



Tlcho Region Community Wellness Plan 2013-14

Tlcho Government
Wellness/Social Programs/CART
Box 412
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Culture

Physical



Emotional



Mental



Spiritual



The Tlicho Government and a number of departments and organizations met to discuss issues, priorities, strategic planning and development of the Tlicho Wellness Planning Workplan for fiscal year 2013-14.

With the assistance of community professionals and the direction of the Tlicho Government, we have identified these key priorities throughout the Tlicho region:

1. Youth
2. Communication
3. Training, Workshops, and Activities
4. Culture Based Programs
5. Community Infrastructure





Community Connectedness

Community activities
On-the-land activities
Workshops & Youth Conferences
Youth camps
Ceremonies/celebrations
School funded activities

Culture/Traditions

Cultural teachings passed on to the next generation
Traditional handgames strong in youth
Tlicho language slowly revitalizing through immersion programs and language courses

Where are
we now?

Healthy Living

Condom Distribution
FASD Awareness
Prenatal Program
Traditional Medicine
Disease Prevention Resources
Prevention & Awareness Sessions
Information Booths
Video Resources

Wellness

Suicide Awareness/Prevention
Anti-Bullying
Men Kaat'e Group
Out Reach Van
Victim's services



Community Connectedness

- Interactive with others
- Supportive of one another
- Communicative
- Open minded
- Pro-active
- Sustainable programming

Healthy Living

- Promote physical activity
- Healthy Eating
- Stress Management
- Prevention & Awareness
- Cleaner environment

Where we want to be

Culture/ Traditions

- More Tlicho Being spoken
- More Craft Activities
- More Festivals
- More on The Land Trips
- Intergenerational Activities
- Pride in our culture

Wellness

- Long Term Wellness Programs
- Consistent to meet the needs of everyone

Priorities for the region

- Regain community involvement & participation
- Build stronger communication between communities
- Network with organizations to pursue similar goals and objectives
- Bridge intergenerational gap between elders and youth
- Foster Tlicho culture by incorporating Tlicho practices in programs and services
- Build capacity by utilizing local resources
- Work together to build a healthier community
- Seek additional funding sources for specific programming
- Create awareness programs on mental health
- Support and encourage on-the-land programs with focuses on healing, enhancing culture and traditions and spirituality/respect



CULTURAL TEACHINGS

- Traditional knowledge transfer
 - Caribou hide scrapping
 - Dry meat making
 - Dry fish making
 - Sewing and crafts
 - Hunting & Fishing



1 st Quarter	APRIL	MAY	JUNE
	April 2-12, 2013 - Reporting/New fiscal year work plan development April 21-26, 2013 - Community tour - Victim Services - CART/HWAC	Appreciation & Recognition to Mother's Day CART/HWAC Appreciation Month HWAC Meeting - May 13-17/13 - Training Breaking the Silence Aboriginal Awareness Week May 19-25, 2013	School & Community Visits (Regionally) - Mini Surveys Breaking the Silence Aboriginal Day June 21/13 Father's Day
2 nd Quarter	JULY	AUGUST	SEPTEMBER
	Tse Whii Tse Daa Camp HWAC Meeting - July 8-12, 2013 (WhaTi) Fish Camp (tentative) - Media Team Breaking the Silence	CART Info Tent at Annual Gathering (Behchoko) Self Esteem Workshop CART Resource kits Parenting Workshops	HWAC Meeting - September 9-13, 2013 (Gameti) On the land Camp/Fall hunt Take Back the Night FASD Day September 9, 2013 Suicide Prevention Day September 10, 2013
3 rd Quarter	OCTOBER	NOVEMBER	DECEMBER
	Family Violence Awareness Week School/Community Visits (Regional) Breaking the Silence DVD Launch	HWAC Meeting - November 4-8, 2013 (YK) Weekend Outreach Van	Safe House (tentative) Violence against women memorial day Parenting workshop
4 th Quarter	JANUARY	FEBRUARY	MARCH
	Annual Tlicho Youth Conference HWAC Meeting - January 13-17, 2013 (Behchoko)	CART – Self Care - Healing Workshops - Annual Leave - On the Land Workshop	HWAC Meeting - March ?, 2013 - Year End Reporting

Masi Cho! Tlicho Government Community Action Research Team

