Wiliideh Elezhe

2012-2013 Workplan

Submitted to: Chief and Council June 2012

Wiliideh Elezhe Introduction

- Community Wellness, Recreation, and the Chekoa program has come together to create a new division based on serving the community of Wiliideh.
- With the direction from Chiefs and Council, we have used guiding principals to address the five priorities:
 - 1. 0-3 years
 - 2. 3-5 years
 - 3. Youth
 - 4. Community Wellness
 - 5. Recreation

Priority 1 & 2: Ages 0-5

Growing Together Program

- Target Groups: Expecting mothers, mothers, fathers, children 0-5, & families
- Goal: Build on existing 'Mama and Babia' program to include a more holistic family approach.
- Program objectives: parenting skills, nutrition education, healthy pregnancies, language and culture, as well as social skill development for mothers, fathers, and children.

Growing Together Program

- Kinder gym
- Family Swimming/Skating
- Stroller Family Walks
- Winter outdoor activities
- Family Dance
- Fitness Hour

Physical Activity & Recreation

Education Awareness

- Individually education tailored packages
 - Reading programs
 - Parenting Skills
 - Incredible Years
 - Breastfeeding support
 - Birth Control

- Pre/Post assessments
- Parental support
- Postnatal healthy living activities
- Onsite mental health counselling
- Home/Hospital Visits

Healthy Awareness Cultural Activities

- Sewing circles
- Dene languages
- Cultural activities
- Elders' traditional teachings
- Traditional food

Priority 3: Youth

Youth Development

- Target Groups: Youth & Families
- Goal: Build on existing programming (Chekoa) to include more cultural and physical activities.
- Program objectives: healthy bodies; physical activities; nutrition awareness; life skills; personal and interpersonal development; elementary, secondary, and post secondary education; developing healthy families; traditional teachings; Dene languages; and cultural components.

Youth Development

- Fitness activities
- Sport development
- Traditional sports and activities

Physical Activity & Recreation

Education Awareness

- Academic skill and career development
- Ndilo Youth Council & Dettah Youth Council
- One-on-one reading/book club
- Workshops
- Afterschool homework help

Boys & Girls Club(ie: sexual education)

- •Boys & Girls Chefs
- Healthy Lunches
- Family Nights
- Nutritional meals

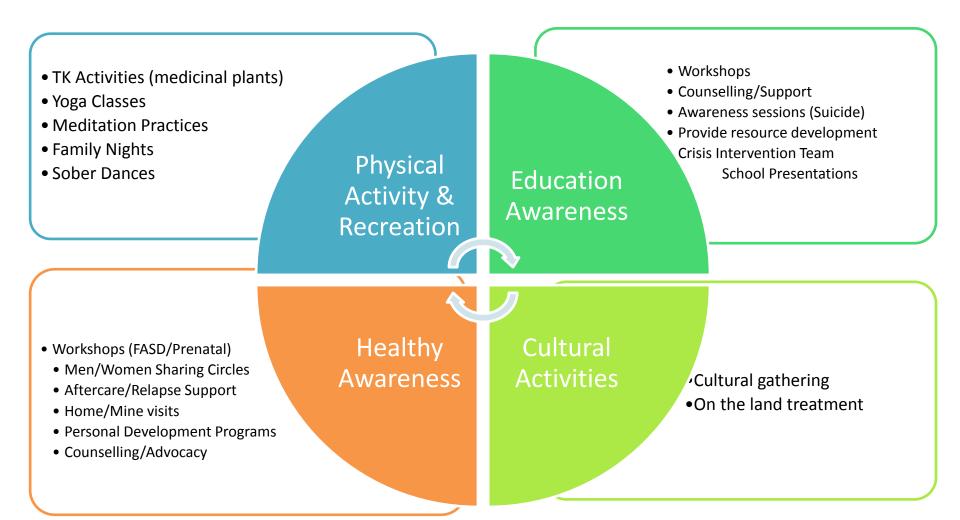
Healthy Awareness Cultural Activities

- Sewing circles
- Elders traditional teachings
- Handgames/ Drumming
- Goyati ko time
- Cultural activities
- Dene sports and games

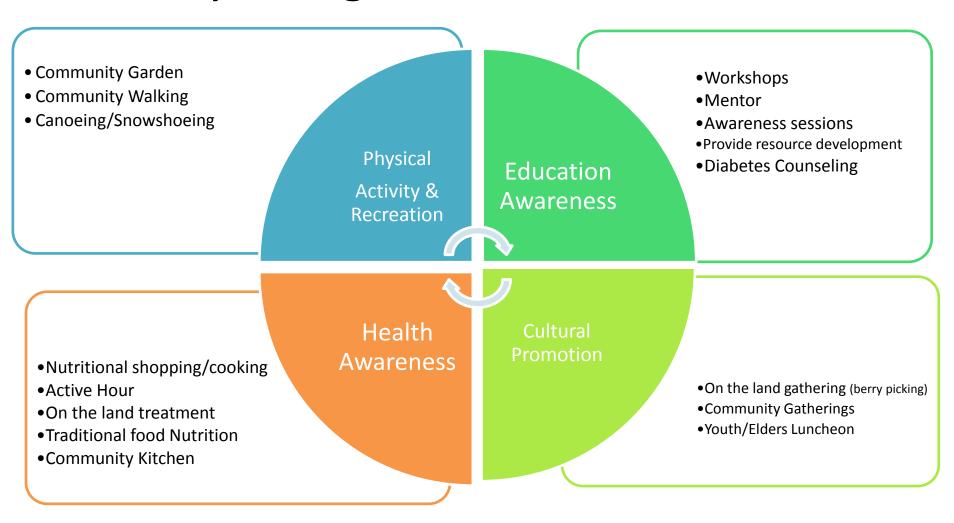
Priority 4: Community Wellness

- Target Groups: People living with type 2 diabetes, community members, youth, parents, and families
- Goal: Build on existing programming (Community Wellness) to include more parenting skills workshops, counseling, community events, and home visits.
- Program objectives:

Addictions and Mental Health



Healthy Living and Disease Prevention



Priority 5: Recreation

- Target Groups: parents, families, community members, Elders, youth, and children
- Goal: Continue to build recreational programs to include more on-the-land and cultural activities.
- Program objectives: promoting parental participation, volunteer involvement, nutrition education, healthy pregnancies, language and culture, as well as social skill development for mothers, fathers, and children.

READING NOTES

- PRESENTATION
- Guiding Principals
- 1. Wiliideh Language & Culture
- Healing
- 3. Wellness and Healthy Foods
- 4. Recreation/Active Living Throughout

Growing Together – Physical Activity

- ➤ To deliver activities focused on developing sensorimotor skills (including gross and fine) as well as sporting abilities for parents and child.
 - NWT recreation parks
 - Walks
 - Gyms (tumble mats, balance beams, mini Olympics, mazes with tents, miniature sporting equipment)
 - Field house (gymnastics, soccer field, walking track)
 - Pool/beach

Growing Together – Healthy Awareness

- ➤ To deliver activities focused on health initiatives including diabetes prevention, prenatal care and support, postnatal care, and mental and physical healthy living.
 - Oral/teeth hygiene
 - Prenatal assessments and support
 - Postnatal healthy living activities
 - Smoking/second hand smoking effects
 - Breastfeeding promotion and support
 - Family violence awareness
 - Hospital visits / newborn support
 - Onsite mental health counseling

Growing Together- Education Awareness

- ➤ To deliver activities focused on literacy promoting environments, reading skills, language development, letter identification, and phonological practice.
 - Individually education tailored packages
 - Reading programs
 - Lending library
 - Literacy stimulating environments
 - Parenting skills
 - Incredible years
 - Disciplinary positive actions

Growing Together - Cultural Activities

- ➤ To deliver activities focused on traditional teachings, Dene languages, and cultural components.
 - Sewing circles
 - Traditional teaching from Elders
 - Preparation of traditional food
 - Cultural activities
 - Dene languages

Youth Development – Physical Activity

- To deliver activities focused on healthy bodies and promoting the importance of physical activity.
 - Fitness activities
 - Nutritional meals
 - Sport development
 - Traditional sports and activities

Youth Development– Healthy Awareness

- To deliver activities focused on nutrition awareness, life skills, personal and interpersonal development.
 - Boys & Girls Club
 - Boys & Girls Chefs
 - Healthy Lunches
 - Family Nights

Youth Development - Education Awareness

- To deliver activities focused on elementary, secondary, and post secondary education as well as developing healthy families.
 - Academic skill and career development
 - Ndilo Youth Council & Dettah Youth Council
 - One-on-one reading/book club
 - Workshops
 - Afterschool homework help

Youth Development - Cultural Activities

- ➤ To deliver activities focused on traditional teachings, Dene languages, and cultural components.
 - Sewing circles
 - Traditional teaching from Elders
 - Handgames/ Drumming
 - Goyati ko time
 - Cultural activities
 - Dene sports and games development