

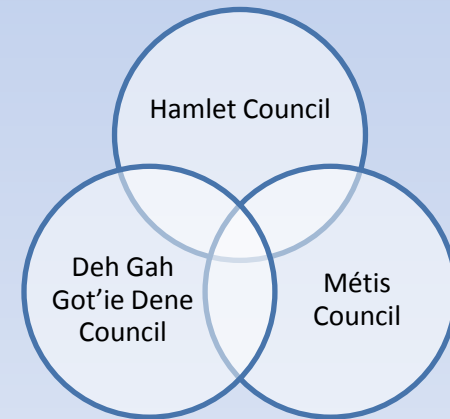


Fort Providence, NT Community Wellness Project 2013

*Presented by
Deh Gah Got'ie Dene Council
Metis Council
Hamlet Council*

Introduction

- The Hamlet Council, Deh Gah Got'ie Dene Council, and Metis Council joined forces to access multi-year funding for the community.





Where are we now?

- The community of Fort Providence currently has two non-profit organizations accessing single-year funding.

➤ ***Brighter Futures***

➤ ***The Canada Prenatal Nutrition Program (CPNP)***



What do we have to work with?

- By building on existing programming, to include more parenting skills workshops, counseling, cultural, physical, and community events.
- Community organizations to form partnerships: Deh Gah School, Aboriginal Head Start Program, Friendship Centre, Canadian Rangers, RCMP, and Dehcho Health and Social Services.
- Local people with traditional knowledge: Men, Women, and Elders.
- Resources in our backdoor. Land, wildlife, and water.

Where do we want to be in the future?

- The multi-year funding will enhance our programs for children, youth, families, and community members. Members of the community will be learn about healthy lifestyle under the Healthy Living and Disease Prevention, Healthy Child and Youth Development and Mental Wellness and Addiction.
- The objective of the community wellness project is to strengthen our community by providing wellness programs that instill positive choices, lifestyle choices, traditional knowledge, value, cultural activities, parenting, healing and youth needs.
- By providing successful programs, the community will see improvements in the well-beings of NWT children, families, and communities.

Community Wellness Plan



Health Living
and Disease
Prevention

Healthy Child and
Youth Development

Mental Wellness and Addiction

Direction from the community members, we categorized them under the three areas.

1. Health Living and Disease: Physical activities, nutrition awareness, life skills, personal and interpersonal development, developing healthy families; traditional teaching, Dene language and cultural components.

2. Healthy Children

and Youth Development: Parenting skills, nutrition education, healthy pregnancies, large and small motor skills, language, culture, and social skills for mothers, fathers, and children.

3. Mental Wellness and Addiction: Counseling, traditional healing & medicines, workshops , and community gatherings

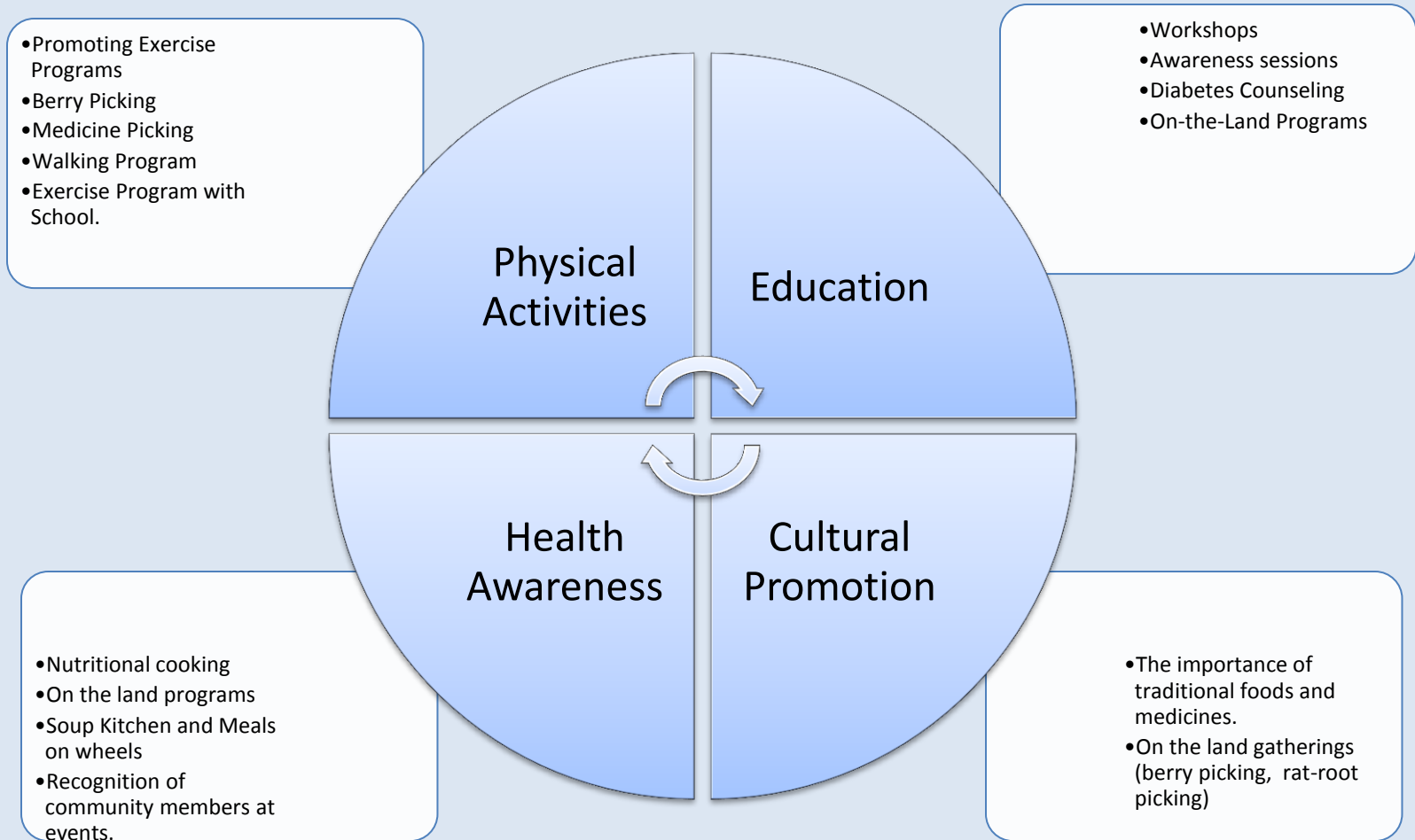
Health Living and Disease Prevention

Target: Community members, youth, parents, & families

- **Aboriginal Diabetes Initiative**
- **Fetal Alcohol Spectrum Disorder Program**
- **Budgeting Workshop**
- **Community Hunts**
- **Nutritional cooking / Traditional foods**
- **Soup Kitchen / Meals on Wheels**



Healthy Living and Disease



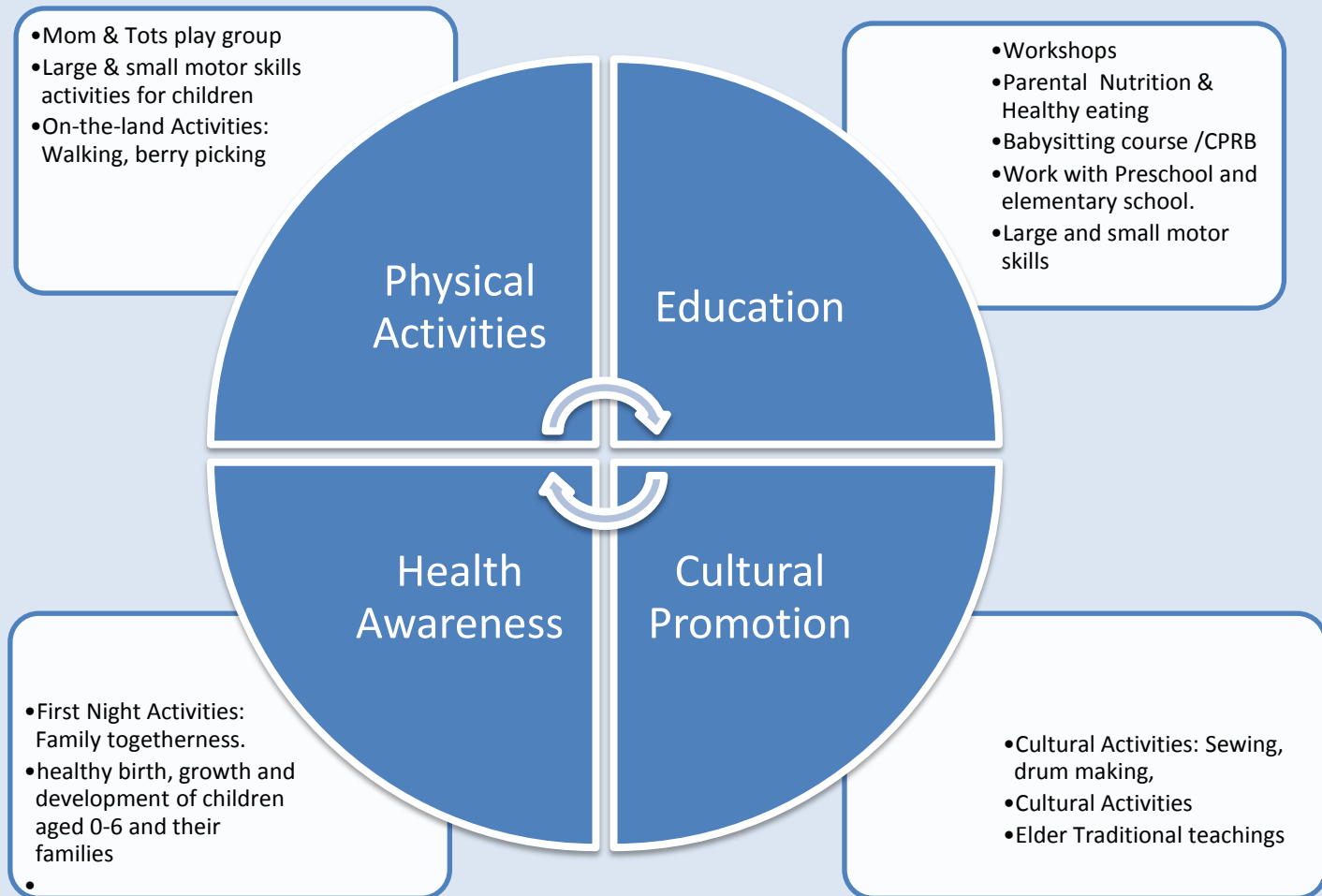
Healthy Child and Youth Development

Target: Youth and families

- Workshops: Breast feeding, Healthy Pregnancy, Safe Sleep, e
- Nutrition education- Eating Well
- Growing Babies 0-6 years
- Baby Sitting Course / CPRB
- Cultural Activities - Drum making, sewing, etc.
- Elders traditional teaching – story telling
- First Night Festivities



Healthy Child and Youth Development

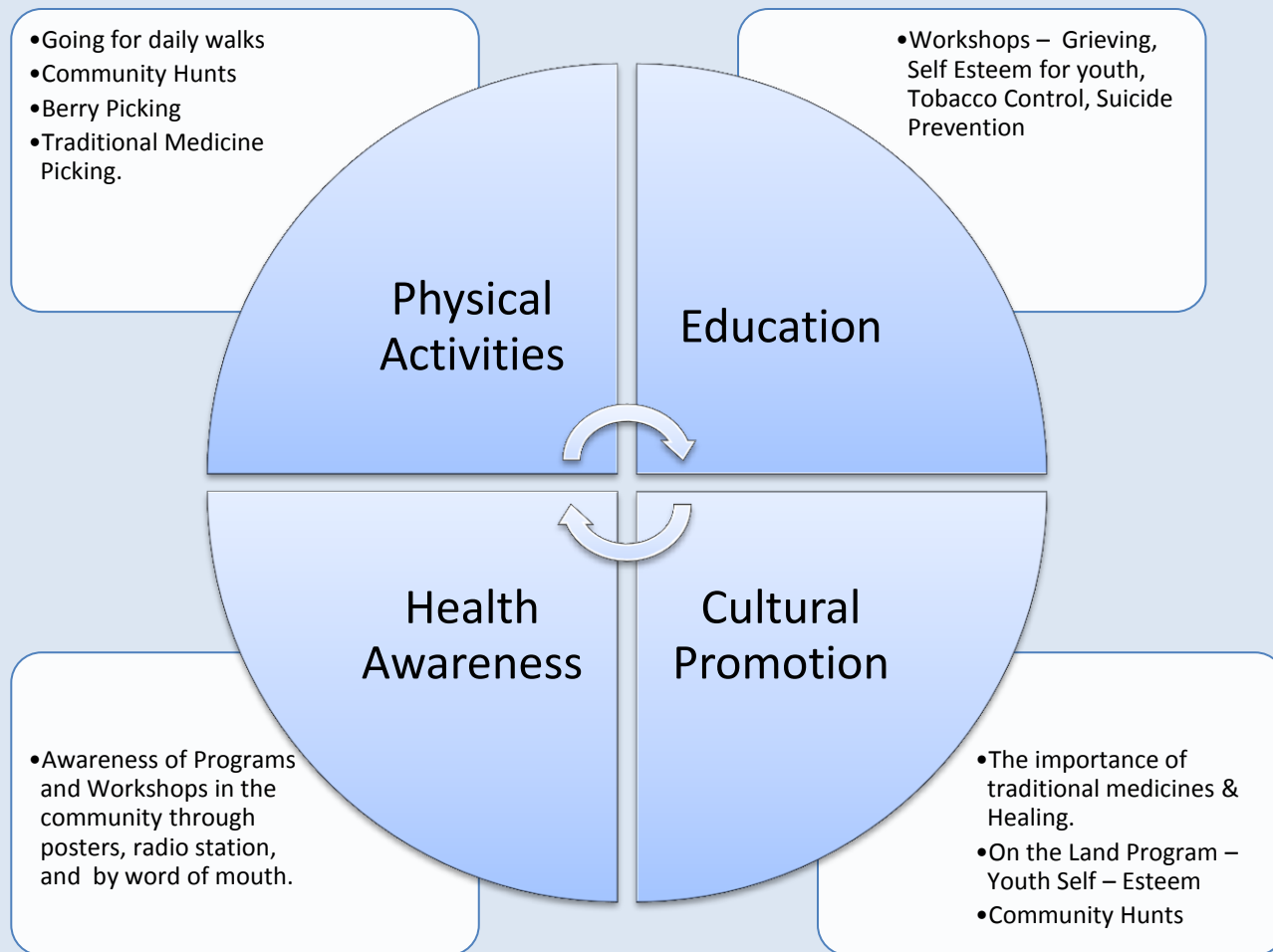


Mental Wellness and Addiction

Target: Youth, elders, and Community members

- Grieving Workshop
- Traditional Medicine & Healing
- National Aboriginal Youth Suicide Prevention Strategy
- Tobacco / Drugs / Alcohol Addictions
- Self-Esteem Workshop for youth – on the land.
- Cultural gatherings

Mental Wellness and Addiction



Conclusion

Community wellness project will strengthen our community by:

- teaching and working with community members**
- instill lifestyle choices**
- traditional knowledge, value, and cultural activities**



The Wellness Program will also:

Reinforce Parenting

Provide healing opportunities

Create a better vision of the future for youth



**With our community working together
we will have a stronger sense of belonging.**



Photos acknowledgement: Pearl Leishman