

**STAFF OF THE TRADITIONAL
COMPONENT**

Kaherihshon
Fran Beauvais

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Karhowane
Cory McComber

Kanekha:ies
Corleen Montour

**STAFF OF THE PARENTING
COMPONENT**

Betty Scott

Mary Gilbert

Stephanie Horne

COORDINATOR

Cheryl Zacharie

**RECEPTIONIST
/ADMINISTRATIVE ASSISTANT**

Kahentiio Martin

Location:

Mohawk Trail Road
(2 Doors from the Longhouse)

Office Hours Monday to Friday

From 8:30 a.m. to 4:00 p.m.



K.S.C.S

P.O. Box 1440
Kahnawake Mohawk Territory
JOL 1B0

Phone: (450) 638-0408

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**KAHNAWAKE
SHAKOTILA'TAKEHNH
AS
COMMUNITY
SERVICES**

Tsi non:we Absonbnhi:iobake
"The place you go to get well"

*Family and Wellness
Center*

"Our goal, with the assistance of a team of caring people, is to encourage a healthier lifestyle through promotion, prevention and wellness activities that strengthen pride, respect and responsibility of self, family and community as Mohawks of Kahnawake."



KSCS opened the doors of a new satellite office building in May 2008, with the merging of two KSCS program components: The Healing Lodge and The Parenting Program, to become what is now known as Tsi non Ahsonhi:iohake (the place you go to get well); The Family and Wellness Center.

THE TWO COMPONENTS CONTINUE TO OFFER SERVICES FOR THE BENEFIT AND WELLBEING OF KAHNA'WAKEHRO:NON.

THE TRADITIONAL COMPONENT

The traditional component of the Family and Wellness Center provides a variety of support services to enhance and or to heal the individual person, using both the natural and spiritual realms of Iroquois teachings.



These services allow our people to grow from the past and live in a good way in the present.

TYPES OF SERVICES OFFERED

- Cultural Teachings from an Iroquois perspective
- Teachings on Roles and Responsibilities
- One to One counselling
- Sweats for individual healing

- Feasts
- Purges
- Medicines based on client needs
- Couple & Family counselling
- Herbal medicine practices & teachings
- Crisis intervention

THE PARENTING COMPONENT

The Parenting component provides and promotes programs and services which will enhance parenting skills for Kahnawakeron:non. The team offers support and guidance, resources information, workshops, groups and activities designed to meet the needs of Kahnawake families.

TYPES OF SERVICES OFFERED

- Parent-infant (0-9 Mos.) Interactive Workshops
- Parent-baby (10-18 Mos.) Interactive Workshops
- Parent-toddler (18-24 Mos.) Interactive Workshops

These workshops promote parent-child interaction through activities that stimulate development and build self-esteem. Parent-discussions, baby massage, presentations, parent-child exercises, snack time, tenderness time, arts and crafts, and singsong are some of the agenda activities.

- Prenatal Workshops
- Parenting Teens Workshop
- Parenting Teen support group

- Individual support

- Nobody's Perfect Program

This six to eight week program is for parents with children 0-6 years old.

A series of booklets are provided for parents. This program offers interactive and experiential learning exercises, and fun activities. Daycare is available, as well as transportation. Join the Interactive Workshops after you've completed the Nobody's Perfect Program to continue the friendship built. Call us to register or for more information.

