

Registration
now open!

SNAP®: Stop Now And Plan



What is the SNAP® Program?

SNAP® stands for “Stop Now and Plan.” It is a proven method of assisting children struggling with behavioural issues and their parents. SNAP® provides a framework for teaching emotional regulation, self-control, problem



solving skills and how to “keep problems small”. The SNAP® program is presented in partnership between Woodview Mental Health and Autism Services and Six Nations Child and Family Services.



Is the SNAP® program right for your child?

- Are you concerned about your child’s behaviour?
- Is your child 6–11 years old (up to their 12th birthday)?
- Is your child aggressive much of the time?
- Does your child engage in anti-social behaviour?
- Is your child disruptive most of the time?
- Has your child come in contact with authority figures at school or in the community more than once?



What is the focus of the SNAP® program?

SNAP® teaches children how to modify their negative behaviours. It teaches them to make better behaviour choices ‘in the moment’. They learn to stop, think, and plan. The methods are taught in weekly group sessions over 12 weeks. Groups are gender specific. The child, sibling(s) and parent(s) must attend each session.

SNAP® also offers individual and family counselling including weekly phone check-ins. After group sessions end, follow-up sessions are available. School support and advocacy are also part of the SNAP® program. The program is offered virtually and in person.

For more information, please contact us:



Six Nations of the Grand River
Child & Family Services
519-445-0408



Six Nations of the Grand River
Child and Family Services



Woodview Mental Health
& Autism Services
519-752-5308



<https://snb-snap.ca/>