES VACCINES ARE AVAILABLE AT GANE YOHS AND APPOINTMENTS ARE STRONGLY ENCOURAGED

MEASLES VACCINE SAVES LIVES

CONTACT SIX NATIONS PUBLIC HEALTH FOR MORE INFORMATION ABOUT MEASLES OR TO BOOK IMMUNIZATION.



519-445-2672





COMMUNITY EVENTS & PROGRAMS (JULY)

NEW New Event
▲ Outdoor Event

TD Summer Reading Club

SIX NATIONS PUBLIC LIBRARY

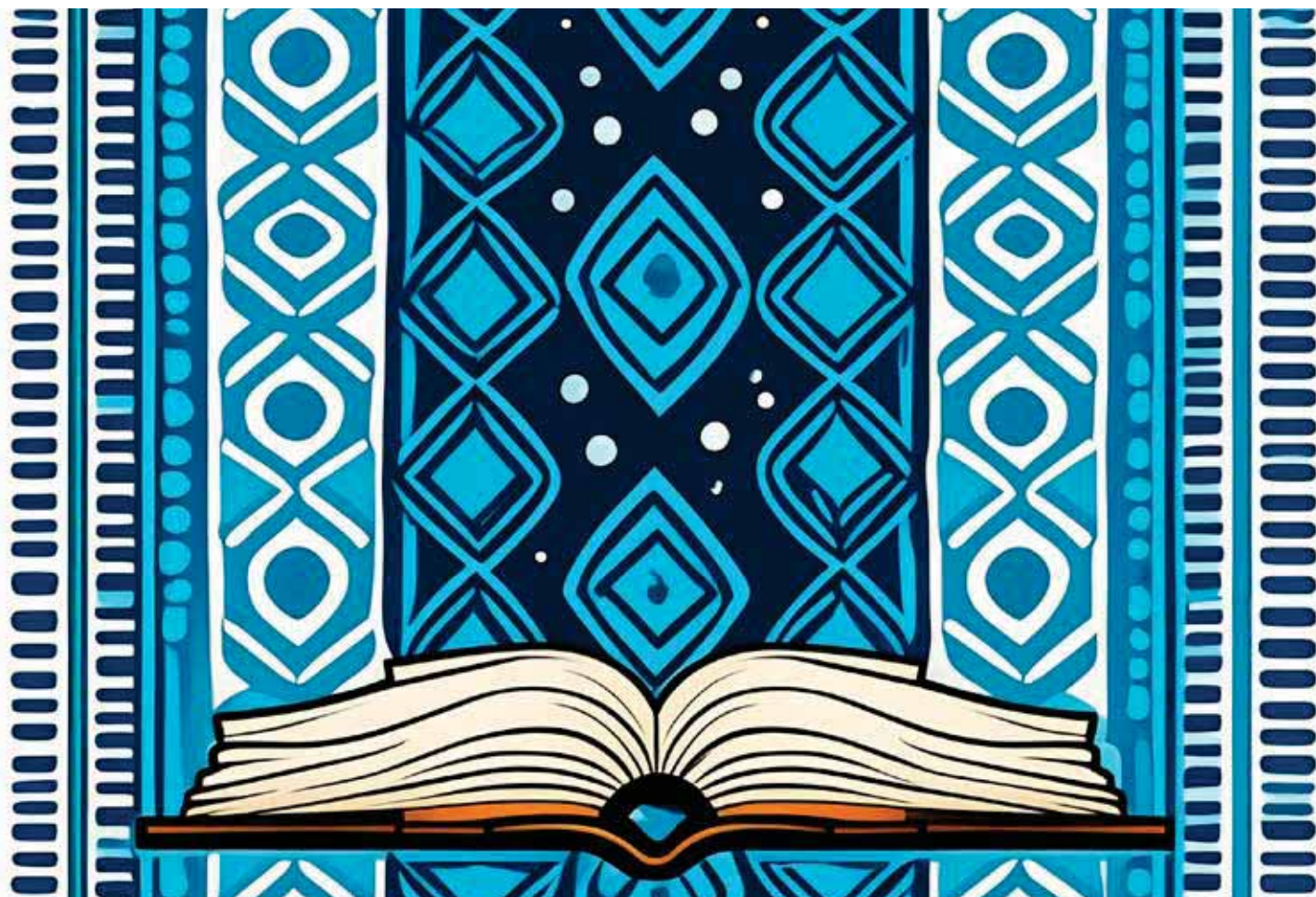
Participate in the TD Summer Reading Club to have fun, meet new people and continue your love of reading. You can participate in person at the library or on your own and still have lots of fun..

Ages: 1-14; Children, students, parents and/or families interested in literacy

Dates: Every Wednesday (June 26-August 28) | Time: 10am-3pm |

Location: Six Nations Public Library (1679 Chiefswood Road)

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



CHECK IT OUT: We have more ongoing/multi-day programs on pages 43-45!

How Well...is your WELL

DID YOUKNOW?

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 (2nd 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**



Free Safe Food Handling Course



Safe Food Handling

This free certification course is open to all Six Nations Community Members! Learn the general principals of safe food handling. Topics include: Temperature Control, Cross-Contamination, Personal Hygiene, Cleaning and Sanitizing

Classes will be at White Pines Wellness Centre Boardroom, 2nd floor -1745 Chiefswood Rd. Ohsweken

June **12 & 26, 2024**

July **15 & 24, 2024**

August **14 & 28, 2024**

Certification expires in 5 years.

**Class starts
8:30 am to 5:00 pm**

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

Please bring a paper and pen to take notes.

For ages 14yrs and older.

☎ **519-445-2809** Registration required

✉ michellejamieson@sixnations.ca



GETTING ACTIVE/MOVEMENT (JULY)

NEW New Event
▲ Outdoor Event

Archery ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Teaching archery skills for recurve and traditional bows for drop-in program. Two time slots available, the first is for children 10-15 years old and the second is open to anyone 16 years old and older who want to shoot. Archery equipment is provided but you are welcome to bring your own. **Ages: 12+**

Duration: Every Tuesday (June 1-October 8)* | **Time:** 6-8pm

***Holiday Dates (No Program):** August 13

Location: Jamieson Elementary School (1613 Chiefswood Road)

Registration Required: Cindy Martin | (519) 754-5826 | cindymartin@sixnations.ca

Bike the Rail Trail (Hamilton to Port Dover) ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come out and bike the Hamilton to Port Dover Rail Trail. We will be dividing the 82km trail ride into sections. Each section will cover 15-20km return trip. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. Bells and reflectors are also required for safety purposes. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: Adults 18+**

Duration: Every Tuesday (June 4-August 27) | **Start Time:** 10am-12pm

Location: Various locations along the Rail Trail

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

Community Beautification ▲

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

An active community improvement program that encourages healthy living and caring for our surroundings. This program will allow adults to mentally, emotionally, spiritually and physically focus on their health while beautifying the gardens around the community. Participants will be provided with gardening gloves and tools. **Ages: Adults 18+; All fitness levels welcome**

Duration: Every Wednesday (June 5-August 28) | **Time:** 9-10am

Location: Iroquois Lodge (1755 Chiefswood Road)

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



VISIT OUR WEBSITE:

www.sixnations.ca

DOWNLOAD THE APP!



FOLLOW US ONLINE!



@sixnationsgr

Couch to 5K ▲

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS PROGRAM

Join the diabetes wellness team in our couch to 5k program. Over the course of fifteen weeks, let us lead you through a comprehensive physical activity program aimed at enhancing both physical and mental wellness. Our dedicated team is here to provide unwavering support at every turn. Join us for training sessions three times a week at the blue track. Save the date for the thrilling conclusion: the Tom Longboat Run on Toronto Island on September 8th, 2024. Lace up your shoes and join us on this incredible Couch to 5K journey! **Ages: 15+; All fitness levels welcome**

Duration: Every Monday, Wednesday, Friday (June 1-September 26)*

Time – Mondays: 5-6pm | **Wednesdays:** 7-8am | **Fridays:** 7-8pm

***Holiday Dates (No Program):** July 1, August 5, and September 6

Location: Blue Track (1738 Fourth Line)

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

NEW Land-Based Skills ▲

KANIKONRIIO (GOOD MIND) CHILD AND YOUTH PROGRAMS, YOUTH LIFE PROMOTION

The Land-Based Skills program has been designed to encourage youth to socialize with each other, create positive relationships, and learn about traditional land-based skills and history. Youth will learn different land, water and daily life skills techniques. This program encourages Youth to learn how to express themselves through life skills and Haudenosaunee culture. Youth will be able to engage in teachings and socialize with fellow participants while learning a new skill that is part of Haudenosaunee culture and history. then spending the afternoon having a picnic and playing outdoor activities at Mohawk park. **Ages: Teens 12-17**

Dates: Tuesday, July 23-Friday, July 25 | **Time:** 8:30am-4pm

Location: Pinehurst Conservation Area (468 Pinehurst Road)

Drop-off & Pickup: Family Gatherings (18 Stoneridge Circle)

Registration Required: Rowann Hill | (519) 750-3067 | kaylp20@sixnations.ca

Let's Get Moving

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

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

Duration: Every Monday & Friday (June 3-August 30)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** July 1 & August 5

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

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

Morning Spark ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This is a morning drop-in program. Participants can arrive at their preferred time and start the exercise routine independently. This program is a combination of strength and cardio-



NEW New Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (JULY)

vascular training presented in a circuit form. Participants will develop strength, endurance, balance, and body awareness. **Ages: Adults 18+**

Duration: Every Monday (July 8-August 26)* | **Time:** 8:30-10am

***Holiday Dates (No Program):** August 5 | **Location:** Blue Track (1738 Fourth Line)

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

Paddle Program ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us to paddle the Grand River. All skill levels welcome. Children 10+ are welcome to paddle with an adult. Canoes, kayaks, and gear provided for the session. **Ages: Adults 18+**

Duration: Every Tuesday (June 4-August 26) | **Time:** 5-7pm

Location: Chiefswood Park (1037 Hwy 54)

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

Second Wind

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us for a strength-based exercise class designed for individuals with chronic lung disease or illnesses. The program focuses on strengthening using resistance bands and body-weight as well as breathing techniques. Participants will learn to exercise in a safe environment utilizing a chair. Classes run with the aid of Occupational Therapists, Kinesiologists, and the Healthy Lifestyle Coordinator. **Ages: Seniors 55+ or those with chronic illnesses (COPD, asthma, emphysema)**

Duration: Every Monday & Thursday (June 3-August 27)* | **Time:** 10:30-11:30am

***Holiday Dates (No Program):** June 21, July 1 & August 5

Transportation: Contact to Inquire | **Location:** Dajoh (1738 Fourth Line)

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

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Designed to maintain function and total body strength to help prevent falls. This is a free drop-in seated exercises program that uses body weight, Therabands, therapy balls and free weights. This 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 (June 4-August 27) | **Time:** 2-3pm

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

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

Summer Sports Camp

SIX NATIONS PARK & RECREATION

Summer camp focusing on sports skill development. Active throughout the day, including an

end of camp trip. **Ages: 7-12 (Two sessions per age group)**

Ages: 7-8 | Dates: Monday, July 8-Thursday, July 11

Ages: 7-8 | Dates: Monday, July 29-Thursday, August 1

Ages: 9-10 | Dates: Monday, July 15-Thursday, July 18

Ages: 9-10 | Dates: Tuesday, August 6*-Thursday, August 9

***Holiday Date (No Program):** Monday, August 5

Ages: 11-12 | Dates: Monday, July 22-Thursday, July 25

Ages: 11-12 | Dates: Monday, August 12-Thursday, August 15

Location: Dajoh Youth & Elders Centre (1738 Fourth Line) | **Time:** 9am-3pm

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

Registration Opens: June 3

Two Row on the Grand Youth Engagement Camp ▲

SNHS' CHILD AND YOUTH HEALTH

The Two Row on The Grand Youth Engagement Camp is a 1 week day camp for Six Nations youth and our Allies. Participants will engage in cultural activities while gaining skills, experience and comfort on the water in kayaks and canoes. The camp aims to bring together indigenous and non-indigenous youth through the teachings of the TWO ROW wampum.

Ages: Teens (12-17)

Duration: Monday, July 15-Friday, July 19 | **Time:** 8:30am-3:30pm

Transportation: Contact to Inquire | **Location:** Chiefswood Park (1037 Highway 54)

Registration Required: Celina Hill | (519) 761-7851 | oapca@sixnations.ca





SUPPORT GROUPS (JULY)

NEW New Event
▲ Outdoor Event

Breastfeeding Social Group

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

All who support breastfeeding are welcome to join, share and support each other. A light lunch/nourishing snack will be provided. **All ages; those who support breastfeeding**

Dates: Thursday, July 25 | **Time:** 12-1:30pm | **Location:** Family Gatherings (18 Stoneridge Circle)

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

School Readiness

SNHS' CHILD AND YOUTH HEALTH, EARLY CHILDHOOD DEVELOPMENT TEAM

School Readiness is a two-week program that aims to introduce children to the classroom setting, practice various transitions throughout the morning, and socialize with their peers before the school year begins. Children attending Oliver M. Smith and Jamieson Elementary in the fall will attend the program at Oliver M Smith. Children attending Emily C. General and I.L. Thomas Elementary in the fall will attend the program at Emily C General. **Ages: Pre-schoolers (3-5); Children entering Kindergarten in September**

Dates: Daily (July 29-August 9)* | **Time:** 8:30am-12pm | ***Holiday Dates (No Program):** August 5

Location: Oliver M. Smith Elementary School (1208 Third Line) & Emily C. General Elementary School (1575 Onondaga Road)

Registration Required: Tina Garlow | (519) 754-6473 | schoolreadiness@sixnations.ca

Registration Opens: June 24



FINANCIAL SUPPORTS AVAILABLE!

The Finance Department at SNGR 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 regarding the **Donation Fund Policy, Student Support Allowance, and Enrollment Allowance!**

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

For further inquiries & more information, please contact Becky McComber bmccomber@sixnations.ca

\$50 per month



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



The Donation Fund Policy is AVAILABLE!

All community members, on & off reserve, are eligible to apply!

The policy can be picked up at Central Admin or viewed online: www.sixnations.ca

Applications can also be found online or picked up at Central Administration: 1695 Chiefswood Road (8:30am - 4:30pm)

Funding Categories include:

Recreation

Arts & Culture

Community

Education

Health

APPLICATION DEADLINE:
4pm on the 3rd Friday of every month

ELIGIBILITY**

Individuals:
Eligible to receive up to \$750

Non-profit Community Organizations:
Eligible to apply

** Applicants are eligible to receive one donation in a fiscal year.



For more information, contact Teresa Longboat: tlongboat@sixnations.ca

Submit applications to Central Administration or via email: tlongboat@sixnations.ca

COMMUNITY DIETITIAN

Strawberry Muffins

Ingredients

- 1 1/2 cups whole wheat flour
- 1/2 cup rolled oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 cup milk of choice
- 1/3 cup maple syrup
- 1/4 cup melted and cooled butter
- 1 egg, lightly beaten
- 1 teaspoon vanilla extract
- 1 cup diced strawberries, no stems
- 1 teaspoon lemon zest, optional

Directions

1. Preheat the oven to 400 degrees F and grease a standard muffin tin with nonstick spray.
2. Add the flour, oats, baking powder and baking soda to a medium bowl. Stir together.
3. Add the milk, syrup, oil, egg, vanilla, strawberries, and lemon zest, if using. Stir together gently to just combine.
4. Evenly divide the batter between the muffin tin using about 1/4 cup per cup.
5. Bake 16-18 minutes or until a toothpick inserted into the center comes out cleanly. Remove from oven, let cool for a minute or two, and remove to cool fully on a wire rack. Enjoy!

What Does a Registered Dietitian Do?

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

Call 519.445.2226 today to book an appointment or email dietitian@sixnations.ca to see how we can help you reach your nutrition goals!





WORKSHOPS & CLASSES (JULY)

NEW New Event
▲ Outdoor Event

Come Jam With Us ▲

SNSS' KANIKONRIIO (GOOD MIND) CHILD AND YOUTH PROGRAMS, YOUTH LIFE PROMOTIONS

Families will pick strawberries, raspberries, and blueberries on three separate dates, followed by a Microsoft Teams call which will serve as a "Jam Making Tutorial". Prior to the Microsoft Teams call, the Youth Life Promotion Team will provide the families the supplies necessary to make their own jam. All ages

Dates: July 8 & 9, and August 6 & 7 | Time: 5-6:30pm

Location (Virtual): Microsoft Teams | Location (In-Person): Various berry farms in the area

Contact: Justine Bourak | (519) 754-7111 ext. 3273 | kaylp21@sixnations.ca

NEW Girls Wellness Week ▲

SNSS' KANIKONRIIO (GOOD MIND) CHILD AND YOUTH PROGRAMS, YOUTH LIFE PROMOTIONS

Explore the intersection of empowerment, mindfulness, creativity, fostering growth, and well-being. Participants will have the opportunity to develop a range of valuable skills including creative expression, fine motor skills, environmental awareness, gratitude, and nutritional knowledge. Ages: Teens (12-17); Girls only

Dates: Tuesday, July 2-Thursday, July 4 | Time: 9am-3:30pm

Location: 18 Stoneridge Circle - Second Floor

Registration Required: Justine Bourak | (519) 754-7111 ext. 3273 | kaylp21@sixnations.ca

Guitar/Ukulele Lessons

SIX NATIONS PUBLIC LIBRARY

Beginner lessons in ukulele and beginner to intermediate lessons in guitar. Drop in between 3- 5 on Wednesdays, upstairs at the library. All ages.

Duration: Every Wednesday (June 5-August 28) | Time: 3-5pm

Location: Six Nations Public Library (1679 Chiefswood Road)

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

Meal Prep Made Simple

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us for a meal prepping class where we plan and make meals that you can have ready in no time on busy days. All supplies are provided. All ages; busy families

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

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





NEW New Event

▲ Outdoor Event

WORKSHOPS & CLASSES (JULY)

Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us in preparing nutritious and delicious vegan and vegetarian recipes. Ingredients provided. This class is great for anyone wanting to include more plants on their plate! **Ages: Adults 18+**

Dates: Tuesday, July 23 & August 27 | **Time:** 5-6:30pm | **Transportation:** Contact to Inquire

Location: White Pines Wellness Centre (1745 Chiefswood Road)

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

NEW Preserving Our Sustenance: Blueberries & Raspberries

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS DIVISION

Participants will have the opportunity to wash, cut, and prepare blueberries and raspberries to learn the process of making fruit preserves and dehydration. The workshop will be accompanied by cultural teachings. Participants will leave with canned jars. Refreshments provided. **Cost:** \$20.00 per person. **Ages: Adults 18+**

Dates: Thursday, July 18 | **Time:** 1-4pm | **Location:** GREAT (16 Sunrise Court)

Registration Required: OSTTC Admin | (519) 445-1515 | info@osttc.com

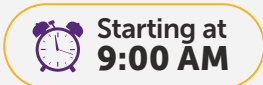


JOIN US AT OUR Council Meetings!

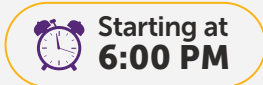
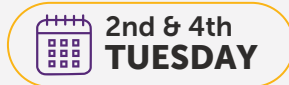


The Elected Council Meetings are held to inform the community on updates, projects and more at:

GENERAL FINANCE



GENERAL COUNCIL



HOW YOU CAN GET ON THE SNGR Council/Committee Agenda

STEP 1

Submit a written request to the SNGR Administration Building.



STEP 2

State your purpose & the outcome you expect from presenting.



STEP 3

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



STEP 4

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



STEP 5

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



WANTED! Community Members For the Hiring & Grievance Committees

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

Training will be provided for all new committee members. This is a great opportunity for you to "give back" and use your experience to help select our future workforce!

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

*Current SNGR Employees and Councilors are NOT ELIGIBLE to participate on the committees.

For more information or to express interest in joining the Hiring & Grievance Committees please contact, Lesleigh Rusnak at HRBP1@sixnations.ca or mail/drop-off information at:
Human Resources Department
1697 Fourth Line Road, Ohsweken, N0A 1M0
P.O. Box 5000



MONDAY		TUESDAY		WEDNESDAY	
<p>Closure Notice: All SNGR departments are closed for the Civic Holiday. Regular office hours resume August 6 @ 8:30am.</p>		<p>5</p> <ul style="list-style-type: none"> Archery (p. 36) Bike the Rail Trail (p. 36) Come Jam With Us (p. 41) Paddle Program (p. 37) Salad for Seniors (p. 45) Sit to Be Fit (p. 38) 	<p>6</p> <ul style="list-style-type: none"> Come Jam With Us (p. 41) Community Beautification (p. 36) Couch to 5K (p. 37) Guitar/Ukelele Lessons (p. 41) TD Summer Reading Club (p. 33) Tentewata:ton Dedwadado Market (p. 45) Trekking with Language (p. 39) 	<p>7</p>	
<p>International Youth Day 12</p> <ul style="list-style-type: none"> Couch to 5K (p. 37) Let's Get Moving (p. 37) Morning Spark (p. 37) Second Wind (p. 38) 		<p>13</p> <ul style="list-style-type: none"> Archery (p. 36) Bike the Rail Trail (p. 36) Meal Prep Made Simple (p. 41) Paddle Program (p. 37) Salad for Seniors (p. 45) Sit to Be Fit (p. 38) 	<p>14</p> <ul style="list-style-type: none"> Community Beautification (p. 36) Couch to 5K (p. 37) Guitar/Ukelele Lessons (p. 41) Safe Food Handling (p. 44) TD Summer Reading Club (p. 33) Tentewata:ton Dedwadado Market (p. 45) 	<p>14</p>	
<p>19</p> <ul style="list-style-type: none"> Couch to 5K (p. 37) Let's Get Moving (p. 37) Morning Spark (p. 37) Second Wind (p. 38) 		<p>20</p> <ul style="list-style-type: none"> Archery (p. 36) Bike the Rail Trail (p. 36) Paddle Program (p. 37) Salad for Seniors (p. 45) Sit to Be Fit (p. 38) 	<p>21</p> <ul style="list-style-type: none"> Community Beautification (p. 36) Couch to 5K (p. 37) Guitar/Ukelele Lessons (p. 41) TD Summer Reading Club (p. 33) Tentewata:ton Dedwadado Market (p. 45) 	<p>21</p>	
<p>26</p> <ul style="list-style-type: none"> Couch to 5K (p. 37) Let's Get Moving (p. 37) Morning Spark (p. 37) Second Wind (p. 38) 		<p>27</p> <ul style="list-style-type: none"> Archery (p. 36) Bike the Rail Trail (p. 36) Paddle Program (p. 37) Plant-Based Eating (p. 42) Salad for Seniors (p. 45) Sit to Be Fit (p. 38) 	<p>28</p> <ul style="list-style-type: none"> Community Beautification (p. 36) Couch to 5K (p. 37) Guitar/Ukelele Lessons (p. 41) Safe Food Handling (p. 44) TD Summer Reading Club (p. 33) Tentewata:ton Dedwadado Market (p. 45) 	<p>28</p>	

SUMMER SPORTS CAMPS: Check out the summer sports camps (for children 7-12) on p. 38!

THURSDAY		FRIDAY		SATURDAY/SUNDAY	
Second Wind (p. 38)	1	Couch to 5K (p. 37) Let's Get Moving (p. 37)	2		3
					4
Second Wind (p. 38) Trekking with Language (p. 39)	8	Couch to 5K (p. 37) Let's Get Moving (p. 37) Trekking with Language (p. 39)	9		10
					11
Preserving Our Sustenance: Peaches (p. 42) Second Wind (p. 38)	15	Couch to 5K (p. 37) Let's Get Moving (p. 37)	16		17
					18
Second Wind (p. 38)	22	Couch to 5K (p. 37) Let's Get Moving (p. 37)	23	Bird & Bat Habitat Building (p. 41)	24
					25
Breastfeeding Social Group (p. 40) Second Wind (p. 38)	29	Couch to 5K (p. 37) Let's Get Moving (p. 37)	30	Overdose Awareness Day 31	





COMMUNITY EVENTS & PROGRAMS (AUGUST)

NEW New Event
▲ Outdoor Event

TD Summer Reading Club

SIX NATIONS PUBLIC LIBRARY

Participate in the TD Summer Reading Club to have fun, meet new people and continue your love of reading. You can participate in person at the library or on your own and still have lots of fun..

Ages: 1-14; Children, students, parents and/or families interested in literacy

Dates: Every Wednesday (June 26-August 28) | Time: 10am-3pm |

Location: Six Nations Public Library (1679 Chiefswood Road)

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



Six Nations Public Library E-Resources Available online 24 hours / 7 days a week - all summer!

Get your library card ready and try out the library's e-resources!

VISIT: www.snpl.ca/eresources/

The screenshot displays a central graphic with the text "You Should Try" surrounded by arrows pointing to various e-resource logos and descriptions:

- digitalia** FILM LIBRARY: Stream Movies
- Borrow ebooks & audiobooks**: Libby. The reading app from our library, built by OverDrive. Read Ebooks
- ancestry**: Investigate your family tree
- Career Cruising**: Career planning & exploration
- World Food**: Hungry to learn about international cuisine?
- CHILTON LIBRARY**: Auto Manuals
- ProQuest**: Find your next read
- GALE**: Research & Learn
- WORLD BOOK KIDS**: Listen to Music
- World Travel**: Where do you want to go today?

On the left side of the screenshot, there is a vertical banner for "MUSIC ONLINE: LISTENING FOR PUBLIC LIBRARIES".

WHEN VISITING THE LIBRARY IN PERSON PLEASE NOTE OUR SUMMER HOURS:

July & August

Mon 12 - 8PM

Tues - Thurs 10AM - 6PM

Fri 10 - 5PM

Closed Saturdays





Reading fun for kids at public libraries!

Get Your Summer Read On!

Visit Six Nations Public Library and register for the TD Summer Reading Club!



Join anytime this summer and participate at the library or on your own!
For ages 14 and under - and their families.

tdsummerreadingclub.ca

Co-created and delivered by over 2,200 public libraries across Canada, this national bilingual program is developed by Toronto Public Library in partnership with Library and Archives Canada. Sponsorship is generously provided by TD Bank Group.



519-445-2954
info@snpl.ca
www.snpl.ca

Developed by



In partnership with



Library and Archives Canada

Bibliothèque et Archives Canada

Title sponsor



TD READY COMMITMENT

<https://snpl.ca/summer-reading/>



JOIN OUR TEAM!!

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



MANY PATHS PROGRAM



Ages 13-18
Bi-weekly

May 14 -
Sept 24
2024

Six Nations youth participating in the Many Paths program will gain knowledge on riding and maintaining mountain bikes, along with trail building skills.

They will apply these skills by assisting in the construction of mountain bike trails accessible to the entire community. Additionally, the youth will visit external mountain bike parks, listen to guest speakers, and engage in other activities.

Connect & Follow us:
#SixNationsMatters

To learn more about this program come to the Many Paths Community Event:

REGISTRATION VIA IN PERSON
May 1st from 1:00pm-6:00pm at
1640 First Line Hagersville

Telephone registration will be open on May 2 at 9:00 am,
Brittany: 519-750-3408

Additional info: www.manypaths.ca



Kankonki (Good Mind) Child and Youth Programs of Six Nations of the Grand River Social Services



START BREATHING BETTER TODAY...

57% of First Nations adults living on reserve smoke daily, with the average reported starting age of 15.

Up to the age of 18, children spend about 15 years living with second hand smoke. Toxins remain in a room and seep into materials such as clothes, food, and furniture.

Nicotine Replacement Therapy (NRT) is most effective when paired with cognitive behavioural quitting methods to quit smoking long term.



GET HELP TODAY:

- Learn how to re-program your mind and quit long term
- Receive FREE Nicotine Replacement Therapy (NRT)
- Receive FREE coaching throughout your quit journey
- Receive extra available resources for FREE



FOR MORE INFORMATION CONTACT:

Carolynn Chennery
Community Health Promoter
519-732-7763
chwhp@sixnations.ca



JOIN US FOR A FUNGI INVENTORY

We want to better understand the diversity and conservation needs of Fungi on Six Nations!

THE SIX NATIONS WILDLIFE AND STEWARDSHIP OFFICE IS LOOKING FOR VOLUNTEERS! We are looking for anyone interested in sharing their knowledge of nature and those interested in having Fungi surveys conducted on their property.

With your support we can explore and conserve Fungi species on Six Nations!

FUNGI SURVEYS:

Expected to take place between May and September, 2024 (Specific dates TBD)

Follow our Facebook page for updates and further information!

FOR MORE INFORMATION, PLEASE CONTACT:

Lauren Vanderlingen • wsma@sixnations.ca • (519) 445-0330





GETTING ACTIVE/MOVEMENT (AUGUST)

NEW New Event
▲ Outdoor Event

Archery ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Teaching archery skills for recurve and traditional bows for drop-in program. Two time slots available, the first is for children 10-15 years old and the second is open to anyone 16 years old and older who want to shoot. Archery equipment is provided but you are welcome to bring your own. **Ages: 12+**

Duration: Every Tuesday (June 1-October 8)* | **Time:** 6-8pm

***Holiday Dates (No Program):** August 13

Location: Jamieson Elementary School (1613 Chiefswood Road)

Registration Required: Cindy Martin | (519) 754-5826 | cindymartin@sixnations.ca

Bike the Rail Trail (Hamilton to Port Dover) ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come out and bike the Hamilton to Port Dover Rail Trail. We will be dividing the 82km trail ride into sections. Each section will cover 15-20km return trip. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. Bells and reflectors are also required for safety purposes. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: Adults 18+**

Duration: Every Tuesday (June 4-August 27) | **Start Time:** 10am-12pm

Location: Various locations along the Rail Trail

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

Community Beautification ▲

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

An active community improvement program that encourages healthy living and caring for our surroundings. This program will allow adults to mentally, emotionally, spiritually and physically focus on their health while beautifying the gardens around the community. Participants will be provided with gardening gloves and tools. **Ages: Adults 18+; All fitness levels welcome**

Duration: Every Wednesday (June 5-August 28) | **Time:** 9-10am

Location: Iroquois Lodge (1755 Chiefswood Road)

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



DON'T FORGET: There are also ongoing/multi-day programs to check out on pages 43-45!



NEW New Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (AUGUST)

Couch to 5K ▲

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS PROGRAM

Join the diabetes wellness team in our couch to 5k program. Over the course of fifteen weeks, let us lead you through a comprehensive physical activity program aimed at enhancing both physical and mental wellness. Our dedicated team is here to provide unwavering support at every turn. Join us for training sessions three times a week at the blue track. Save the date for the thrilling conclusion: the Tom Longboat Run on Toronto Island on September 8th, 2024. Lace up your shoes and join us on this incredible Couch to 5K journey! **Ages: 15+; All fitness levels welcome**

Duration: Every Monday, Wednesday, Friday (June 1-September 26)*

Time – Mondays: 5-6pm | **Wednesdays:** 7-8am | **Fridays:** 7-8pm

***Holiday Dates (No Program):** August 5, and September 6

Location: Blue Track (1738 Fourth Line)

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

Let's Get Moving

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

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

Duration: Every Monday & Friday (June 3-August 30)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** August 5 | **Transportation:** Available upon Request

Location: Odrohekta'geh (1676 Chiefswood Road)

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

Morning Spark ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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+**

Duration: Every Monday (July 8-August 26)* | **Time:** 8:30-10am

***Holiday Dates (No Program):** August 5 | **Location:** Blue Track (1738 Fourth Line)

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

Paddle Program ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us to paddle the Grand River. All skill levels welcome. Children 10+ are welcome to paddle with an adult. Canoes, kayaks, and gear provided for the session. **Ages: Adults 18+**

Duration: Every Tuesday (June 4-August 26) | **Time:** 5-7pm

Location: Chiefswood Park (1037 Hwy 54)

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

Second Wind

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us for a strength-based exercise class designed for individuals with chronic lung disease or illnesses. The program focuses on strengthening using resistance bands and body-weight as well as breathing techniques. Participants will learn to exercise in a safe environment utilizing a chair. Classes run with the aid of Occupational Therapists, Kinesiologists, and the Healthy Lifestyle Coordinator. **Ages: Seniors 55+ or those with chronic illnesses (COPD, asthma, emphysema)**

Duration: Every Monday & Thursday (June 3-August 27)* | **Time:** 10:30-11:30am

***Holiday Dates (No Program):** June 21, July 1 & August 5

Transportation: Contact to Inquire | **Location:** Dajoh (1738 Fourth Line)

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

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Designed to maintain function and total body strength to help prevent falls. This is a free drop-in seated exercises program that uses body weight, Therabands, therapy balls and free weights. This 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 (June 4-August 27) | **Time:** 2-3pm

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

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

Summer Sports Camp

SIX NATIONS PARK & RECREATION

Summer camp focusing on sports skill development. Active throughout the day, including an end of camp trip. **Ages: 7-12 (Two sessions per age group)**

Ages: 7-8 | Dates: Monday, July 29-Thursday, August 1

Ages: 9-10 | Dates: Tuesday, August 6*-Thursday, August 9

***Holiday Date (No Program):** Monday, August 5

Ages: 11-12 | Dates: Monday, August 12-Thursday, August 15

Location: Dajoh Youth & Elders Centre (1738 Fourth Line) | **Time:** 9am-3pm

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

Registration Opens: June 3





NEW New Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (AUGUST)

NEW Trekking with Language ▲

KANIKONRIIO (GOOD MIND) CHILD AND YOUTH PROGRAMS, YOUTH LIFE PROMOTION

This three-day program will be spending time outdoors as much as possible (weather permitting), incorporating language into fun activities. On the final day, there will be an outing to the Binbrook Treetop Trekking Village. **Ages: 5-8**

Duration: Wednesday, August 7-Friday, August 9 | **Time:** 9am-3:30pm

Transportation: Available upon Request | **Location:** 18 Stoneridge Circle (Second Floor)

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



DON'T FORGET:

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



TENTEWATÁ:TON/ DĘDWADADQ COMMUNITY MARKET

EVERY WEDNESDAY
12 PM - 5 PM

ODROHEKTA'GEH
1676 CHIEFSWOOD RD.,
OHSWEKEN, ON





SUPPORT GROUPS (AUGUST)

NEW New Event
▲ Outdoor Event

Breastfeeding Social Group

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

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

Dates: Thursday, August 29 | Time: 12-1:30pm | Location: Family Gatherings (18 Stoneridge Circle)

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





WORKSHOPS & CLASSES (AUGUST)

NEW New Event
▲ Outdoor Event

NEW Bird & Bat Habitat Building Event ▲

LANDS AND RESOURCES, WILDLIFE & STEWARDSHIP OFFICE

Join Us for a Habitat Building Event! If you are passionate about supporting local wildlife and enhancing our natural environment, then you won't want to miss our exciting habitat building event at Kayanase Greenhouse! Nest Box Building and/or Planting Activities are planned as part of our Aerial Insectivores Project, we're inviting nature enthusiasts of all ages to come together for a day of meaningful action. Whether you're a seasoned conservationist or just eager to lend a helping hand, there's a role for everyone to play. Food will be provided. **All ages.**

Date: Saturday, August 24 | **Time:** TBD | **Location:** Kayanase (993 Hwy 54)

Registration Required: Lauren Jones | (519) 445-0330 ext. 4438 | laurenjones@sixnations.ca

Come Jam With Us ▲

SNSS' KANIKONRIIO (GOOD MIND) CHILD AND YOUTH PROGRAMS, YOUTH LIFE PROMOTIONS

Families will pick strawberries, raspberries, and blueberries on three separate dates, followed by a Microsoft Teams call which will serve as a "Jam Making Tutorial". Prior to the Microsoft Teams call, the Youth Life Promotion Team will provide the families the supplies necessary to make their own jam. **All ages.**

Dates: August 6 & 7 | **Time:** 5-6:30pm

Location (Virtual): Microsoft Teams | **Location (In-Person):** Various berry farms in the area

Contact: Justine Bourak | (519) 754-7111 ext. 3273 | kaylp21@sixnations.ca

Guitar/Ukulele Lessons

SIX NATIONS PUBLIC LIBRARY

Beginner lessons in ukulele and beginner to intermediate lessons in guitar. Drop in between 3- 5 on Wednesdays, upstairs at the library. **All ages.**

Duration: Every Wednesday (June 5-August 28) | **Time:** 3-5pm

Location: Six Nations Public Library (1679 Chiefswood Road)

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

Meal Prep Made Simple

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us for a meal prepping class where we plan and make meals that you can have ready in no time on busy days. All supplies are provided. **All ages; busy families**

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

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



Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us in preparing nutritious and delicious vegan and vegetarian recipes. Ingredients provided. This class is great for anyone wanting to include more plants on their plate! **Ages: Adults 18+**

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

Location: White Pines Wellness Centre (1745 Chiefswood Road)

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

NEW Preserving Our Sustenance: Peaches

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE, PROGRAMS DIVISION

Participants will have the opportunity to wash, cut, and prepare peaches to learn the process of making fruit preserves and dehydration. The workshop will be accompanied by cultural teachings. Participants will leave with canned jars. Refreshments provided. **Cost:** \$20.00 per person. **Ages: Adults 18+**

Dates: Thursday, August 15 | **Time:** 1-4pm | **Location:** GREAT (16 Sunrise Court)

Registration Required: OSTTC Admin | (519) 445-1515 | info@osttc.com



JUNE-AUGUST

SALAD FOR SENIORS

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

OPEN 11 AM UNTIL SALAD IS GONE!







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





MULTI-DAY/ONGOING EVENTS & PROGRAMS

-  Community Events & Programs
-  Support Groups
-  Getting Active/Movement
-  Workshops & Classes

NEW Bike Along ▲

SOCIAL SERVICES, YOUTH LIFE PROMOTION

Participate in a guided along at the Brantford Park. Learn about bicycle safety & accessories. Dinner & Snacks will be provided. **Ages: Teens 12-18**

Dates: Tuesday, June 25-Thursday, June 27 | **Start Time:** 4-7:30pm

Location: Brantford Bike Park (390 Grand River Ave) | **Transportation:** Provided*

*Drop-Off/Pick-Up: Family Gatherings (18 Stoneridge Circle)

Registration Starts: June 10 | Rahul Dass | (519) 732-9847 | rahuldass@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

NEW Fungi Inventory ▲

LANDS AND RESOURCES, WILDLIFE & STEWARDSHIP OFFICE

The Wildlife & Stewardship Office is conducting a Fungi Inventory to better understand Fungi species on the Reserve. This inventory can strengthen our knowledge of traditional food systems and medicines and will help us to protect our forests. We are looking for anyone interested in joining our Fungi inventory to share their knowledge of nature. We also welcome volunteers who can provide their property as an inventory site. With your Support we can explore and conserve Fungi Species on Six Nations! **Ages: 12+ and those interested in learning about fungi**

Duration: Monthly (May-September)* | **Time & *Specific Dates:** TBD

Location: Various locations on the reserve

Registration Required: Lauren Vanderlingen | (519) 445-0330 | wsma@sixnations.ca

NEW Many Paths Program ▲

KANIKONRIO (GOOD MIND) CHILD AND YOUTH PROGRAMS

Participants will have the exciting opportunity to learn how to ride a mountain bike and build trails that will be accessible for the entire Six Nations of the Grand River community. Participants will also be taken on trips to mountain bike parks to ride professionally built trails and learn more about how they are built. Program occurs on a bi-weekly basis. **Ages: Young athletes 13-18**

Duration: Every other Monday, Tuesday & Wednesday (between May 1-September 24)

Time (May, June & September): 4:30-7pm | **Transportation:** Provided

Location (May, June & September): Hawks Nest ATV Park (1640 First Line)

Location (July & August): Trail Days TBD

Registration Required: Brittany Vervet | (519) 750-3408 | kaylp19@sixnations.ca

NEW Niagara Safari Trip ▲

SOCIAL SERVICES, YOUTH LIFE PROMOTION

Safari Niagara provides an opportunity for kids to view, experience, and learn about many animal, reptile, and bird species that share our planet while engaging in a fun and rewarding adventure. Lunch & Snacks will be provided. **Ages: 5-9**

Dates: Tuesday, July 9-Thursdays, July 11 | **Time:** 8:30am-3:30pm

Location: Niagara Safari (2821 Stevensville Road)

Transportation: Provided | **Pick-Up/Drop-Off:** 18 Stoneridge Circle

Registration Required: Rahul Dass | (519) 732-9847 | rahuldass@sixnations.ca

Registration Opens: June 28

NEW Rock Your Mocs ▲

KANIKONRIO (GOOD MIND) CHILD AND YOUTH PROGRAMS

Youth are invited to this four day event that will see participants engage in traditional teachings including moccasin making, ribbon shirt/skirt making, and five different styles of traditional dance. On the 3rd day, the participants' family are invited to an afternoon social and on the 4th day of the program, the participants will be taken to Niagara Falls for a day of fun. **Ages: Pre-teens 9-11**

Dates: Monday, July 15-Thursdays, July 18 | **Time:** 9am-3:30pm

Location: Family Gatherings (18 Stoneridge Circle)

Registration Required: Brittany Vervet | (519) 750-3408 | kaylp19@sixnations.ca

Registration Opens: June 25

Safe Food Handling ▲

SNHS' HEALTH PROMOTION, COMMUNITY EDUCATOR

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 and Sanitizing. Certification expires in 5 years. Please bring a pen and paper to take notes. **Ages: 15+**





Dates: June 12 & 26, July 15 & 24, August 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



MULTI-DAY/ONGOING EVENTS & PROGRAMS

-  Community Events & Programs
-  Support Groups
-  Getting Active/Movement
-  Workshops & Classes

Salad for Seniors ▲

SNHS' COMMUNITY HEALTH & WELLNESS

A weekly drive-thru service that provides a free portion of salad to Six Nations Elders.
Ages: Seniors 55+

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

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

Contact: Health Promotion | (519) 445-2809 | chwps@sixnations.ca

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

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

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

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

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

Tentewatá:ton Dędwadado Community Market

SNHS' COMMUNITY HEALTH & WELLNESS

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

Date: Every Wednesday | **Time:** 12-5pm | **Location:** Odrohehta'geh (1676 Chiefswood Road)

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

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

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

A community-based day program which provides supervised activities in a group setting for adult clients with mild to moderate disabilities to assist in achieving and maintaining their maximum level of functioning. The goal is to provide the necessary support to assist individuals in being able to stay at home as long as possible and at the same time providing respite and support for caregivers. 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):** June 21, July 1, August 5

Location: White Pines Wellness Centre (1745 Chiefswood Road)

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

Crisis Supports

For Six Nations

Need Help? Reach Out:



Six Nations Crisis Hub

226-446-9902

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

1546 Chiefswood Road

Six Nations Crisis Line

519-445-2204 OR

1-866-445-2204 (phone 24/7)

226-777-8480

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

Kids Help Line

1-800-668-6868 OR

CONNECT to 686868 (text)

kidshelpphone.ca

(website, online chat available)

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)

Talk 4 Healing for Indigenous Women

1-855-554-4315 (24/7 call/text)

www.beendigen.com (live chat)

First Nations & Inuit Hope for Wellness Help Line

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

hopeforwellness.ca

(website, online chat available)

Ohsweken Public Health

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

1769 Chiefswood Road

Talk Suicide Canada

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

45645 (text)

National Indian Residential School Crisis Line

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

Ganohkwasra Family Assault Support Services

519-445-4324 (24/7)



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



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

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

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

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





59th ELECTED CHIEF & COUNCIL

CHIEF SHERRI-LYN HILL
(519) 445-2201

DAYLE BOMBERRY
(226) 387-8096

KERRY BOMBERRY
(519) 732-1477

GREG FRAZER
(226) 387-9112

CAROLE LESLEY GREENE
(519) 761-7058

DEAN HILL
(226) 387-8093

CYNTHIA JAMIESON
(226) 387-8085

HAZEL JOHNSON
(519) 732-2169

AMOS KEY
(226) 387-8089

HELEN MILLER
(519) 717-2565

A. POWLESS-BOMBERRY
(519) 717-2721

MELBA THOMAS
(519) 732-2869

ALAINA VANEVRY
(226) 387-8087

SIX NATIONS of the GRAND RIVER DEPARTMENTS

CENTRAL ADMINISTRATION
1695 Chiefswood Road
(519) 445-2201

FIRE & EMERGENCY SERVICES
17 Veterans Lane
(519) 445-4054

HEALTH SERVICES
1745 Chiefswood Road
(519) 445-2418

HOUSING
67 Bicentennial Trail
(519) 445-2235

JUSTICE DEPARTMENT
1721 Chiefswood Road
(226) 227-2192

LANDS & MEMBERSHIP
67 Bicentennial Trail
(519) 445-4613

LANDS & RESOURCES
2498 Chiefswood Road
(519) 753-0665

ONTARIO WORKS
12 Sunrise Court
(519) 445-2084

PARKS & RECREATION
1738 Fourth Line
(519) 445-4311

PUBLIC WORKS
1953 Fourth Line
(519) 445-4242

SOCIAL SERVICES
15 Sunrise Court
(519) 445-0232

TOURISM
(519) 758-5444

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

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





WAYS TO STAY CONNECTED!

FOLLOW SNGR'S SOCIAL MEDIA ACCOUNTS!



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

