

SNAP[®]

(Stop Now And Plan)

Let's Grow Together

SNAP is a 12-session program for children ages 6-11 to learn skills for emotional regulation and impulse control.

Children participate with peers in group sessions organized into age-appropriate, gender specific groups.

Caregivers learn how to support their children to use new skills in simultaneous caregiver groups and will receive support from SNAP staff.

Children Learn:

- Reflection of feelings
- Positive decision making
- Problem managing
- Navigation of self emotions

SNAP is offered at no cost to Six Nations band members with meals provided.

Presented by, Six Nations Social Services, Child & Family Services, Clinical Services Unit

Contact us for registration or more information:

(519) 445-0408 CSSW1@sixnations.ca



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