

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



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

Winter 2024-2025  
Leisure Activities Guide

December 1, 2024 - February 28, 2025



## MESSAGE FROM THE 59th ELECTED CHIEF

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

I'm pleased to offer warm greetings to everyone. I'm excited to invite you and your family to join in on the many events and activities planned for this winter. It is full of fun activities for all ages to enjoy!

As the season progresses, I hope each event brings joy and laughter for you and your loved ones. Wishing you a winter season filled with kindness, good health, and happiness.

Nia:wen to the hardworking staff for organizing these wonderful events for you all to enjoy!

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

## 59th ELECTED CHIEF & COUNCILLORS



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



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



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



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



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



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



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



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



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



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



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



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



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



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

Chair: D. Bomberry

Co-Chairs: K. Bomberry & A. VanEvery

### Community Committee

Chair: D. Hill

Co-Chairs: L. Greene & M. Thomas

### Education Language & Culture

Chair: A. Key Jr.

Co-Chairs: A. Powless-Bomberry

### Internal Systems

Chair: A. VanEvery

Co-Chairs: C. Jamieson & D. Bomberry

### Justice Committee

Chair: D. Bomberry

Co-Chairs: C. Jamieson, L. Greene & M. Thomas

### Lands & Membership Committee

Chair: H. Miller

Co-Chairs: H. Johnson

### Unity Building & External Relations

Chair: Chief Hill

Co-Chairs: G. Frazer, D. Hill, C. Jamieson & A. Key Jr.

### Wealth & Economy

Chair: G. Frazer

Co-Chairs: A. VanEvery & D. Hill

### Well-Being Committee

Chair: A. Key Jr.

Co-Chairs: G. Frazer, A. Powless-Bomberry, H. Johnson, M. Thomas & L. Greene

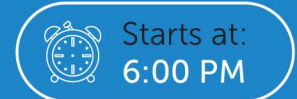
## JOIN OUR COUNCIL MEETINGS!

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

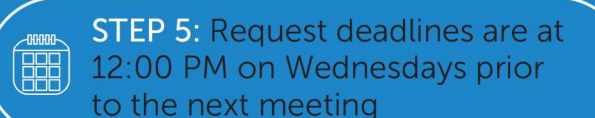
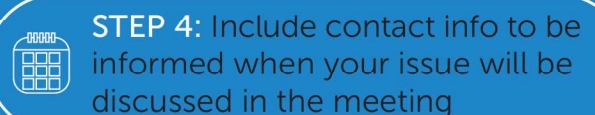
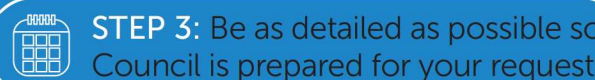
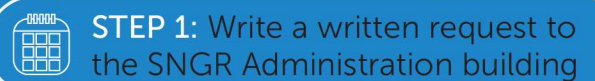
### GENERAL FINANCE



### 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,

The Winter 2024 Edition of the Eḡdwadrohe:k/Entewatia'taro:roke (We will gather/come together) Leisure Guide is here! This guide covers December 1, 2024-February 28, 2025.

Winter is a time for comfort and relaxation, allowing everything to rest and restore energy for spring. I encourage our community to seize this opportunity to come together, learn new skills, and explore new hobbies. Remember that Six Nations of the Grand River will be closed December 23, 2024-January 1, 2025, reopening Thursday, January 2, 2025 at 8:30am. This guide includes an essential services list with all the information for departments that will continue services during this time. It's important to remember that this time of year can be challenging for some, so I remind you to stay connected with your friends and family. Additionally, there are support services available in this guide, so don't hesitate to reach out if you need assistance.

Nia:wen,

Nathan Wright, Interim 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

### SIX NATIONS CRISIS HUB

**(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)

## SNCR DEPARTMENTS

### CENTRAL ADMINISTRATION

**(519) 445-2201** • 1695 Chiefswood Road

### FIRE & EMERGENCY SERVICES

**(519) 445-4054** • 17 Veterans Lane

### HEALTH SERVICES

**(519) 445-2418** • 1745 Chiefswood Road

### 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**

## ESSENTIAL SERVICES:

See pages **45-47** for a complete list of Essential Services available during this year's holiday closure.



# Be Safe

by  mindyourmind

Scan  
Me




## This App Helps You:

- ① **Create a Personal Safety Plan**
- ① **Find Six Nations Community Resources for Support**
- ① **Be Prepared if you Find Yourself in a Crisis**
- ① **FREE to Download + Use App**

Choose Six Nations of the Grand River  
in your App Settings



 @besafeapp\_ca

 @besafeapp.ca

[BeSafeApp.ca](https://www.besafeapp.ca)



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# 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**



# 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)



## GETTING ACTIVE/MOVEMENT (DECEMBER)

**NEW** New Event  
▲ Outdoor Event

### Drop-in Badminton

PARKS AND RECREATION

Drop-in Badminton sessions, open to everyone! **All ages**

**Duration:** Every Monday (December 2, 2024-February 24, 2025)\* | **Start Time:** 6-8pm

**\*Holiday Dates (No Program):** December 23 & 30, 2024 & February 17, 2025

**Location:** Dajoh Gym (1738 Fourth Line)

**Contact:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

### Drop-In Pickleball

PARKS AND RECREATION

Drop-in Pickleball sessions, open to everyone! **All ages**

**Duration:** Every Tuesday (December 3, 2024-February 25, 2025) | **Time:** 2-7pm

**Location:** Dajoh Gym (1738 Fourth Line)

**Contact:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

### Drop-In Volleyball

PARKS AND RECREATION

Join us on Tuesday evenings for drop-in volleyball! **Ages: 16+**

**Duration:** Every Tuesday (December 3, 2024-February 25, 2025) | **Time:** 7:30-9pm

**Location:** Dajoh Gym (1738 Fourth Line)

**Contact:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

### Lane Swim & Water Walking

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

This 10 week aquatic program will allow you to the choice of one or both activities (lane swim and/or water walking) each day. This program is suitable for all fitness levels and will allow community members who can not tolerate land based exercises the opportunity to improve their strength and endurance while exercising in the water. **Ages: Adults 18+; Individuals of all fitness levels welcome**

**Duration:** Every Thursday (December 5, 2024-February 27, 2025)\* | **Time:** 9-10am

**\*Holiday Dates (No Program):** December 26, 2024 & January 2, 2025

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

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



## 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: Seniors 55+; Individuals of all fitness levels welcome**

**Duration:** Every Monday & Friday (December 2, 2024-February 28, 2025)\* | **Time:** 1:30-2:30pm

**\*Holiday Dates (No Program):** December 23, 27 & 30, 2024, January 3 & February 17, 2025

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

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

## Second Wind

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

An exercise class for individuals with chronic illnesses, for those with COPD, asthma, emphysema, and other lung diseases, that focuses on breath work and proper breathing techniques. Participants learn to exercise in a safe environment utilizing a chair for support. Full body strengthening utilizing body weight and resistance bands. **Ages: Seniors 55+; Those with chronic illnesses (COPD, asthma, emphysema)**

**Duration:** Every Monday & Thursday (December 2, 2024-February 27, 2025)\*

**Time:** 10:30-11:30am | **Transportation:** Contact to Inquire

**\*Holiday Dates (No Program):** December 23, 26 & 30, 2024 & February 17, 2025

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

**Registration Required:** Baillie Schmitz | (226) 387-9284 | hphlc@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 exercises program that uses body weight, Theraband, therapy balls, and free weights. The program 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 (December 3, 2024-February 27, 2025)\* | **Time:** 2-3pm

**\*Holiday Dates (No Program):** December 24 & 31, 2024 | **Transportation:** Available upon Request

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

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





## COMMUNITY SUPPORTS (DECEMBER)

**NEW** New Event  
▲ Outdoor Event

### Drop-In Parent/Caregiver Connections Group for ASD

DEPARTMENT OF WELL-BEING'S CHILD & YOUTH HEALTH SERVICES

ASD (Autism Spectrum Disorder) Connections Parent/Caregiver Group hosting every third Tuesday of every month. Dinner, Childcare and Transportation is provided. **All ages; Families/Caregivers**

**Duration:** Every third Tuesday (December 2024-February 2025) | **Time:** 5:30-7:30pm

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

**Registration Required:** Celina Hill | (519) 761-7851 | [oapca@sixnations.ca](mailto:oapca@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!

### FINANCIAL SUPPORTS AVAILABLE!

The Finance Department at Six Nations of the Grand River encourages 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](http://sixnations.ca)

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

Submit applications to Central Administration or via email: [tlongboat@sixnations.ca](mailto:tlongboat@sixnations.ca)

# SOUP FOR SENIORS

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

**OPEN 11 AM UNTIL  
SOUP IS GONE!**



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



## Login to WIN

Have a chance to win a cash prize or giftcards!

**1st PRIZE:** \$150 CASH

**2nd PRIZE:** \$100 in giftcards (\$50 Walmart, \$50 PC Grocery)

**3rd PRIZE:** \$50 in giftcards (\$25 Walmart, \$25 PC Grocery)

**4th - 6th PRIZES:** \$25 giftcard (Walmart or PC Grocery, selected randomly)

### 1 DOWNLOAD

Visit your app store of choice and search:

'Six Nations of the Grand River'

### 2 REGISTER

Tap 'Register' under 'Member Login'

Fill out your info and check your email to verify your account.

### 3 ENTER TO WIN

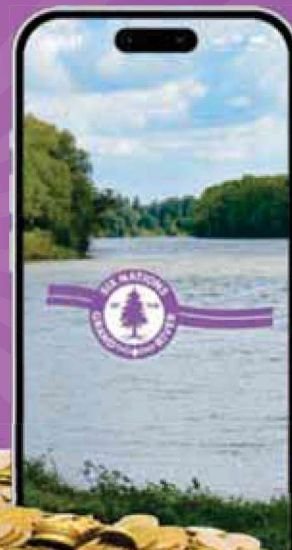
Login to the app, select the entry form, and fill it out.

Now you're entered!



**START TIME: Monday, December 2 @ 4PM**

**END TIME: Friday, December 20 @ 4PM**



# PUBLIC SKATE



## FREE SKATE

**Mondays, Wednesdays  
& Thursdays  
12-1pm**

**Saturdays  
6-7pm**



For info, contact Mattie:  
[rsepc2@sixnations.ca](mailto:rsepc2@sixnations.ca)



MONDAY	TUESDAY	WEDNESDAY
		<p><b>Closure Notice:</b> All SNGR departments are closed for New Year's Day. Regular office hours resume January 2 @ 8:30am.</p>
<p>Drop-In Badminton (p. 19) Let's Get Moving (p. 20) Second Wind (p. 21) Youth Pool League (p. 22)</p> <p style="text-align: right;"><b>6</b></p>	<p>Anger Management (p. 23) Drop-In Pickleball (p. 19) Drop-in Volleyball (p. 19) Eating Well Series (p. 26) Indoor Rock Climbing (p. 20) Sit to Be Fit (p. 22) Soup for Seniors (p. 44)</p> <p style="text-align: right;"><b>7</b></p>	<p>Chair Yoga (p. 20) Let's Get Active (p. 20) Tentewata:ton/Dedwadado Market (p. 44)</p> <p style="text-align: right;"><b>8</b></p>
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# 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 • NIHB 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 irreparable 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**



## EVENTS & PROGRAMS (JANUARY)

**NEW** New Event  
▲ Outdoor Event

### Community Engagement for Ballantry Homes Development

LANDS & RESOURCES AND HOUSING & CAP TEAM

An information session on the proposed development and accommodation agreement, opportunity for questions and feedback to be received, dinner to be served. **All ages; Six Nations of the Grand River band members**

**Dates:** Wednesday, January 15 & Thursday, February 6, 2025 **Time:** 5:45-8pm

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

**Contact:** Lands and Resources | (519) 753-0665 | lonny.bomberry@sixnations.ca

### Family Togetherness Program

SOCIAL SERVICES' CHILD AND FAMILY SERVICES/PRIMARY PREVENTION SERVICES UNIT

The goal of the Family Togetherness Program is to support and strengthen the family unit through a variety of weekly activities along with a free meal while quantities last. **All ages; Families**

**Duration:** Every Monday (January 13, 2024-March 3 2025)\* | **Time:** 5-6:30pm

**\*Holiday Dates:** Monday, February 17, 2025 | **Location:** Family Gatherings (18 Stoneridge Circle)

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



# Harm Reduction Outreach & Education Program

## WHO WE ARE:

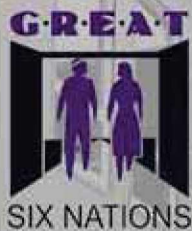
We aim to educate community members about substance use and mental wellness through awareness events and educational programming. We also look to reduce barriers for those unable to access our services by providing outreach services.

## 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)



*Eyagoyadagen:ha*  
Helping the People

### Employer & Client Services

- Training on the Job
- Wage Subsidies
- Job Search Assistance
- E.I Assistance
- Employment Supports
- Apprenticeships
- Career Counselling
- 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.**

Canada



# 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  
1745 Chiefswood Rd.- second floor

December **11, 2024**

January **8 & 22, 2025**

February **12 & 26, 2025**

**Class starts**

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

**Please bring a paper and pen to take notes.**

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

**Certification expires in 5 years.**

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

**519-445-2809** Registration required

[michellejamieson@sixnations.ca](mailto:michellejamieson@sixnations.ca)



## GETTING ACTIVE/MOVEMENT (JANUARY)

**NEW** New Event  
▲ Outdoor Event

### AquaFIT

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

Gentle water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength. **Ages: Adults 18+ & Seniors 55+**

**Duration:** Every Friday (January 10-February 14) | **Time:** 10:45-11:45am | **Transportation:** Available

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

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

**Registration Opens:** Tuesday, December 10, 2024

### Drop-in Badminton

PARKS AND RECREATION

Drop-in Badminton sessions, open to everyone! **All ages**

**Duration:** Every Monday (December 2, 2024-February 24, 2025)\* | **Start Time:** 6-8pm

**\*Holiday Dates (No Program):** February 17, 2025

**Location:** Dajoh Gym (1738 Fourth Line)

**Contact:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

### Drop-In Pickleball

PARKS AND RECREATION

Drop-in Pickleball sessions, open to everyone! **All ages**

**Duration:** Every Tuesday (December 3, 2024-February 25, 2025) | **Time:** 2-7pm

**Location:** Dajoh Gym (1738 Fourth Line)

**Contact:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

### Drop-In Volleyball

PARKS AND RECREATION

Join us on Tuesday evenings for drop-in volleyball! **Ages: 16+**

**Duration:** Every Tuesday (December 3, 2024-February 25, 2025) | **Time:** 7:30-9pm

**Location:** Dajoh Gym (1738 Fourth Line)

**Contact:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca



**DON'T FORGET:** There are also ongoing/multi-day programs to check out on pages 43-44!

## Chair Yoga

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

An adaptive yoga class that utilizes a chair to complete poses and sequences. A focus is put on pain reduction, balance, joint-freeing movements, and breath work. **Ages: Seniors 55+**

**Duration:** Every Wednesday (January 8, 2024-February 26, 2025) | **Time:** 9-10am

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

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

**Registration Starts:** Wednesday, December 11, 2024

## Indoor Rock Climbing

PARKS AND RECREATION

Program for the youth to learn to climb! Multiple sessions available. **Ages: 4-12**

**Duration:** Every Tuesday (January 7-February 11, 2025)

**Location:** Dajoh Gym (1738 Fourth Line) | **Session 1:** Ages 4-6 | **Time:** 4:30-5:30pm

**Session 2:** Ages 7-9 | **Time:** 5:30-6:30pm | **Session 3:** Ages 10-12 | **Time:** 6:30-7:30pm

**Registration Required:** Mattie Lawrence | (519) 445-4311, ext. 5226 | rsepc2@sixnations.ca

**Registration Starts:** Monday, December 2, 2024

## Lane Swim & Water Walking

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

This 10 week aquatic program will allow you to the choice of one or both activities (lane swim and/or water walking) each day. This program is suitable for all fitness levels and will allow community members who can not tolerate land based exercises the opportunity to improve their strength and endurance while exercising in the water. **Ages: Adults 18+; Individuals of all fitness levels welcome**

**Duration:** Every Thursday (December 5, 2024-February 27, 2025)\* | **Time:** 9-10am

**\*Holiday Dates (No Program):** January 2, 2025

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

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

## Let's Get Active

PARKS AND RECREATION

Each session includes games, storytelling, and creative play that promote physical activity while fostering social skills and teamwork. **Ages: 5-8**

**Duration:** Every Wednesday (January 8-24, 2025) | **Time:** 6-7pm

**Location:** Dajoh (1738 Fourth Line) | **Registration Starts:** Monday, December 2, 2024

**Registration Required:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

## 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



**NEW** New Event

▲ Outdoor Event

## GETTING ACTIVE/MOVEMENT (JANUARY)

as a 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 (December 2, 2024-February 28, 2025)\* | **Time:** 1:30-2:30pm

**\*Holiday Dates (No Program):** January 3 & February 17, 2025

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

**Registration Required:** Julie Villamere | (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. Available to community members looking to stay active, indoors during the winter months. **Ages: Adults 18+**

**Duration:** Every Monday (January 13, 2024-February 24, 2025)\* | **Time:** 8:30-10am

**\*Holiday Dates (No Program):** February 17, 2025 | **Registration Starts:** Monday, December 2, 2024

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

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

### Rez Hoops Basketball

PARKS AND RECREATION

Youth basketball league. **Ages: Young teens (grades 6-8)**

**Duration:** Every Thursday (January 9-February 6) | **Location:** Dajoh Gym (1738 Fourth Line)

**Time:** 6:30-7:30pm | **Registration Starts:** Monday, December 2, 2024

**Registration Required:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

### Rising Stars Basketball

PARKS AND RECREATION

Youth learn to play basketball. Different age groups available! **Grades: 1-5**

**Duration:** Every Thursday (January 9, 2024-February 27, 2025)

**Location:** Dajoh Gym (1738 Fourth Line) | **Registration Starts:** Monday, December 2, 2024

**Session 1:** Grades 1-2 | **Time:** 4:30-5:30pm | **Session 2:** Grades 3-5 | **Time:** 5:30-6:30pm

**Registration Required:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

### Second Wind

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

An exercise class for individuals with chronic illnesses, for those with COPD, asthma, emphysema, and other lung diseases, that focuses on breath work and proper breathing techniques. Participants learn to exercise in a safe environment utilizing a chair for support. Full

body strengthening utilizing body weight and resistance bands. **Ages: Seniors 55+; Those with chronic illnesses (COPD, asthma, emphysema)**

**Duration:** Every Monday & Thursday (December 2, 2024-February 27, 2025)\*

**Time:** 10:30-11:30am | **\*Holiday Dates (No Program):** February 17, 2025

**Transportation:** Contact to Inquire | **Location:** Odrohekta'geh (1676 Chiefswood Road)

**Registration Required:** Baillie Schmitz | (226) 387-9284 | hphlc@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 exercises program that uses body weight, Theraband, therapy balls, and free weights. The program 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 (December 3, 2024-February 27, 2025)\* | **Time:** 2-3pm

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

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

### Youth Pool League

PARKS AND RECREATION

Youth pool league spanning a period of four weeks. **Ages: 12-16**

**Duration:** Every Monday (January 6-27, 2025) | **Time:** 3:30-5pm

**Location:** Dajoh Gym (1738 Fourth Line) | **Registration Starts:** Monday, December 2, 2024

**Registration Required:** Mattie Lawrence | (519) 445-4311 ext. 5226 | rsepc2@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)**





## COMMUNITY SUPPORTS (JANUARY)

**NEW** New Event  
▲ Outdoor Event

### Anger Management

DEPARTMENT OF WELL-BEING'S MENTAL HEALTH & ADDICTIONS

Learn how to deal with anger in a positive way and avoid its negative effects on your health and relationships. **Ages: Adults 18+; Those looking to learn how to manage anger**

**Duration:** Every Tuesday (January 21-March 18, 2025) | **Time:** 6:30-8:30pm

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

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

### Drop-In Parent/Caregiver Connections Group for ASD

DEPARTMENT OF WELL-BEING'S CHILD & YOUTH HEALTH SERVICES

ASD (Autism Spectrum Disorder) Connections Parent/Caregiver Group hosting every third Tuesday of every month. Dinner, Childcare and Transportation is provided. **All ages; Families/Caregivers**

**Duration:** Every third Tuesday (December 2024-February 2025) | **Time:** 5:30-7:30pm

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

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

### Ohahase New Path Day Treatment

DEPARTMENT OF WELL-BEING'S MENTAL HEALTH & ADDICTIONS

Intensive 10-week outpatient day program for those looking for a more structured sobriety program. **Ages: Adults 18+; Those working through sobriety**

**Duration:** Every Monday & Wednesday (January 13-March 19, 2025)

**Time:** 9am-12pm | **Location:** 727 3rd Line Road

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



# Vaccine Clinics at Gane Yohs Health Centre

Protect yourself and community this COVID and Flu season by getting your vaccine.

Types of Vaccines	Dates	Time	Location
COVID-19 and Flu	December 6, 13, 20	9am-4pm	Dajoh
All other routine vaccines (ex. RSV, MMR, Tdap, etc.)	Every Thursday	9am-4pm	White Pines Wellness Centre

**No appointment necessary to receive your COVID-19 or Flu shot - just walk-in!**

**To receive any other routine vaccine, please call Public Health at 519-761-9053 to schedule your appointment.**

Accommodations can be made for those who are homebound. Community members who can attend public clinics are encouraged to do so, allowing home visits to be reserved for those who need it most.



Indigenous Services  
Canada

Services aux  
Autochtones Canada

# Falls Prevention: Fall/Winter Edition



Fall and Winter can bring quick changes to weather and temperature. **Be aware** of the changes so you can plan for fall hazards that might occur.

**Use handrails** on stairs and walkways for extra support and balance.



**Have a plan** for who to contact when there is a fall. Keep your phone handy or consider using an emergency fall device if you have a history of falls.



Walk like a penguin!  
**Take lots of little steps**

**Keep walkways clear of debris and salted.**



Walk slowly and try to avoid piles of leaves and ice patches. Keep salt and a shovel by your doorway.

**Wear appropriate footwear with non-slip soles.** Adding non-slip mats to slippery areas can improve traction.



**Use a cane or walker** if you have one. Some have the option of adding picks to the bottom for additional grip.



Wellness Check: make sure to have your annual **eye exam and hearing screen**



When you leave the house, **tell someone where you are going and when you will be back.**



**Enlist the support of friends and family.** Talk to your friends and family about how they can help you stay falls free.



Make sure all areas in your home are **well lit**, even at night.

**Keep Active:** physical activity helps to prevent future falls. Try to go for daily walks outside or around the house.







## WORKSHOPS & CLASSES (JANUARY)

**NEW** New Event  
▲ Outdoor Event

### Community Conversations on Wellness

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS

Join us this winter over a cozy meal to share your thoughts and opinions that will shape future health promotions programming. Our conversations will delve into topics such as vaping, vaccination, and cancer prevention. Feedback can remain anonymous! **All ages; Those exploring their decision to get vaccinated**

**Date:** Tuesday, January 14, 2025 | **Time:** 5-7pm | **Location:** Odrohekta'geh (1676 Chiefswood Road)  
**Contact:** Taylor Van Velzer | (519) 732-5203 | [chspo@sixnations.ca](mailto:chspo@sixnations.ca)

### Eating Well Series

DEPARTMENT OF WELL-BEING'S CH&W, DIABETES WELLNESS PROGRAM & NUTRITION SERVICES

Come join us in learning how to manage or prevent common health concerns. Each session will begin with a quick presentation on the topic followed by preparing a tasty meal that will help you in managing your health. We will be discussing how to eat well for a healthy heart in January and how to manage arthritis in February. Sign up for any or all sessions! **Ages: Adults 18+; Those wanting support in managing or preventing certain health conditions**

**Dates:** Tuesday, January 7 & February 4, 2025 | **Transportation:** Contact to Inquire  
**Time:** 4:30-6:30pm | **Location:** White Pines Wellness Centre (1745 Chiefswood Road)

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

**Registration Starts:** Sunday, December 1, 2024

### FASD Presentation

SOCIAL SERVICES' CLINICAL SERVICES UNIT

This is an information and supportive presentation about Fetal Alcohol Spectrum Disorder, for parents/caregivers, family and staff. **Ages: Adults 18+; Those touched by FASD or wanting to learn more**

**Date:** Wednesday, January 15, 2025 | **Time:** 6-8pm |

**Location:** Dajoh – Cayuga/Tuscarora Room (1738 Fourth Line)

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

### Plant Based Eating

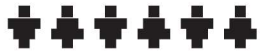
DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH AND WELLNESS, NUTRITION SERVICES

Join us in preparing nutritious and delicious vegetarian or vegan meals. All ingredients provided. This class is perfect for anyone wanting to include more vegetables on their plate. **Ages: Adults 18+**

**Date:** Tuesday, January 28 & February 25, 2025 | **Transportation:** Contact to Inquire

**Time:** 5-6:30pm | **Location:** White Pines Wellness Centre (1745 Chiefswood Road)





**NEW** New Event

▲ Outdoor Event

## WORKSHOPS & CLASSES (JANUARY)

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

Registration Starts: Sunday, December 1, 2024

### Youth Empowerment Program

SOCIAL SERVICES, SIX NATIONS CHILD & FAMILY SERVICES/PRIMARY PREVENTION SERVICES UNIT

The goal of this program is to teach youth aged about life skills in areas such as; budgeting, healthy relationships, self-care, traditional knowledge and much more! **Ages: Youth 14-18**

Duration: Every Wednesday (January 15, 2025- March 5, 2025) | Time: 5-7pm

Location: Family Gatherings (18 Stoneridge Circle)

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

Registration Starts: Monday, December 16, 2024

# 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:



#### Pre-Trial & Change to Expert Witness Testimony Date:

There is a pre-trial that is set to begin in December 2024. Canada's expert witness, Jim Miller, has been rescheduled to the first two weeks of February 2025.

### 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](http://www.sngrlitigation.com)



#### Important Updates

For the latest updates, please visit: [sngrlitigation.com](http://sngrlitigation.com) or [www.sixnations.ca/department/lands-and-resources](http://www.sixnations.ca/department/lands-and-resources)

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





## 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 Thursday at a set location. Transportation and meal are provided.

### Home Help

Workers assist with light housekeeping and laundry.

**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 Community Support Services 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



MONDAY	TUESDAY	WEDNESDAY
 <p>Drop-In Badminton (p. 34) <b>3</b>                      Family Togetherness Program (p. 31)                      Let's Get Moving (p. 35)                      Morning Spark (p. 36)                      Ohahase New Path Day Treatment (p. 39)                      Second Wind (p. 36)                      Youth Darts League (p. 37)</p>	<p>Anger Management (p. 39) <b>4</b>                      Drop-In Pickleball (p. 34)                      Drop-in Volleyball (p. 35)                      Eating Well Series (p. 40)                      Indoor Rock Climbing (p. 35)                      Sit to Be Fit (p. 36)                      Soup for Seniors (p. 44)</p>	<p>Chair Yoga (p. 34) <b>5</b>                      Ohahase New Path Day Treatment (p. 39)                      Tentewata:ton/Dedwadado Market (p. 44)                      Youth Empowerment Program (p. 40)</p>
<p>Drop-In Badminton (p. 34) <b>10</b>                      Family Togetherness Program (p. 31)                      Let's Get Moving (p. 35)                      Morning Spark (p. 36)                      Ohahase New Path Day Treatment (p. 39)                      Second Wind (p. 36)                      Youth Darts League (p. 37)</p>	<p>Anger Management (p. 39) <b>11</b>                      Drop-In Pickleball (p. 34)                      Drop-in Volleyball (p. 35)                      Indoor Rock Climbing (p. 35)                      Sit to Be Fit (p. 36)                      Soup for Seniors (p. 44)</p>	<p>Chair Yoga (p. 34) <b>12</b>                      Ohahase New Path Day Treatment (p. 39)                      Tentewata:ton/Dedwadado Market (p. 44)                      Youth Empowerment Program (p. 40)</p>
<p><b>17</b>  <b>Closure Notice:</b>                      All SNGR departments are closed for Family Day.                      Regular office hours resume February 18 @ 8:30am.</p>	<p>Anger Management (p. 39) <b>18</b>                      Drop-In Pickleball (p. 34)                      Drop-In Parent/Caregiver Connection Group for ASD (p. 39)                      Drop-in Volleyball (p. 35)                      Sit to Be Fit (p. 36)                      Soup for Seniors (p. 44)</p>	<p>Chair Yoga (p. 34) <b>19</b>                      Ohahase New Path Day Treatment (p. 39)                      Tentewata:ton/Dedwadado Market (p. 44)                      Youth Empowerment Program (p. 40)</p>
<p>Drop-In Badminton (p. 34) <b>24</b>                      Family Togetherness Program (p. 31)                      Let's Get Moving (p. 35)                      Morning Spark (p. 36)                      Ohahase New Path Day Treatment (p. 39)                      Second Wind (p. 36)                      Youth Darts League (p. 37)</p>	<p>Anger Management (p. 39) <b>25</b>                      Drop-In Pickleball (p. 34)                      Drop-in Volleyball (p. 35)                      Plant Based Eating (p. 40)                      Sit to Be Fit (p. 36)                      Soup for Seniors (p. 44)</p>	<p><b>Pink Shirt Day</b> <b>26</b>                      Chair Yoga (p. 34)                      Ohahase New Path Day Treatment (p. 39)                      Tentewata:ton/Dedwadado Market (p. 44)                      Youth Empowerment Program (p. 40)</p>

**DON'T FORGET:** Check out the multi-day and ongoing events & programs on [pages 43-44!](#)

THURSDAY		FRIDAY		SATURDAY/SUNDAY	
				1	
				2	
<p>Community Engagement for Ballantray Homes Development (p. 31) <b>6</b></p> <p>Lane Swim &amp; Water Walking (p. 35)</p> <p>Rez Hoops Basketball (p. 36)</p> <p>Rising Stars Basketball (p. 36)</p> <p>Second Wind (p. 36)</p>		<p>AquaFIT (p. 34) <b>7</b></p> <p>Let's Get Moving (p. 35)</p>		8	
				9	
<p>Lane Swim &amp; Water Walking (p. 35) <b>13</b></p> <p>Rising Stars Basketball (p. 36)</p> <p>Second Wind (p. 36)</p>		<p><b>Valentine's Day 14</b></p> <p>AquaFIT (p. 34)</p> <p>Let's Get Moving (p. 35)</p>		15	
				16	
<p>Lane Swim &amp; Water Walking (p. 35) <b>20</b></p> <p>Rising Stars Basketball (p. 36)</p> <p>Second Wind (p. 36)</p> <p>Virtual Soup Share (p. 40)</p>		<p>Let's Get Moving (p. 35) <b>21</b></p>		22	
				23	
<p>Lane Swim &amp; Water Walking (p. 35) <b>27</b></p> <p>Rising Stars Basketball (p. 36)</p> <p>Second Wind (p. 36)</p> <p>Virtual Soup Share (p. 40)</p>		<p>Let's Get Moving (p. 35) <b>28</b></p>		<p><b>Midwinters:</b></p> <p>We wish well to all of our community members taking part in this year's midwinter ceremonies!</p>	



## EVENTS & PROGRAMS (FEBRUARY)

**NEW** New Event  
▲ Outdoor Event

### Community Engagement for Ballantry Homes Development

LANDS & RESOURCES AND HOUSING & CAP TEAM

An information session on the proposed development and accommodation agreement, opportunity for questions and feedback to be received, dinner to be served. **All ages; Six Nations of the Grand River band members**

**Dates:** Thursday, February 6, 2025 **Time:** 5:45-8pm

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

**Contact:** Lands and Resources | (519) 753-0665 | lonny.bomberry@sixnations.ca

### Family Togetherness Program

SOCIAL SERVICES' CHILD AND FAMILY SERVICES/  
PRIMARY PREVENTION SERVICES UNIT

The goal of the Family Togetherness Program is to support and strengthen the family unit through a variety of weekly activities along with a free meal while quantities last. **All ages; Families**

**Duration:** Every Monday (January 13, 2024-March 3 2025)\* | **Time:** 5-6:30pm

**\*Holiday Dates:** Monday, February 17, 2025 | **Location:** Family Gatherings (18 Stoneridge Circle)

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



Do you know about  
**YERIWAHRON: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](mailto: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 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](mailto:HRBP1@sixnations.ca) or mail/drop-off information at:  
Human Resources Department  
1697 Fourth Line Road, Ohsweken, N0A 1M0  
P.O. Box 5000





# WINTER 2025 PROGRAMS AND COURSES

Introduction to Information Technology

\*Partnered with Fanshawe College

Canadian Adult Education Credential (CAEC)

\*Formerly GED

Introduction to Metal Fabricator (Level 1)

Driver's Education

First Aid/CPR

## REGISTER TODAY!

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

## SEPTIC DISPOSAL SERVICES FOR SENIORS

Seniors (55+) and disabled community members can receive a **20% discount** on septic disposal services at the location they are currently residing (**on reserve only**) by presenting an **Ontario Disability Support Program** card to the Public Works office (1953 **Fourth Line**). It is the **community member's responsibility** to advise Public Works when they reach the **age of eligibility (55)**.



For more information, contact Public Works at (519) 445-4242.



## 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.







## GETTING ACTIVE/MOVEMENT (FEBRUARY)

**NEW** New Event  
▲ Outdoor Event

### AquaFIT

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

Gentle water aerobics class with high and low intensity exercises including jogging, some basic swim strokes, plus water suspended exercises for a total body workout. This class uses foam water weights to build strength. **Ages: Adults 18+ & Seniors 55+**

**Duration:** Every Friday (January 10-February 14) | **Time:** 10:45-11:45am | **Transportation:** Available  
**Location:** Wayne Gretzky Sports Centre (254 North Park Street, Brantford)  
**Registration Required:** Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca  
**Registration Opens:** Tuesday, December 10, 2024

### Chair Yoga

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

An adaptive yoga class that utilizes a chair to complete poses and sequences. A focus is put on pain reduction, balance, joint-freeing movements, and breath work. **Ages: Seniors 55+**

**Duration:** Every Wednesday (January 8, 2024-February 26, 2025) | **Time:** 9-10am  
**Transportation:** Contact to Inquire | **Location:** Dajoh (1738 Fourth Line)  
**Registration Required:** Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca  
**Registration Starts:** Wednesday, December 11, 2024

### Drop-in Badminton

PARKS AND RECREATION

Drop-in Badminton sessions open to everyone! **All ages**

**Duration:** Every Monday (December 2, 2024-February 24, 2025)\* | **Start Time:** 6-8pm  
**\*Holiday Dates (No Program):** February 17, 2025  
**Location:** Dajoh Gym (1738 Fourth Line)  
**Contact:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

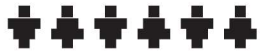
### Drop-In Pickleball

PARKS AND RECREATION

Drop-in Pickleball sessions, open to everyone! **All ages**

**Duration:** Every Tuesday (December 3, 2024-February 25, 2025) | **Time:** 2-7pm  
**Location:** Dajoh Gym (1738 Fourth Line)  
**Contact:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca





**NEW** New Event

▲ Outdoor Event

## GETTING ACTIVE/MOVEMENT (FEBRUARY)

### Drop-In Volleyball

PARKS AND RECREATION

Join us on Tuesday evenings for drop-in volleyball! **Ages: 16+**

**Duration:** Every Tuesday (December 3, 2024-February 25, 2025) | **Time:** 7:30-9pm

**Location:** Dajoh Gym (1738 Fourth Line)

**Contact:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

### Indoor Rock Climbing

PARKS AND RECREATION

Program for the youth to learn to climb! Multiple sessions available. **Ages: 4-12**

**Duration:** Every Tuesday (January 7-February 11, 2025)

**Location:** Dajoh Gym (1738 Fourth Line) | **Session 1:** Ages 4-6 | **Time:** 4:30-5:30pm

**Session 2:** Ages 7-9 | **Time:** 5:30-6:30pm | **Session 3:** Ages 10-12 | **Time:** 6:30-7:30pm

**Registration Required:** Mattie Lawrence | (519) 445-4311, ext. 5226 | rsepc2@sixnations.ca

**Registration Starts:** Monday, December 2, 2024

### Lane Swim & Water Walking

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

This 10 week aquatic program will allow you to the choice of one or both activities (lane swim and/or water walking) each day. This program is suitable for all fitness levels and will allow community members who can not tolerate land based exercises the opportunity to improve their strength and endurance while exercising in the water. **Ages: Adults 18+; Individuals of all fitness levels welcome**

**Duration:** Every Thursday (December 5, 2024-February 27, 2025)\* | **Time:** 9-10am

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

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

### 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: Seniors 55+; Individuals of all fitness levels welcome**

**Duration:** Every Monday & Friday (December 2, 2024-February 28, 2025)\* | **Time:** 1:30-2:30pm

**\*Holiday Dates (No Program):** February 17, 2025 | **Transportation:** Available upon Request

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

**Registration Required:** Julie Villamere | (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. Available to community members looking to stay active, indoors during the winter months. **Ages: Adults 18+**

**Duration:** Every Monday (January 13, 2024-February 24, 2025)\* | **Time:** 8:30-10am

**\*Holiday Dates (No Program):** February 17, 2025 | **Registration Starts:** Monday, December 2, 2024

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

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

## Rez Hoops Basketball

PARKS AND RECREATION

Youth basketball league. **Ages: Young teens (grades 6-8)**

**Duration:** Every Thursday (January 9-February 6) | **Location:** Dajoh Gym (1738 Fourth Line)

**Time:** 6:30-7:30pm | **Registration Starts:** Monday, December 2, 2024

**Registration Required:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

## Rising Stars Basketball

PARKS AND RECREATION

Youth learn to play basketball. Different age groups available! **Grades: 1-5**

**Duration:** Every Thursday (January 9, 2024-February 27, 2025)

**Location:** Dajoh Gym (1738 Fourth Line) | **Registration Starts:** Monday, December 2, 2024

**Session 1:** Grades 1-2 | **Time:** 4:30-5:30pm | **Session 2:** Grades 3-5 | **Time:** 5:30-6:30pm

**Registration Required:** Mattie Lawrence | (519) 770-8653 | rsepc2@sixnations.ca

## Second Wind

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

An exercise class for individuals with chronic illnesses, for those with COPD, asthma, emphysema, and other lung diseases, that focuses on breath work and proper breathing techniques. Participants learn to exercise in a safe environment utilizing a chair for support. Full body strengthening utilizing body weight and resistance bands. **Ages: Seniors 55+; Those with chronic illnesses (COPD, asthma, emphysema)**

**Duration:** Every Monday & Thursday (December 2, 2024-February 27, 2025)\*

**Time:** 10:30-11:30am | **\*Holiday Dates (No Program):** February 17, 2025

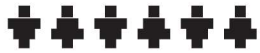
**Transportation:** Contact to Inquire | **Location:** Odrohekta'geh (1676 Chiefswood Road)

**Registration Required:** Baillie Schmitz | (226) 387-9284 | hphlc@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 exercises program that uses body weight, Theraband, therapy balls, and free weights. The program run by an exercise facilitator from the Canadian Alzheimer's



**NEW** New Event

▲ Outdoor Event

## GETTING ACTIVE/MOVEMENT (FEBRUARY)

Society. Ages: Seniors 55+; Seniors fitness or individuals looking to maintain function and total body strength while seated

Duration: Every Tuesday (December 3, 2024-February 27, 2025)\* | Time: 2-3pm

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

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

### Youth Darts League

PARKS AND RECREATION

Youth darts league spanning a period of four weeks. Ages: 12-16

Duration: Every Monday (February 3-24, 2025) | Time: 3:30-5pm

Location: Dajoh Gym (1738 Fourth Line) | Registration Starts: Monday, December 2, 2024

Registration Required: Mattie Lawrence | (519) 445-4311 ext. 5226 | rsepc2@sixnations.ca





# 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)



**PREVENT  
CHECK  
TAKE ACTION**



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



## COMMUNITY SUPPORTS (FEBRUARY)

**NEW** New Event  
▲ Outdoor Event

### Anger Management

DEPARTMENT OF WELL-BEING'S MENTAL HEALTH & ADDICTIONS

Learn how to deal with anger in a positive way and avoid its negative effects on your health and relationships. **Ages: Adults 18+; Those looking to learn how to manage anger**

**Duration:** Every Tuesday (January 21-March 18, 2025) | **Time:** 6:30-8:30pm

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

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

### Drop-In Parent/Caregiver Connections Group for ASD

DEPARTMENT OF WELL-BEING'S CHILD & YOUTH HEALTH SERVICES

ASD (Autism Spectrum Disorder) Connections Parent/Caregiver Group hosting every third Tuesday of every month. Dinner, Childcare and Transportation is provided. **All ages; Families/Caregivers**

**Duration:** Every third Tuesday (December 2024-February 2025) | **Time:** 5:30-7:30pm

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

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

### Ohahase New Path Day Treatment

DEPARTMENT OF WELL-BEING'S MENTAL HEALTH & ADDICTIONS

Intensive 10-week outpatient day program for those looking for a more structured sobriety program. **Ages: Adults 18+; Those working through sobriety**

**Duration:** Every Monday & Wednesday (January 13-March 19, 2025)

**Time:** 9am-12pm | **Location:** 727 3rd Line Road

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





## WORKSHOPS & CLASSES (FEBRUARY)

**NEW** New Event  
▲ Outdoor Event

### Eating Well Series

DEPARTMENT OF WELL-BEING'S CH&W, DIABETES WELLNESS PROGRAM & NUTRITION SERVICES

Come join us in learning how to manage or prevent common health concerns. Each session will begin with a quick presentation on the topic followed by preparing a tasty meal that will help you in managing your health. We will be discussing how to eat well for a healthy heart in January and how to manage arthritis in February. Sign up for any or all sessions! **Ages: Adults 18+; Those wanting support in managing or preventing certain health conditions**

**Date:** Tuesday, February 4, 2025 | **Transportation:** Contact to Inquire  
**Time:** 4:30-6:30pm | **Location:** White Pines Wellness Centre (1745 Chiefswood Road)  
**Registration Required:** Keri Howell | (519) 754-7405 | dietitian@sixnations.ca  
**Registration Starts:** Sunday, December 1, 2024

### Plant Based Eating

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH AND WELLNESS, NUTRITION SERVICES

Join us in preparing nutritious and delicious vegetarian or vegan meals. All ingredients provided. This class is perfect for anyone wanting to include more vegetables on their plate. **Ages: Adults 18+**

**Date:** Tuesday, February 25, 2025 | **Transportation:** Contact to Inquire  
**Time:** 5-6:30pm | **Location:** White Pines Wellness Centre (1745 Chiefswood Road)  
**Registration Required:** Keri Howell | (519) 754-7405 | dietitian@sixnations.ca  
**Registration Starts:** Sunday, December 1, 2024

### Virtual Soup Share

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS

The Virtual Soup Share program offers the community the opportunity to learn how to create delicious, healthy soups that can be eaten and frozen to have on hand in the comfort of their own homes. **Ages: Adults 18+**

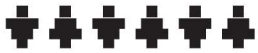
**Dates:** Thursday, February 20 & 27, March 6, 13, 20 & 27 | **Transportation:** Contact to Inquire  
**Time:** 5:30-7:30pm | **Location:** Virtual (Zoom) | **Registration Starts:** Sunday, December 1, 2024  
**Registration Required:** Avery McCorkell | chcfa@sixnations.ca or Michelle Jamieson (519) 445-2809 | michellejamieson@sixnations.ca

### Youth Empowerment Program

SOCIAL SERVICES, SIX NATIONS CHILD & FAMILY SERVICES/PRIMARY PREVENTION SERVICES UNIT

The goal of this program is to teach youth aged about life skills in areas such as; budgeting,





**NEW** New Event

▲ Outdoor Event

## WORKSHOPS & CLASSES (FEBRUARY)

healthy relationships, self-care, traditional knowledge and much more! **Ages: Youth 14-18**

**Duration:** Every Wednesday (January 15, 2025- March 5, 2025) | **Time:** 5-7pm

**Location:** Family Gatherings (18 Stoneridge Circle)

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

**Registration Starts:** Monday, December 16, 2024



### DON'T FORGET:

You can also access the Leisure Guide online at: [sixnations.ca](https://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





# Volunteer This Winter at WCC!

## JOIN OUR VOLUNTEER COMMUNITY

Are you looking for a diverse opportunity? From archiving and gardening to crafting and leading tours, there's something for everyone. We look forward to connecting you with the Woodland experience!



Scan to Visit our  
Volunteer Info Page!



### Where Can You Help?

- Gift Shop/Front Desk
- Operations
- Library
- Education
- Language
- Special Events



GENEROUSLY FUNDED BY:



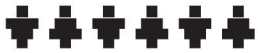
An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario



WOODLAND  
CULTURAL CENTRE

Email us:  
[frontdesk@woodlandculturalcentre.ca](mailto:frontdesk@woodlandculturalcentre.ca)

[WWW.WOODLANDCULTURALCENTRE.CA](http://WWW.WOODLANDCULTURALCENTRE.CA)



## MULTI-DAY/ONGOING EVENTS & PROGRAMS

-  Events & Programs
-  Community Supports
-  Getting Active/Movement
-  Workshops & Classes

### 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

### JOIN US AT OUR Council Meetings!



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






#### GENERAL FINANCE

-  1st & 3rd  
**MONDAY**
-  Starting at  
**9:00 AM**

#### GENERAL COUNCIL

-  2nd & 4th  
**TUESDAY**
-  Starting at  
**6:00 PM**

#### 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 Council is prepared for your request. 
- STEP 4:** Include contact info to be informed when to discuss your issue. 
- STEP 5:** Request deadlines are at 12pm on Wednesdays prior to next meeting. 



## 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

## 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)

**\*Holiday Dates (No Program):** December 24 & 31

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

**Contact:** Avery McCorkell | [chcfa@sixnations.ca](mailto:chcfa@sixnations.ca)

## 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)

**\*Holiday Dates (No Program):** December 25, January 1 & 8 (Dates tentative to change)

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

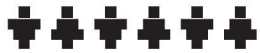
**Duration:** Daily (Monday-Friday)\* | **Time:** 10am-3pm | **Transportation:** Contact to Inquire

**\*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](mailto:ada@sixnations.ca)





## ESSENTIAL SERVICES (DURING HOLIDAY CLOSURE)

Six Nations of the Grand River will be observing a holiday closure from Monday, December 23, 2024-Wednesday, January 1, 2025. SNGR will resume regular business hours (8:30am-4:30pm) on Thursday, January 2, 2025. The following pages list local essential services available to community members during this closure. For further crisis supports, please see the front pages of this edition of the Leisure Guide!

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### Department of Well-Being

#### CHILD & YOUTH TEAM – JORDAN'S PRINCIPLE

National Line: 1-855-JP-CHILD/1 (855) 572-4453

Call for urgent Jordan's Principle requests, the SNGR office will be closed.

#### FAMILY HEALTH TEAM

Closed: December 20, 2024-January 2, 2025.

Open: December 30, 2024 from 9am-3pm (in person for episodic appointments only)

#### HOME & COMMUNITY CARE PROGRAM:

Phone: (519) 445-0077

Essential Services Provided: Jay Silverheels Supportive Housing (open 24/7), Case Management On-Call Service with Extend Communications, Personal Support Services (high-need clients), and Palliative Care

#### IROQUOIS LODGE

Iroquois Lodge has no change in hours or operation and visitation. Administrative staff will observe the closure, but a manager on call is assigned for any emergencies.

#### MEDICAL TRANSPORTATION

Phone: (519) 445-0410

Please leave a voicemail as the office will be closed.

Voicemails will be checked on December 22, 28, & 29, 2024.

#### MIDWIVES (BIRTHING CENTRE)

Phone: (519) 445-4922

Midwifery services will be available 24/7. All regular programming will be closed.

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## Emergency Services

#### EMERGENCY SERVICES

Phone: 911

#### FIRE & EMERGENCY SERVICES

Administration staff will be on call, however 911 services will be continued as normal throughout the holidays closure.

#### PARAMEDIC SERVICES

Deputy Officer: (519) 717-0182 (for non-emergency situations only)

**Community Paramedics:** (519) 750-3908

Administration staff will be off during the holidays and senior management will be available for emergencies during the closure.

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## Local Crisis Supports

### SIX NATIONS CRISIS HUB

Walk-in support available: 1769 Chiefswood Road (behind Pharmasave)

Call-in and mobile response: (226) 446-9902

December 23-27, 2024: 1-9pm | December 30, 2024-January 1, 2025: 1-9pm

### SIX NATIONS CRISIS LINE

Phone 24/7: (519) 445-2204 or 1 (866) 445-2204

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

### GANOHWASRA FAMILY ASSAULT SUPPORT SERVICES

Phone: (519) 445-2672 (24/7)

### INDIGENOUS VICTIMS SERVICES (IVS)

IVS available through the Crisis Line: (519) 445-2204 or 1 (866) 445-2204

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

Direct Line to IVS Manager: 1 (866) 964-5920

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## Parks & Recreation

FACILITIES (DAJOH YOUTH & ELDERS CENTRE, COMMUNITY HALL, SPORTS & CULTURAL MEMORIAL CENTRE, AND PARKS & RECREATION ADMINISTRATION OFFICE)

Closed: December 23, 2024-January 1, 2025

Re-Opening: January 2, 2025 at 8:30am.

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## Public Works

### SEPTIC SERVICES

Phone: (519) 445-4242 | Address: 1953 Fourth Line

Septic calls paid and placed prior to December 17, 2024 at 4:30pm will be completed prior to the Holiday Closure. Calls placed after this date and time may not be completed until after January 2, 2025.

**Note:** Online payments take 2 business days to process.

### TRANSFER STATION

No debris approvals will be completed between December 23, 2024-January 2, 2025.

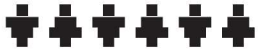
Closed: December 24, 25, 26, 2024 and January 1, 2025.

Hours: 8am-4:30pm | Last load: 4:15pm

### TRUCKFILL STATION

Payment on accounts must be made before 12pm (noon) on December 20, 2024 to be applied to accounts. All payments received after this date and time will not be applied to accounts until January 2, 2025.

**Note:** Online payments take 2 days to process.



## ESSENTIAL SERVICES (DURING HOLIDAY CLOSURE)

### Six Nations Housing

#### AFTER-HOURS MAINTENANCE

Phone: (519) 757-7187 (emergencies only)

Secondary Contact: Andrew Powless, Maintenance Supervisor: (226) 387-4962

An emergency is considered someone who does not have heat, water, hydro (that is not related to a community power outage) or if you have a significant water leak.

### Six Nations Human Resources

#### HUMAN RESOURCES

Closed: December 23, 2024-January 1, 2025.

Re-Opening: January 2, 2025 to resume regular business hours (8:30am-4:30pm)

### Six Nations of the Grand River Ontario Works

#### EMERGENCIES ONLY

Phone: (519) 754-6562 | (519) 732-2307 | (519) 754-6587

### Social Services

#### CHILD & FAMILY SERVICES BAND REPRESENTATIVES

Mario: (519) 717-4788 | Christine: (519) 732-8356 | Kimberly: (519) 761-0519

Dates & Times: December 27-29, 2024: 8:30am-4pm

**Note:** Will be available to attend court matters only involving child protection during this time period. All organizations must continue to provide notification and updates through the normal process of email, fax, and voicemails.

#### CORRECTIONAL SERVICES:

Phone: (519) 445-2628

Dates & Times: December 23-24, 27, 30 & 31, 2024 (on-call as may be needed)

**Note:** Office & cell phone Voicemails, as well as e-mails, will be retrieved daily.

### SNGR Departments

#### CENTRAL ADMINISTRATION, JUSTICE, LANDS & MEMBERSHIP, LANDS & RESOURCES, AND TOURISM

Closed: December 23, 2024-January 1, 2025.

Re-Opening: January 2, 2025 to resume regular business hours (8:30am-4:30pm)



# WHAT'S UP?



@Six Nations Public Library



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



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



**GUITAR & UKULELE**  
Wednesdays



**HPL BOOKMOBILE**  
Every other Friday



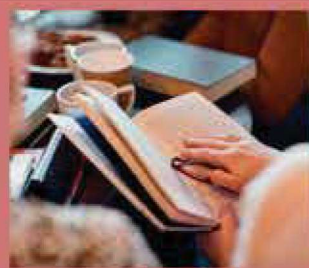
**HAUDENOSAUNEE  
LANGUAGE MEET**  
Tues & Thurs



**KNITTING CLUB**  
Wednesdays 4:30



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



**BOOK  
CLUBS!**

**AND SO  
MUCH MORE!**

To find out more:  
[www.snpl.ca](http://www.snpl.ca)  
[info@snpl.ca](mailto:info@snpl.ca)  
519-445-2954



## 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)

