



Social Services,
Family Well-Being Program



“ADULTING 101”

Come and join our sessions focused on enhancing mental well-being and creating comfortable living spaces.

Our "Adulthood 101" course is designed to develop essential life skills

4 Week Workshop

1:00-3:00pm

18 Stoneridge Circle,

Family Gatherings Space

March 27 : Self care, Mind & Body

April 3: Home Health & House Cleaning

April 10: Budgeting 101

April 17: Screen Time & You

Registration:
March 22, 2024
(519) 445-0230

On-site childcare assistance
& transportation may be available, please Inquire
(519) 445-0250
Open to 18+ Band Members

Social Services,
Family Well-Being Program
18 Stoneridge Circle, 2nd Floor, Ohsweken N0A 1M0

Stay Connected:

Six Nations Child & Family Services
[snchildandfamily](#)

#SixNationsMatters

