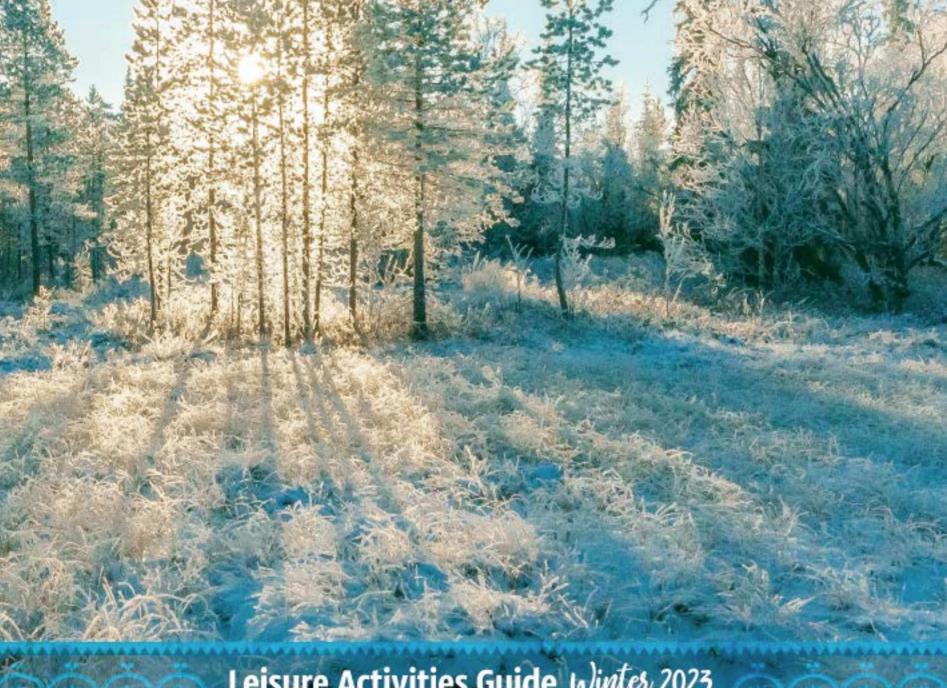
What's Happening On



Programming, Community Events & Services



Leisure Activities Guide Winter 2023













MESSAGE FROM THE 58TH ELECTED CHIEF

Sge:no

As we move into the colder months, I am pleased to introduce to you all the Winter 2022/2023 edition of the Six Nations Health Services Leisure Guide. We as a community have faced many challenges over the past few years and wintertime can be especially difficult for some. This guide contains a wealth of events, activities, and resources that provide an opportunity to maintain a good mind throughout the season and stay connected to the things and people that we love.

As always, I want to extend a big nia:wen on behalf of Elected Council to the Health Services and Health Promotions teams for compiling this valuable resource, and to all organizations and individuals who work tirelessly to provide these opportunities for our community.

As you explore what our community has to offer, please keep in mind that we are still in the fight against COVID-19 and other seasonal viruses. Please be conscious of your personal health and safety and take steps to protect yourself and others from illness, especially our little ones.

I encourage you all to take the time to review this guide and take advantage of the services offered to the community, learn a new hobby, or help those in need this winter. I wish you all a wonderful holiday season with your loved ones, and I look forward to seeing you all in the new year!

Until next time, stay safe, stay healthy, and enjoy!

Nia:wen,

Chief Mark B. Hill, Six Nations of the Grand River

Members of the 58th Elected Council

Elected Chief Mark B. Hill Audrey Powless-Bomberry Hazel Johnson Helen Miller Kerry Bomberry Melba Thomas Michelle Bomberry Nathan Wright Sherri-Lyn Hill

Council Departments

CENTRAL ADMINISTRATION I 1695 Chiefswood Road, Ohsweken I 519-445-2201
FIRE & EMERGENCY SERVICES I 17 Veterans Lane, Ohsweken I 519-445-4054
HEALTH SERVICES I 1745 Chiefswood Road, Ohsweken I 519-445-2418
HOUSING I 67 Bicentennial Trail, Ohsweken I 519-445-2235
LANDS & MEMBERSHIP I 67 Bicentennial Trail, Ohsweken I 519-445-4613
PARKS & RECREATION I 1738 Fourth Line, Ohsweken I 519-445-4311
PUBLIC WORKS I 1953 Fourth Line, Ohsweken I 519-445-4242
SIX NATIONS GRAND RIVER ONTARIO WORKS I 12 Sunrise Court, Ohsweken I 519-445-0232

TABLE OF CONTENTS

Winter 2023 Program Calendars

January		4
February		6
March		8
April	1	10
Community & Annual Events		12
Workshops & Cooking Classes	1	13
Support Groups	1	16
Getting Active & Movement		17
Community & Outdoor Activities		20
Adult Day Centre Health Services	· · · · · · · · · · · · · · · · · · ·	22
Six Nations Mobile Crisis Services		24
Six Nations Prenatal/Postnatal Dietitian		25
Building Emotional Resilience Program		26
Six Nations Health Services Community Die	etitian	32
Addictions Outreach Program		33
Crisis Hotlines	· · · · · · · · · · · · · · · · · · ·	43

January 2023 Programs

MONDAY	TUESDAY	WEDNESDAY
• Our Beading Hearts	3	Grief Recovery Program Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
Ohahase Day Program LunchFIT Let's Get Moving Morning Spark Second Wind	 Meal Prep Made Simple Sit To Be Fit Chair Yoga Haudenosaunee Language Meet 	 Feeding Your Baby Ohahase Day Program Grief Recovery Program Morning Spark Winter Wellness Walks Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
 Ohahase Day Program 55+ Craft Group LunchFIT Let's Get Moving Morning Spark Second Wind Our Beading Hearts 	• Building Emotional Resilience • Sit To Be Fit • Chair Yoga • Haudenosaunee Language Meet	 Health Card Renewal Feeding Your Baby Ohahase Day Program Grief Recovery Program Morning Spark Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
Ohahase Day Program LunchFIT Let's Get Moving Morning Spark Second Wind Morning Spark Let's Get Moving LunchFIT S5+ Craft Group Magic Machines Book Club	• Plant Based Eating • Building Emotional Resilience • Sit To Be Fit • Chair Yoga • Chair Yoga • Sit To Be Fit • Building Emotional Resilience 31	 Feeding Your Baby Ohahase Day Program Morning Spark Winter Wellness Walks Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club

Legend:

- Community Events
- Workshops & Cooking Classes
- Support Groups

- Getting Active/Movement
- Community & Outdoor Activities

THURSDAY	FRIDAY	SATURDAY/SUNDAY
		New Years Day 1
 Tentewata:ton Market Cooking Haudenosaunee Language Meet 	6	Saturday Matinee Saturday Matinee Saturday Matinee 8
 Introduction to Baking Wellbriety Program LunchFIT Second Wind Haudenosaunee Language Meet 	• Let's Get Moving	14
 Making Sweet & Savory Pies Wellbriety Program LunchFIT Second Wind 6N Film Club Haudenosaunee Language Meet 	• Relapse Prevention Program • Let's Get Moving • Share Your Garden	21
 Wellbriety Program Breastfeeding Social Group LunchFIT Second Wind 	 PA Day Family Drop-in Relapse Prevention Program Let's Get Moving 	28

February 2023 Programs

MONDAY	TUESDAY	WEDNESDAY
		 Feeding Your Baby Healthy Habits Ohahase Day Program Morning Spark Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
 Ohahase Day Program LunchFIT Let's Get Moving Morning Spark Second Wind Our Beading Hearts 	 Building Emotional Resilience Sit To Be Fit Chair Yoga Haudenosaunee Language Meet 	 Healthy Habits Ohahase Day Program Morning Spark Winter Wellness Walks Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
 Ohahase Day Program 55+ Craft Group LunchFIT Let's Get Moving Morning Spark Second Wind 	 14 Valentine's Day Meal Prep Made Simple Building Emotional Resilience Sit To Be Fit Chair Yoga Haudenosaunee Language Meet 	 Health Card Renewal Healthy Habits Ohahase Day Program Morning Spark Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
20 Family Day	Cooking for Balanced Blood Sugars Sit To Be Fit Chair Yoga Haudenosaunee Language Meet	• Healthy Habits • Gardening Workshop Series • Safe Food Handling • Ohahase Day Program • Morning Spark • Winter Wellness Walks • Tentewata:ton Community Market • Onondaga Lang Study Circle • Silent Book Club
 Ohahase Day Program 55+ Craft Group LunchFIT Let's Get Moving Morning Spark Second Wind Magic Machines Book Club 	Plant Based EatingSit To Be FitChair Yoga	

Legend:

- **Community Events**
- Workshops & Cooking Classes
 - - Community & Outdoor Activities

Getting Active/Movement

Support Groups

THURSDAY	FRIDAY	SATURDAY/SUNDAY
Tentewata:ton Market Cooking Wellbriety Program LunchFIT Second Wind Haudenosaunee Language Meet	Relapse Prevention Program Let's Get Moving	5
Wellbriety Program LunchFIT Second Wind Haudenosaunee Language Meet	• Relapse Prevention Program • Let's Get Moving	• Saturday Matinee
• Wellbriety Program • LunchFIT • Second Wind • 6N Film Club • Haudenosaunee Language Meet	 Relapse Prevention Program Let's Get Moving Share Your Garden 	18 • Saturday Matinee
Wellbriety Program Breastfeeding Social Group LunchFIT Second Wind	• Relapse Prevention Program • Let's Get Moving	25

March 2023 Programs

MONDAY	TUESDAY	WEDNESDAY
		Winter Art Show Healthy Habits Ohahase Day Program Morning Spark Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
 March Break Language Activity Kits Ohahase Day Program Let's Get Moving Morning Spark Second Wind MuscleFIT Our Beading Hearts 	 March Break Language Activity Kits Meals in a Jar Sit To Be Fit Mommy Boot Camp Beginner Vinyasa Yoga Haudenosaunee Language Meet 	March Break Language Activity Kits Healthy Habits Intl Women's Day Lunch & Learn Ohahase Day Program Morning Spark Winter Wellness Walks Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
 March Break Language Activity Kits Ohahase Day Program 55+ Craft Group Let's Get Moving Second Wind MuscleFIT 	 March Break Language Activity Kits Meal Prep Made Simple Sit To Be Fit Mommy Boot Camp Beginner Vinyasa Yoga Haudenosaunee Language Meet 	Health Card Renewal March Break Language Activity Kits Ohahase Day Program Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
Let's Get Moving Second Wind MuscleFIT Our Beading Hearts	Sit To Be Fit Mommy Boot Camp Beginner Vinyasa Yoga Haudenosaunee Language Meet	Safe Food Handling Winter Wellness Walks Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
• 55+ Craft Group • Let's Get Moving • Morning Spark • Second Wind • MuscleFIT • Magic Machines Book Club	 Plant Based Eating Sit To Be Fit Mommy Boot Camp Beginner Vinyasa Yoga 	 Gardening Workshop Series Morning Spark Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club

Legend:

- Community Events
- Workshops & Cooking Classes 🌘
- Getting Active/MovementCommunity & Outdoor Activities

Support Groups

THURSDAY	FRIDAY	SATURDAY/SUNDAY
Tentewata:ton Market Cooking Wellbriety Program Second Wind Haudenosaunee Language Meet	Relapse Prevention ProgramLet's Get Moving	5
 March Break Language Activity Kits Wellbriety Program Second Wind Haudenosaunee Language Meet 	 March Break Language Activity Kits Relapse Prevention Program Let's Get Moving 	• Saturday Matinee
 March Break Language Activity Kits Wellbriety Program Second Wind 6N Film Club Haudenosaunee Language Meet 	March Break Language Activity Kits Let's Get Moving Share Your Garden	18 • Saturday Matinee
• Breastfeeding Social Group • Second Wind	• Let's Get Moving	25
30 • Second Wind	• Let's Get Moving	

April 2023 Programs

MONDAY	TUESDAY	WEDNESDAY
 55+ Craft Group Let's Get Moving Morning Spark Second Wind MuscleFIT Our Beading Hearts 	Sit To Be Fit Mommy Boot Camp Beginner Vinyasa Yoga Haudenosaunee Language Meet	 Morning Spark Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
10 Easter Monday	 Meal Prep Made Simple Sit To Be Fit Beginner Vinyasa Yoga Haudenosaunee Language Meet 	Morning Spark Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
 How You Eat: Intuitive Eating 55+ Craft Group Let's Get Moving Morning Spark Second Wind MuscleFIT Our Beading Hearts 	18Sit To Be FitHaudenosaunee Language Meet	 Health Card Renewal Morning Spark Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club
 How You Eat: Intuitive Eating Let's Get Moving Morning Spark Second Wind Magic Machines Book Club 	• Plant Based Eating • Sit To Be Fit	 Safe Food Handling Gardening Workshop Series Morning Spark Tentewata:ton Community Market Onondaga Lang Study Circle Silent Book Club

Legend:

- Community Events
- Workshops & Cooking Classes
- Getting Active/MovementCommunity & Outdoor Activities

Support Groups

THURSDAY	FRIDAY	SATURDAY/SUNDAY
		1
		2
Tentewata:ton Market Cooking Second Wind Haudenosaunee Language Meet	7 Good Friday	8 • Saturday Matinee
42	44	9
Second WindHaudenosaunee Language Meet	• Let's Get Moving	• Saturday Matinee
		16
• Second Wind • 6N Film Club • Haudenosaunee Language Meet	• Let's Get Moving • Share Your Garden	• Earth Day
		23
• Breastfeeding Social Group • Second Wind	28	29
		30

COMMUNITY & ANNUAL EVENTS

Health Card Renewal - OHIP (Health Administration)

Service Ontario visits White Pines Wellness Center every third [3rd] Wednesday of the month to provide/ assist Six Nations Community members with renewing their Health Cards. All Ages.

Dates: Every third (3rd) Wednesday **Time:** 10:00am - 3:00pm

Location: White Pines Wellness Centre (1st floor)

Contact to Register: Darian Churchill | 519) 445-2418 or HSRT@sixnations.ca

Earth Day

Show us how you care for Mother Earth and all our relations by sharing with SNPL an image, a video or a story. Ideas: do a clean up, recycle, reduce your waste, measure your plastic waste or even borrow from the library. All entries will be entered into a draw and shared on social media in order to promote care and love for all of our relatives. All Ages.

Time: 5:00pm Dates: Saturday, April 22, 2023

Location: Six Nations Public Library

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

March Break Language Activity Kits

Pick up your March Break Language Activity Kit to take home with you. Choose between Mohawk or Cayuga. While supplies last. Register by March 6, 2023.

Dates: Monday-Friday, March 6-17, 2023 **Time:** Library Hours

Location: Six Nations Public Library

Contact to Register: Six Nations Public Library | 519] 445-2954 or info@snpl.ca

PA Day Family Drop-in

Come to the library to participate in fun and interesting activities at the library. Families with children.

Registration starts January 9, 2023.

Dates: Friday, January 27, 2023 **Time:** 10:00am - 3:00pm

Location: Six Nations Public Library (upstairs)

Contact to Register: Six Nations Public Library | 519) 445-2954 or info@snpl.ca

Winter Art Show

Art Show! The theme is community. Your choice of artistic medium. Entries accepted until March 1, 2023. All entries will be entered into a prize draw and will be displayed virtually and in the library. All Ages.

Dates: Submit between January 9 and March 1, 2023

Location: Six Nations Public Library

Contact: Six Nations Public Library | 519] 445-2954 or info@snpl.ca

Nutrition Month Night Market: Gathering Traditional Food Knowledge & Celebrating Food Supports Within the Community

Come out and connect with food with your community alongside the Tentewatá:ton Dedwadado' Community Market. All Ages. Contact if transportation is needed.

Dates: Wednesday, March 2023 [TBD] **Time:** 5:00pm - 8:00pm

Location: TBD

Contact to Register: Six Nations Health Services | [519] 732-8537 or araynak@sixnations.ca

WORKSHOPS & COOKING CLASSES

Tentewatá:ton Dedwadado' Market Cooking

Please join us the first Thursday of the month for Tentewatá:ton Dędwadado Market Cooking. We will learn how to make nutritious and delicious meals using seasonal ingredients. Participants will receive a \$10.00 market voucher for the Community Market. **Ages: 15+. Registration starts December 12, 2021.**

Dates: Thursdays: January 5, February 2, March 2, April 6, 2023

Location: White Pines Wellness Centre Kitchen **Time:** 4:30 - 6:30pm

Contact: Community Health & Wellness | Jordyn Johnson (519) 445-2226 or dsinasac@sixnations.ca

Meal Prep Made Simple Cooking Classes

Join us in a meal prepping class where we plan and make meals that you can have ready in no time on busy days. **All Ages. Registration starts January 1, 2023.**

Dates: Tuesdays: January 10, February 14, March 14 & April 11, 2023

Location: White Pines Wellness Centre **Time:** 1:00pm - 2:00pm

Contact: Community Health & Wellness | [519] 761-0013 or britneyrogerson@sixnations.ca

Feeding Your Baby

Feeding your baby classes are designed to help parents/caregivers transition your 6 months (or older) baby to starting solids. Learn to prepare foods for your baby that are nutritious. safe and cost effective. All food and supplies will be provided during this 4 week program. **Ages: Families, new mothers.**

Dates: Wednesdays: January 11 - February 1, 2023

Location: Family Gatherings **Time:** 10:00am - 12:00pm

Contact: Community Health & Wellness | [519] 761-0013 or britneyrogerson@sixnations.ca

Introduction to Baking *NEW*

Come out and learn the basics concepts, skills and techniques of baking with your little one. Emphasis will be placed on utilizing various whole grains in our items. **Ages: 4-8 year old with a parent or caregiver. Registration starts December 5, 2022. Contact if transportation is needed.**

Dates: Thursday, January 12, 2023

Location: White Pines Wellness Centre Kitchen **Time:** 5:00pm - 7:00pm

Contact: Child & Youth Health | (519) 750-3370 or kfarmer@sixnations.ca

Plant Based Eating

Learn how to prepare vegetarian and vegan meals that are nutritious and satisfying. All ingredients are provided. This class is appropriate for anyone wanting to include more plants on their plate. **Ages:** Adults 18+. Contact if transportation is needed.

Dates: Tuesdays: January 24, February 28, March 28 & April 25, 2023

Location: White Pines Wellness Centre **Time:** 5:00pm - 6:30pm

Contact: Community Health & Wellness | [519] 754-7405 or dietitian@sixnations.ca

WORKSHOPS & COOKING CLASSES

Making Sweet & Savory Pies *NEW*

Lets learn the necessary skills to make a pie crust and filling for both a sweet and a savory pie. After we make the items we will enjoy our recipes together as a group! **Ages: 14-18. Registrations starts January 9, 2023. Contact if transportation is needed.**

Date: Thursday, January 19, 2023

Location: White Pines Wellness Centre **Time:** 5:00pm - 7:00pm

Contact: Child & Youth Health | Kyleigh Farmer: [519] 750-3370 or kfarmer@sixnations.ca

Healthy Habits *NEW*

Healthy Habits is a healthy lifestyle program, designed to teach its participants food handling and cooking skills, food knowledge and introduce physical activity. During each session over 6 weeks, we will participate in physical activity, cook, share a meal, and learn together. **Ages: Adults 18+. Registrations starts January 16, 2023.**

Date: Wednesdays: February 1 - March 8, 2023

Location: White Pines Wellness Centre (Kitchen & Boardroom) **Time:** 4:00pm - 7:00pm

Contact: Community Health & Wellness | Kaya Hill hpcfa2@sixnations.ca

Meals in a Jar *NEW*

Lets learn how to utilize pantry staples to make a meal in a jar for your family as well as a family in need. This program will teach on meal planning and how to effectively budget for food this winter season! **Ages: Families. Registration starts January 16, 2023.**

Dates: Tuesday, February 7, 2023

Location: White Pines Wellness Centre (Kitchen & Boardroom) **Time:** 5:00pm - 7:00pm

Contact: Child & Youth Health | Kyleigh Farmer: [519] 750-3370 or kfarmer@sixnations.ca

Cooking for Balanced Blood Sugars

Join us in this diabetes-focused cooking class where we will be preparing a meal together and learning about how different foods impact our blood sugars. **Ages: 18+/People with diabetes. Contact if transportation is needed.**

Dates: Tuesday, February 21, 2023

Location: White Pines Wellness Centre **Time:** 4:30pm - 6:00pm

Contact: Community Health and Wellness & Diabetes Wellness Program | [519] 445-2226

Safe Food Handling

This free certification course is open to all Six Nations Community Members! Learn general principals of safe food handling. Topics include: Temperature Control, Cross-Contamination, Personal Hygiene, Cleaning and Sanitizing. Certification expires in 5 years. Please bring paper and pen to take notes.

Ages: 18+. Registration starts January 11, 2023.

Dates: Wednesdays: February 22, March 22 & April 26, 2023

Location: Six Nations Parks and Recreation Conference Room [1748 4th Line]

Time: 8:30am - 5:00pm

Contact: Community Health & Wellness | [519] 445-2809 or michellejamieson@sixnations.ca

WORKSHOPS & COOKING CLASSES

How You Eat: Intuitive Eating Group *NEW*

Join us for a 5-week group where we help you better understand your eating behaviours, strengthen your relationship with food, and learn how to trust yourself around food so that you can enjoy your favourite foods again. Learning materials and a traditional meal is provided. **Ages: Adults 18+. Contact if transportation is needed.**

Dates: Mondays: April 17, & 24, May 1, 8 & 15, 2023

Location: White Pines Wellness Centre

Time: 5:00pm - 6:30pm

Contact: Community Health & Wellness | [519] 754-7405 or dietitian@sixnations.ca

Gardening Workshop Series by Mother Bear's Garden *NEW* *VIRTUAL*

Join this 3-part garden workshop series with Lucas Smith from Mother Bear's Garden. We'll learn how to plan our garden crops, how and when to start seeds for the planting season, and some early care tips for starting your garden in the spring. Participants must register for all 3 parts of this workshop series. All Ages. Registration starts February 1, 2023.

Dates: Wednesdays: February 22, March 29 & April 26, 2023

Location: February is virtual. March & April are at Mother Bear's Garden

(2211 Seneca Rd, Ohsweken) **Time:** 12:00pm - 1:00pm

Contact: Community Health & Wellness | Kaya Hill hpcfa2@sixnations.ca

International Women's Day Lunch and Learn *NEW* *VIRTUAL*

Do you find it difficult to find credible nutrition information geared towards women? Join Registered Dietitians for a virtual lunch and learn on International Women's Day to uncover topics related to women's health along the lifecycle. Please contact for more information/to register for the webinar and submit any questions beforehand. A prize draw will be conducted at the end of the session. **Ages: Women of all ages. Registration starts January 2, 2023.**

Dates: Wednesday, March 8, 2023

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

Contact: Community Health & Wellness | (519) 761-0013 or britneyrogerson@sixnations.ca

Our Beading Hearts

Beading group. Meet on the first and third Monday of the month to learn how to bead with Shillene Dale, those who already know how to bead are welcome to attend and join in or bring their own projects. **Registration is ongoing.**

Dates: The First and Third Mondays of the Month

Location: TBD **Time:** 6:30pm

Contact for Info: Six Nations Public Library | 519] 445-2954 or info@snpl.ca



SUPPORT GROUPS

Ohahase "New Path" Day Treatment Program

This program is dedicated to helping community members identify underlying issues through self-exploration, leading to substance use/abuse in a culturally relevant and respectful manner.

Ages: Co-ed 18+. Registration starts November 10, 2022.

Dates: Mondays & Wednesdays: January 9 - March 15, 2023

Location: The Crisis Hub (1546 Chiefswood Rd) **Time:** 9:00am-12:00pm

Contact: Mental Health & Addictions | Barry Miller (519) 445-2143 or (519) 717-3467

Wellbriety Program

A Medicine Wheel and 12 Step Program tailored to the needs of individuals in recovery from addictions of any kind. To help create a common ground and to encourage the attention of wellness. **Ages: Co-ed 18+. Registration starts November 10, 2022.**

Dates: Thursdays: January 12 - March 16, 2023

Location: The Crisis Hub (1546 Chiefswood Rd) **Time:** 6:30-8:30pm

Contact: Mental Health & Addictions | Barry Miller (519) 445-2143 or (519) 717-3467

55+ Craft Group

Various Crafts will be taught. All supplies provided. **Ages: Seniors 55+. Registration starts January 5, 2023.**

Dates: Mondays (bi-weekly): January 16 & 30, February 13 & 27, March 13 & 27, April 3 & 17, 2023

Location: 727 Third Line **Time:** 4:00pm - 6:00pm

Contact: Mental Health & Addictions | Tiffany [519] 750-4480 or tiffanyvanevery@sixnations.ca

Building Emotional Resilience Program *NEW*

This program is designed to help individuals learn coping tools and strategies to build emotional maturity and intelligence. Each week, we'll work together to unlearn unhealthy habits, strengthen relationships, and create a balanced, happy lifestyle. **Ages: Adults 18+. Registration starts November 14, 2022. Contact if transportation is needed.**

Dates: Tuesdays: January 17 - February 14, 2023

Location: The Crisis Hub (1546 Chiefswood Rd) **Time:** 9:30am - 12:00pm

Contact: Crisis Hub | Hailey Anderson (226) 446-9902 or mhwc3@sixnations.ca

Relapse Prevention Program "Stay the Course"

A program to help gain awareness of high-risk situations, awareness of cravings and urges. Acquire different techniques to help stop a relapse. Learn to change unhealthy behaviours to healthier ones. Develop confidence and self-esteem through a self-designed plan. **Ages: Co-ed 18+. Registration starts November 10, 2022.**

Dates: Fridays: January 20 - March 10, 2023

Location: The Crisis Hub (1546 Chiefswood Rd) **Time:** 6:30-8:30pm

Contact: Mental Health & Addictions | Barry Miller (519) 445-2143 or (519) 717-3467

SUPPORT GROUPS

Breastfeeding Support Group

All who support breastfeeding are welcome to join, share and support each other. A light lunch/nourishing snack will be provided. **Ages: All who support breastfeeding. Registration starts January 2, 2023.**

Dates: Thursdays: January 26, February 23, March 23 & April 27, 2023

Location: Stoneridge Children's Center **Time:** 12:00pm - 1:00pm

Contact: Child & Youth Health | [519] 445-4922 or sqeorge@sixnations.ca

Grief Recovery Program

The action plan for moving beyond death, divorce and other losses. This group can help to recover from significant emotional loss. Regain happiness and joy. End isolation & self-sabotage. Discover the myths about grief and what was taught to us, growing up. **Ages: Co-ed 18+. Registration starts November 10, 2022.**

Dates: Wednesdays: November 23 - January 18, 2023

Location: The Crisis Hub (1546 Chiefswood Rd) **Time:** 6:30-8:30pm

Contact: Mental Health & Addictions | Barry Miller (519) 445-2143 or (519) 717-3467

GETTING ACTIVE & MOVEMENT

LunchFIT

An 6 week lunch time exercise program for adults to fit into their busy schedules. This is a cardio and strength training class open to individuals of all fitness levels. Drop ins welcome! **Ages: 18+. Registration starts December 20, 2022.**

Dates: Mondays & Thursdays: January 9 - February 27, 2023 [No program Feb 20]

Location: Dajoh Youth & Elders Centre Gym

Time: 12:00pm - 1:00pm

Contact: Community Health & Wellness | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

Let's Get Moving

Total body exercise class for community members wanting to get active and start an exercise program to improve function, strength, range of motion (mobility) and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Seniors 55+. Registration starts December 12, 2022. Transportation is available, please call.**

Dates: Mondays & Fridays: January 9 - April 26, 2023 [No program Feb 20, April 7 & 10]

Location: Dajoh - Cayuga Room

Time: 1:30pm - 2:30pm

Contact: Community Health & Wellness | Julie Villamere (519) 754-5730 or hpk8@sixnations.ca

GETTING ACTIVE & MOVEMENT

Morning Spark *NEW*

This is a morning drop-in program. Participants can arrive at their preferred time to start their routine independently. This program is a combination of walking, jogging and strength training. Participants will walk or jog the perimeter of the gym to develop cardiovascular endurance. Circuit training exercises will be arranged in the middle of the gym to develop strength, balance and body awareness. This program is being offered to community members who would like to stay active, indoors during the winter months. Some equipment will be given out to participants for home use and for sanitation purposes. This equipment is to be brought to each session. **Ages: 18+. Registration starts December 12, 2022.**

Dates: Mondays & Wednesdays: January 9 - April 26, 2023

[No program Feb 20, March 13, 15, 20, 22 & April 10]

Location: Social Services Gym (15 Sunrise Court) **Time:** 7:00am - 9:00am

Contact: Community Health & Wellness | Julie Villamere (519) 754-5730 or hpk8@sixnations.ca

Second Wind

An exercise program for seniors and/or individuals with chronic/life long conditions such as lung disease, COPD, asthma, diabetes, etc. Participants will learn to exercise in a safe environment that promotes a healthy and active lifestyle. Ages: Seniors 55+, people with chronic illnesses. Registration starts December 19, 2022. Transportation is available, please call.

Dates: Mondays & Thursdays: January 9 - April 27, 2023 (No program on Feb 20 or April 10)

Location: Dajoh Youth & Elders Centre **Time:** 10:30am - 11:30am

Contact: Community Health & Wellness | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

Sit To Be Fit

This is an exercise program performed sitting in a chair and is designed to maintain function and total body strength to help prevent falls. This is an excellent next step for community members that have completed the Falls Prevention Program. The program will provide a guided, monitored exercise routine, performed sitting in a chair by an exercise facilitator from the Canadian Alzheimer's Society. Ages: Seniors 55+. Registration starts December 12, 2022. Transportation is available, please call.

Dates: Tuesdays: January 10 - April 25, 2023

Location: Dajoh Youth & Elders Centre - Seneca Room **Time:** 2:00pm - 3:00pm

Contact: Community Health & Wellness | Julie Villamere [519] 754-5730 or hpk8@sixnations.ca

Chair Yoga

An 8 week gentle practice in which yoga poses are adapted to be done utilizing a chair or in a seated position. Participants will learn different breathing techniques and become familiar with the yoga practice. This class will put a focus on pain reduction, joint-freeing movements, and stretching. **Ages:** Seniors 55+. Registration starts December 19, 2022.

Dates: Tuesdays: January 10 - February 28, 2023

Location: Social Services Gym [15 Sunrise Court] **Time:** 10:00am - 11:00am

Contact: Community Health & Wellness | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

GETTING ACTIVE & MOVEMENT

AquaFIT 1 & 2

A great 6 week low impact exercise class in a pool. AquaFIT is great for those with arthritis, recovering from knee surgeries, seniors, and those who are inactive and looking to get active. **Ages: Adults 18+. Registration - Aqua 1: Dec 19, 2022. Aqua 2: Feb 15, 2023. Transportation is available, please call.**

Dates: Fridays: Early January - Mid February (or) Early March - Early April (No class April 7)

Time: 10:45am - 11:45am

Location: Wayne Gretzky Centre, Brantford

Contact: Community Health & Wellness | Baillie Schmitz (226) 387-9284 or hphlc@sixnations.ca

Winter Wellness Walks/Snowshoeing

Join us for a bi-weekly walk on local trails to get out and enjoy the winter weather. Depending on weather some weeks we may be able to walk utilizing snowshoes instead. **Ages: 18+. Registration starts December 26. 2022.**

Dates: Wednedays (bi-weekly): January 11 - March 22, 2023 **Time:** 10:00am - 11:00am

Location: Local Trails - TBD

Contact: Community Health & Wellness | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

MuscleFIT *NEW*

A program focusing on strength based exercises to help participants develop muscular strength and endurance. This class will be an introduction to lifting techniques utilizing weight. Exercises may use dumbbells, weighted bars, and/or kettlebells. Individuals of all fitness levels are welcome. **Ages: 18+. Registrations starts February 27, 2023.**

Dates: Mondays: March 6 - April 17, 2023 (No program April 10)

Location: Dajoh Youth & Elders Centre **Time:** 12:00pm - 1:00pm

Contact: Community Health & Wellness | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

Mommy Boot Camp

A fitness class for pre and post-natal moms of any fitness level looking to get active. Young children [under 2 years of age] and babies are welcome! **Ages: Pre/post-natal moms. Registration starts February 28, 2023.**

Dates: Tuesdays: March 7 - April 4, 2023

Location: Social Services Gym (15 Sunrise Court) **Time:** 10:00am - 11:00am

Contact: Community Health & Wellness | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

Beginner Vinyasa Yoga *NEW*

An introduction to fitness style yoga class which will focus on improving strength and flexibility through a series of both standing, seated, and floor poses while linking breath with movement. Participants must be able to get up from the floor without assistance. Yoga blocks and straps will be provided. **Ages: 18+. Registration starts February 21, 2023.**

Dates: Tuesdays: March 7 - April 11, 2023

Location: TBD **Time:** 4:30pm - 6:00pm

Contact: Community Health & Wellness | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

COMMUNITY & OUTDOOR ACTIVITIES

Tentewatá:ton Dedwadado' Community Market

The weekly Market offers fresh fruit & vegetables to the community. All Ages.

Dates: Wednesdays (Closed December 21 - January 4 for winter holidays)

Location: Social Services Gym (15 Sunrise Court) **Time:** 1:00pm - 5:00pm

Contact: Community Health & Wellness | Grace Hess (519) 750-4908 or gracehess@sixnations.ca

6N Film Club *NEW*

Exploring the films of various genres and filmmakers. Anyone can drop-in. Register to receive updates from the 6N Film Club. **Ages: 18+. Registration is ongoing.**

Dates: Every third Thursday

Location: Dajoh Youth & Elders Centre **Time:** 6:00pm - 8:30pm

Contact for Info: Six Nations Public Library | [519] 445-2954 or info@snpl.ca

Community Art Journal

Borrow the Library's Community Art Journal and complete 1- 4 pages at a time with your art. Use writing, drawings, painting, mixed media etc... Complete in the library or take home and borrow it. This book is available at the library and once full and complete it will be made available for borrowing and display. **All Ages.**

Dates: Ongoing

Location: Six Nations Public Library **Time:** N/A

Contact for Info: Six Nations Public Library | 519] 445-2954 or info@snpl.ca

Dial-A-Story

To listen to a story call Dial-a-Story at 519-900-0908. Suitable for all ages. A mix of stories for adults, youth and children. Available 24/7. Contact the library for more information about becoming a reader for Dial-a-Story or about how your organization can utilize Dial-a-Story. **All Ages.**

Dates: Ongoing

Location: Phone Required to Access **Time:** 24/7

Contact for Info: Six Nations Public Library | 519] 445-2954 or info@snpl.ca

Haudenosaunee Language Meet *VIRTUAL*

A Zoom meeting space for language speakers and learners to use as they choose. Network, socialize, share or practice. Those in attendance choose how to use the space. Participants from all over Haudenosaunee territory and beyond are welcome to join in. Please contact the library if you are interested in being a volunteer facilitator. **All Ages. Registration is ongoing.**

Dates: First, Second and Third Tuesdays and Thursdays of the Month

Location: Zoom **Time:** 7:00pm

Contact for Info: Six Nations Public Library | [519] 445-2954 or info@snpl.ca

COMMUNITY & OUTDOOR ACTIVITIES

Magic Machines Book Club

Borrow and read with a Kobo eReader for free. Read or listen with KoboPlus and your library card. We can show you how. Meet monthly to discuss our chosen books. EReaders are excellent for many types of readers. Readers who don't have access to the internet can use the library's Kobo eReaders! **Ages:** Adults. Registration is ongoing.

Dates: Last Monday of the Month

Location: Six Nations Public Library Boardroom **Time:** 5:00pm

Contact for Info: Six Nations Public Library | 519) 445-2954 or info@snpl.ca

Onondaga Language Study Circle

The circle is a study space for Onondaga language learners. Guest speakers are invited but there will not be an official language instructor. The collective goal of the circle is to help one another become speakers and effective learners. **Ages: Adults. Registration is ongoing.**

Dates: Wednesdays

Location: Six Nations Public Library **Time:** 5:30pm

Contact for Info: Six Nations Public Library | 519) 445-2954 or info@snpl.ca

Silent Book Club

Meet in the library boardroom. First 5 minutes, approximately, share what you are reading, drink hot chocolate, read and in the last 5 minutes share on your chosen book or continue reading. This is a relaxed environment for reading. High school volunteer hours are available for submitting a book review.

Dates: Wednesdays

Location: Six Nations Public Library **Time:** 6:30pm

Contact for Info: Six Nations Public Library | 519) 445-2954 or info@snpl.ca

Saturday Matinee

Our Matinee series is a licensed showing of classic, new releases or National Film Board films that are family friendly. Movies are shown on the 3rd and 4th Saturdays of the month September-April. Bring Your Own Popcorn! Requests for specific movies are welcome. **All Ages.**

Dates: The Second and Third Saturdays of the Month

Location: Six Nations Public Library Boardroom **Time:** 1:00pm

Contact for Info: Six Nations Public Library | 519] 445-2954 or info@snpl.ca

Share Your Garden

Meet once a month at various locations or on Zoom. Discuss, share and learn about gardening and help to encourage gardening and growing within the community. **Registration is ongoing.**

Dates: Every Third Friday of the Month

Location: Various Locations and/or Zoom **Time:** TBD

Contact for Info: Six Nations Public Library | 519) 445-2954 or info@snpl.ca

Adult Day Centre Health Services Home & Community Care Program

Location:

White Pines Wellness Centre - Adult Day 1st Floor (1745 Chiefswood Rd.)

- Non-Dementia Client Programming Days: Tuesday-Wednesday, 10am-2:30pm
- **Dementia Client Programming Days (Precious Minds):** Mondays & Thursdays, 11am-3pm

The Six Nations Adult Day Centre is a community-based day program. Which provides supervised activities in a group setting for seniors/adults 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. The Centre assists individuals to gain a sense of achievement and improve their overall Wellness through the provision of meaningful social, recreational and therapeutic activities in a friendly, caring and safe environment.

Those Eligible:

- Adults with Various Physical Disabilities
- Frail Elderly
- · Those in Early Stages of Dementia
- Caregiver Respite

Services Provided:

- Respite Supervision
- Lunch
- Social/Recreational Programs
- Senior-geared exercise
- Client advocacy/Referrals

Precious Minds:

- For dementia specific clients only
- Available for dementia clients between the stages of 1 to 4, as per the Alzheimer stages
- Thursdays 11am-3pm

Referral Process:

• Call the Home & Community Care Case Management Office at (519) 445-0077.

Due to COVID-19 Guidelines, client space is limited. Programming subject to change as per COVID-19 Safety Guidelines.

For more information please call: [519] 445-1867



Six Nations Home and Community Care Program Community Support Services

Address: P.O. Box 211 Ohsweken, Ontario, Canada NOA1MO

Location: 29 Cao Lane @ the Jay Silverheels Complex

Office Hours: Monday to Friday 8:30pm -4:30pm

Phone: [519] 445-4055 | **Fax:** [519] 445-4599

The Six Nations Community Support Services offers many different services to seniors [65+] and disabled persons who are residents and registered band members of the Six Nations of the Grand River. The objective of the program is to assist the frail and elderly persons and limited services to those less than 65 years of age who have physically disabling conditions, but still living in their own homes.

The following is a list of services offered: [some services may have a minimal monetary fee]

Meals on Wheels: Delivery of a hot nutritious meal to the clients homes five [5] days per week.

Transportation: Every Monday and Friday there is group transportation (van) to local centres for the purpose of shopping and banking.

Home Maintenance & Repairs: Provide general home maintenance and repairs.

Home Help: Workers assist with light housekeeping.

Friendly Visiting: Workers will visit seniors while in their homes to keep them socially involved in community events and news.

Security (Telephone Reassurance): Workers will make regular telephone contact to seniors in their homes.

Diners Club (Silver Fox): Recreational and social group activities are offered every Tuesday and Thursday at a setting location. Transportation and meal are provided.

If you do not receive any of the listed above services, you will need an assessment done by a Case Manager.

For more information regarding these services, please call [519] 445-0077.







Six Nations Mobile Crisis Services

is proud to announce we are now offering

Texting & Live Chat

Six Nations Mobile Crisis Services is now offering new ways to connect for Crisis Support.

We will continue to provide service through our

telephone line 24/7
519-445-2204 or 866-445-2204

To text us please contact

Text: 226-777-9480



Available on weekdays from 8:30am - 4:00pm

The Live Chat feature will be available on the

Six Nations COVID 19 website:

https://www.sixnationscovid19.ca/

Available on weekdays from 8:30am - 4:00pm



SIX NATIONS PRENATAL/POSTNATAL DIETITIAN

"Improved health of mothers and infants"

What is it?

The Prenatal Dietitian supports mothers with making wise decisions during pregnancy and motherhood.

It is available to pregnant, breastfeeding & nonbreastfeeding moms, infants, and supporting family and friends.

On your first visit, you get a nutritious food basket!



See a Registered Dietitian for:

- Prenatal nutrition
- Diet assessments
- Nutrition education
- Food baskets
- Completing ODSP forms
- · Help with cooking, baby food making, etc.
- Referring moms as needed

"Working with Britney for the past year has been awesome. She is kind and always helpful. She takes the time to explain everything to me" "Britney's services were truly amazing... She helped me have a healthy pregnancy and is now supporting healthy eating for my 8 month old baby"

Call **519-761-0013** today to book an appointment or email **britneyrogerson@sixnations.ca** to see how we can help you and your baby!

Building Emotional Resilience Program



Description: To help individuals learn coping tools and strategies to build emotional maturity and intelligence. Each week, we'll work together to unlearn unhealthy habits, strengthen relationships, and create a balanced, happy lifestyle.

Dates: Every Tuesday from 10:00AM - 12:00PM starting

January 17th, 2023

Location: Crisis Hub @ 1546 Chiefswood Road

Requirements: Adults 18+

To Register Call: (226) 446-9902



THE SIX NATIONS COMMUNITY HEALTH SURVEY

What is it?

 The Six Nations Community Health Survey is a survey covering a wide range of topics that impact community health.

Benefits to Six Nations

- Identify health priorities
- Evaluate our programs & services
- · Advocate for funding
- Better meet the needs of our community members in achieving and maintaining wellness



Look for updates in the Spring Leisure Guide!

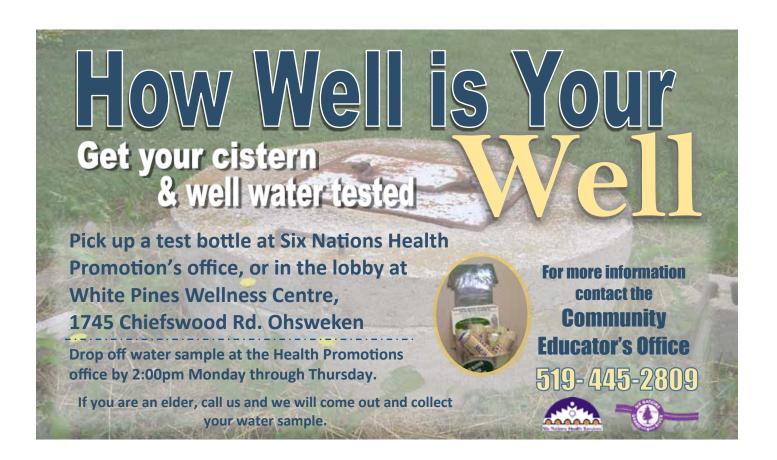


If you'd like more information, please contact

Community Health Survey

Community Engagement Coordinator

Jane Cavan Henhawk chwec@sixnations.ca



Six Nations and **New Credit Surgical Outreach**

Toronto Humane Society joined our partner, Grand River Veterinary Hospital, for our fourth outreach trip of 2022. Here's a summary our impact.

Dog Spay and Neuter Surgeries

34 dogs were spayed, and 22 dogs were neutered. All dogs also received a physical exam, and vaccinations. heartworm, flea & tick prevention, and heartworm & tick disease testing if needed.



Cat Spay and Neuter Surgeries

36 cats were spayed, and 20 cats were neutered. All cats also received a physical exam, and vaccinations, heartworm, flea & tick prevention if needed.



Of Dogs Tested Positive for Heartworm

Difficult and expensive to treat, prevention is essential in areas where heartworm is common.



Of Dogs Tested Positive for Exposure to Lyme Disease

Ticks carrying Lyme disease can infect humans and dogs. Prevention is key.



Animal Microchips

were given. Microchips are small implants that help lost pets find their way back home.

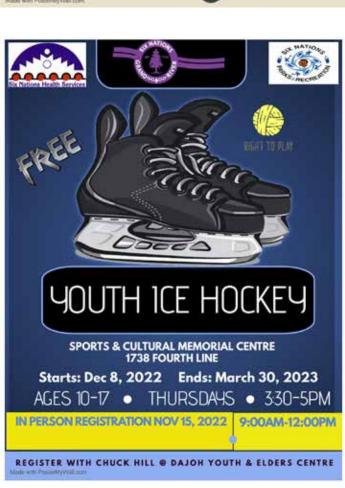


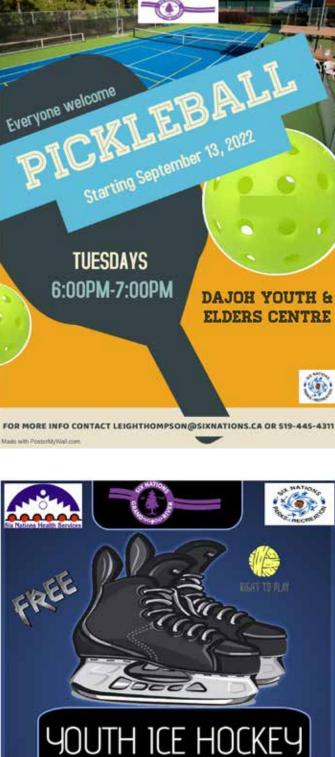














STARTS OCTOBER 15, 2022 FREE All AGES

PUBLIC SKATE

Mondays & Weds & Thurs

12pm-12:50pm

SATURDAYS 7PM-8:20PM

1738 FOURTH LINE Six Nations Sports & Cultural Memorial Centre Formerly known as Gaylord Powless Arena / GPA



For more info contact Chenhawk@sixnations.ca

SOUP FOR SENIORS

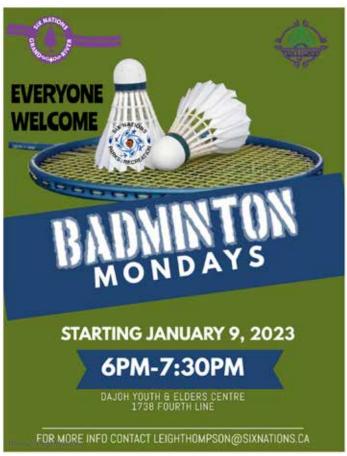
Free for our community elders and seniors (age 55+)

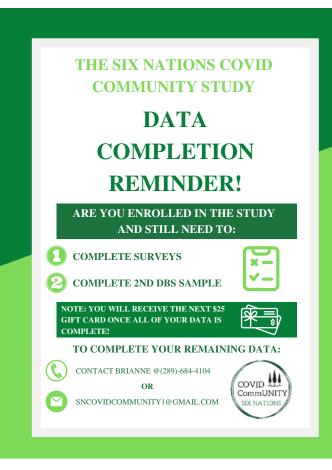
OPEN 11 AM UNTIL SOUP IS GONE!



White Pines Wellness Center
(1745 Chiefswood Rd, Ohsweken)
Adult Day Center
Drive-Thru Only
Every Tuesday









COMMUNITY DIETITIAN

Turkey and Wild Rice Soup

Ingredients

- 2 Carrots, Chopped
- 2 Celery Stalks, Chopped
- 1 Medium Onion, Chopped
- 2 Garlic Cloves, Minced
- 1 C. Wild Rice, Uncooked
- 1 Tsp. Dried Thyme
- 1 Bay Leaf
- 6 1/2 C. Reduced Sodium Vegetable Broth
- 2 C. Turkey Breast, Cooked & Shredded or Cubec
- Salt & Pepper to Taste

Directions

- 1. Place the carrots, celery, onion and garlic into a large stock pot along with 1/2 c. of the broth.
- 2. Sauté over medium heat for about 10 minutes or until the onion is translucent and the vegetables are tender.
- 3. Add in the rest of the broth, along with the wild rice, thyme, and bay leaf. Bring the pot to a boil.
- 4. Cover the pot, reduce the heat to medium-low and cook for 25-30 minutes.
- 5. When the rice is tender, add in the turkey, Cook for 15-20 minutes.
- 6. Remove the bay leaf and season with salt and pepper.

What Does a Registered Dietitian Do?

- Support you in creating and acheiving 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 enourage 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!





Addictions Outreach Program

Who we are

Our goal is to educate community members on substance use and reduce barriers by providing outreach services to people who are not able to access our services.

The Addictions Outreach Team is made up of an Addictions
Outreach Worker, two Cannabis Education Workers and a
Coordinator.

What we do

We offer workshops and programming on the following topics:

- Overdose Response & Naloxone Training
- Harm Reduction and Anti-Stigma
- Drug Paraphernalia Training
- Cannabis/Vaping and Effects
- General Substance Use Training
- Much More!

Contact Information

For more information or to book a workshop please call or text Eve at 548-328-2038 or email sndrugstrategy@sixnations.ca



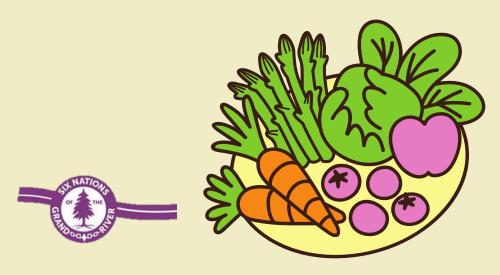




TENTEWATÁ:TON DĘDWADADO'

COMMUNITY MARKET EVERY WEDNESDAY 1 - 5 PM

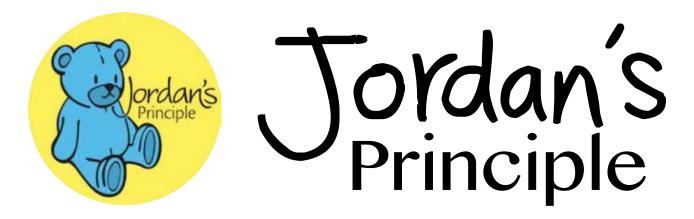
SN SOCIAL SERVICES GYM 15 SUNRISE CRT, SIDE ENTRANCE





For more information call 519-445-2809.

Winter 2023 Updates



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.
- The goal of Jordan's Principle is to meet the needs of First Nations children and youth as well as to fill any service gaps.

Updates

- Jordan's Principle has funded a variety of supports and services for our children and families. If your child(ren) has an unmet need, is experiencing hardship or is experiencing a service gap, please reach out to one of our navigators who will be able to assist you with a request or a referral to local supports.
- Remember to say Jordan's name when referring to Jordan's Principle to pay respect to his life and legacy.
- Please be advised that there is a large volume of requests submitted in the On-tario region. Files are reviewed in the order that they are received, unless the request is urgent or time-sensitive. Urgent requests are defined as "Child re-quires urgent assistance, is in palliative care, or a risk of irremediable harm is reasonably foreseeable."
- The Child and Youth Health office is now open and accepting walk-ins. Office is located at the White Pines Wellness Center at 1745 Chiefswood Road, Ohsweken

What can be covered?

- Medical Equipment
- Assessments
- Therapies
- Assistive Devices
- Tutoring
- Emergency Supports
- Respite
- Recreation
- NIHB Denied Services & Much More!

Six Nations Jordan's Principle Contacts

To inquire about a possible Jordan's Principle application please contact the Child and Youth Health Office at 519-445-4983

You may also call the Jordan's Principle hotline directly at 1-855-JP-CHILD (1-855-572-4453) or visit www.canada.ca/jordans-principle



PARTICIPATORY PHOTOVOICE PROJECT SIX NATIONS ADULTS 50+

SHARE YOUR STORIES ABOUT FOOD

Take photos with provided cameras (1-3 hours) and participate in an interview (1 hour) to share photos and stories about food in our territory.

You will receive a \$50 gift card for your time and participation.

This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Board and the Six Nations Council Research Ethics Committee.











CONTACT

Kaya Hill (Community Research Assistant) kaya.hill@uwaterloo.ca Hannah Neufeld (University of Waterloo Assistant Professor) hannah.neufeld@uwaterloo.ca



CURRENT HOURS OF OPERATION MONDAY - FRIDAY 8:30AM - 4:30PM

PHONE: 519-445-4818



MAKE AN APPOINTMENT TODAY WITH YOUR DIABETES WELLNESS TEAM!

Foot Care

- Treating many foot care complications that can be associated with diabetes: Nail care, wound prevention, corn and callus removal, treatment of ingrown nails, minor surgery, diabetes education, vascular and neurological assessment, treating and preventing infection.
- Chiropodist: Specialist educated exclusively in the assessment and treatment of the foot.
- Foot Care Nurse: Registered Practical Nurse with additional education in basic and advanced foot care.

Registered Nurse

- Provides diabetes and nutrition education, health coaching, and goal setting to support you you on your wellness journey.
- Offering virtual and in-person visits.

Registered Dietitian

- Provides diabetes and nutrition education, health coaching, and goal setting to support you you on your wellness journey.
- Offering virtual and in-person visits.

WE ARE HERE TO SUPPORT YOU!

Contact us to make an appointment!

519-445-2226

ecr Heli



Please share

this flyer with

friends &

relatives!

Make an appointment with library staff if you would like an introduction into technology. Let us know what you want to learn.

Some ideas:

- Learn how to use email, social media and other websites.
- Learn how to use eReaders, tablets, computers.
- Learn how to use library computers.
- Bring your own devices for best results.



Call to make an appointment: 519-445-2954





places clean &

disinfected. Keep

washing your hands.



public health advice & social distancing.



touch your face.



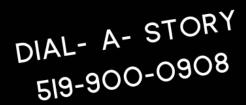
Emergency situations call 911.



etiquette. Cough and sneeze into your elbow or a tissue. Throw tissue into garbage and wash your hands.









CALL ANYTIME FO HEAR A STORY!

Dial-A-Story is the library's prerecorded phone line for library story sharing! Updated and changed regularly.

Hear children's stories, traditional knowledge, local history and our languages all read and shared by community members.





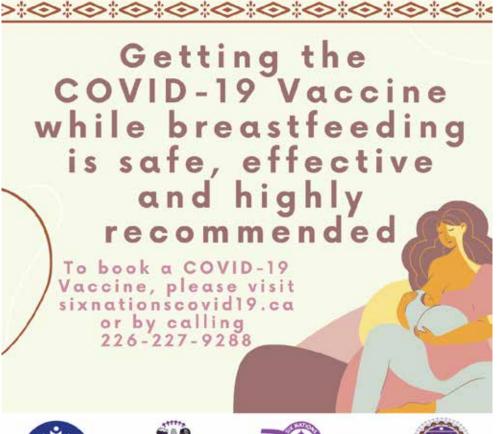




















COVID-19 Vaccine Myth Busters

Information available on the internet can be full of fact and fiction. It can be a challenge to filter through what is fact and what is fiction, especially with something so new like the potential vaccine of COVID-19. Here are some myths and facts about the potential COVID-19 vaccine.

Myth #1: Antibiotics can prevent/cure COVID-19

Fact: Antibiotics are used to treat bacterial infections. COVID-19 is caused by a virus, not bacteria. Therefore, antibiotics do not work against the COVID-19 virus itself. However, if you had COVID-19, it actually weakens your immune system. This could lead to you being more susceptible to bacterial infections; so in turn, antibiotics would be used for those more severe COVID-19 cases that also have bacterial infections occurring at the same time.

Myth #3: Currently there is a medication licensed to prevent/cure COVID-19

Fact: Currently there is no licensed medication to prevent or cure COVID-19. Although, according to the World Health Organization (WHO) there are 31 candidate vaccines in clinical evaluation worldwide.

Myth #5: The vaccines being tested to treat/cure COVID-19 have caused people to die

Fact: To date there have been no deaths related explicitly to any of the potential COVID-19 vaccines currently in clinical evaluation.

Myth #2: Pneumonia and influenza (flu) vaccines provide protection against COVID-19

Fact: Pneumonia and flu vaccines may not protect you against COVID-19, as the virus is new and different. However, receiving the annual flu vaccine can help to protect you from influenza. If you had the influenza virus at the same time as the COVID-19 virus, it could lead to a more severe outcome and complications.

Myth #4: The potential COVID-19 vaccine will be unsafe and ineffective because it was rushed to develop

Fact: All vaccines must go through a rigorous course of testing and meet regulatory requirements to ensure public safety and the benefits to make the vaccine public outweigh the potential risks when a vaccine is released.

Myth #6: The COVID-19 vaccine will include a tracking microchip

Fact: The claim that the COVID-19 vaccine will include a tracking microchip has been denied by researchers. There is also no evidence to support this claim for the vaccines in clinical evaluation.

Myth #7: The COVID-19 vaccine will change your DNA

Fact: None of the candidate vaccines in clinical evaluation will alter human DNA.



In rare cases, vaccines have the potential to cause adverse effects in some individuals. Myths and fictional information can be dangerous and can effect the practices needed to protect and keep our community safe. Get to know the facts and talk to your health care provider if you have any concerns or questions about vaccines.

Resources: [1] World Health Organization. (2020, September). Mythbusters. Retrieved September 11, 2020, from

[1] World Health Organization. (2020, September). Mythbusters. Retrieved September 11, 2020, from
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters2
gclid=C[OKCO]ws536BRDTARIsANeUZ-5.

OPIDWRisZVZOG_GEFXISZOvrRZHE3VWJR0r6hz8XW8PyoSi9ds2C0aAudgEALw_wcB#medicines
[2] World Health Organization. (2020, September 9). Draft landscape of COVID-19 candidate vaccines. Retrieved September 11, 2020, from https://www.who.int/eublications/myitem/draft-landscape-of-covid-19-candidate-vaccines
[3]Health Canada. (2020, June). Clinical trials and drug safety. Retrieved September 11, 2020, from https://www.canada.ca/en/health-canada/services/clinical-trials.html
[4] World Health Organization. (2020, September). DNA Vaccines. Retrieved September 11, 2020, from <a href="https://www.unbi.nit/biological/con/con/myicholagical/con/myich

https://www.who.int/biologicals/areas/vaccines/dha/en/
[5] Reuters. (2020, March 31). Retrieved September 11, 2020, from https://www.reuters.com/article/uk-factcheck-coronavirus-bill-gates-micr/false-claim-bill-gates-planning-to-use-microchip-implants-to-fight-coronavirus-idUSKBN21I3EC



Updated: September 17, 2020



NEED HELP? CALL:



Six Nations Mental Health & Addictions

Monday to Friday - 8:30am - 4:30pm Walk-in Crisis Services Available 1769 Chiefswood Road, Ohsweken

519-445-2143

Six Nations Social Services

Walk-in Crisis Services—**TBD**15 Sunrise Court, Ohsweken

519-445-2071

Ganohkwasra Family Assault Support Services

24/7 Hour Support Line

519-445-4324

First Nations & Inuit Hope for Wellness Help Line

24/7

Toll Free: 1-855-242-3310

Website: Hopeforwellness.ca - online chat available

Six Nations Mobile Crisis Line

24/7 Days a Week

519-445-2204 or 1-866-445-2204



Kids Help Line

Call: 1-800-668-6868

Text: **CONNECT to 686868**

Website: kidshelpphone.ca

(online chat available)



