



What is SNAP?

SNAP (Stop Now And Plan) is a proven program that teaches children ages 6-11 struggling with behaviour problems, and their parents, how to make better choices “in the moment”.

The **Pitimaa Maamituneyiht SNAP Program** began in 2011 as a three year pilot project, located in the Cree communities of Mistissini and Waswanipi. It is the first SNAP project to be offered to Cree groups in the world. Pitimaa Maamituneyiht is a term given by the Cree elders that means **to think before you act**.

The Development of Justice & Correctional Services is pleased to be offering Pitimaa Maamituneyiht services to all elementary level children across Eeyou Istchee.

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OUR SERVICES

Classroom Sessions:

To teach children foundational skills that will benefit them throughout their lives.

SNAP Parenting (SNAPP):

To assist families in improving communication and developing healthy relationships between parents and children, as well as fostering support among parents. Parent sessions occur one evening a week.

One-on-One Assistance:

For anyone in need of extra guidance and support (child, parent and /or teacher).

SESSIONS

1. Introduction to SNAP
2. Body Cues
3. SNAP Learning Log
4. Dealing With Anger
5. Joining In/Fair Play
6. Avoiding Trouble
7. What is Respect?
8. Conflict & Communication
9. Understanding Honesty
10. Problem-solving & Apologizing
11. Dealing With Peer Pressure
12. Dealing With Bullying
13. Complimenting & Rewarding Yourself
14. Body Respect & Wellness
15. Final Celebration

Why SNAP?

- 1 SNAP is for everyone!
- 2 We know it works!
- 3 Benefit for education!
- 4 Love is louder!
- 5 Constant community support!
- 6 It's inclusive!





How to use YOUR SNAP

STOP

- Take deep breaths
- Count to 10
- Put your hands in your pockets

**NOW
AND**

Changing **Hard Thoughts:**
"I'm gonna push him back!"
 to **Cool Thoughts:**
"Maybe it was an accident."

PLAN

A good plan makes your problem smaller, makes you feel like a winner and doesn't hurt yourself or anyone else.

Need More Information?

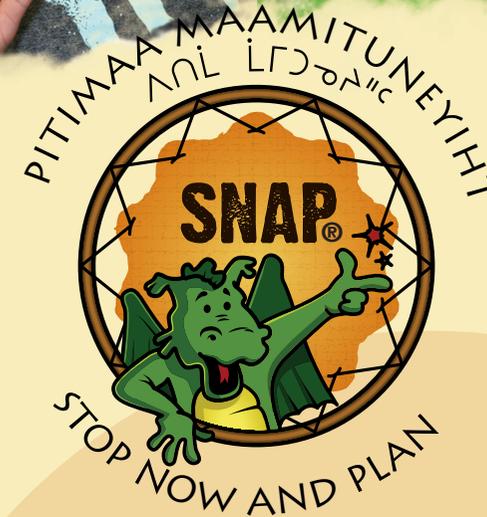
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Nemaska	46 Chistaastihaw Rd.	819-673-2400
Ouje-Bougoumou	19 Ouje-Bougoumou Meskino	418-745-2260
Waskaganish	2 Kapatagan Meshanu	819-895-2126
Waswanipi	2 Chief Louis Gull St.	819-753-2770
Wemindji	10 Tawich Rd.	819-978-3300
Whapmagoostui	415 Whapmakw Meskino	819-929-3796

HEADQUARTERS:

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Cree SNAP® for Schools

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www.creejustice.ca

