

SNAP[®]

Stop Now And Plan

Six Nations Child and Family Services
SNAP 12 week program in person group
programming for families with children ages 6-11
who are experiencing behavioural struggles

Next session:
September 10 - November 26, 2024

Ages 6-8 and 9-11 Girls groups and boys
group, parent groups (mandatory)
With sibling/childcare provided



STOP NOW

- Be aware of your body cues
- Be aware of your feelings
- Be aware of negative (hard) thoughts

AND PLAN

- Use strategies to keep from acting impulsively
- Change your understanding (negative thoughts to positive thoughts)
- Make a plan to keep your problems small

Inquire about SNAP[®] Program enrollment at:

519-445-0408

SCSU@sixnations.ca



Presented by:
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