

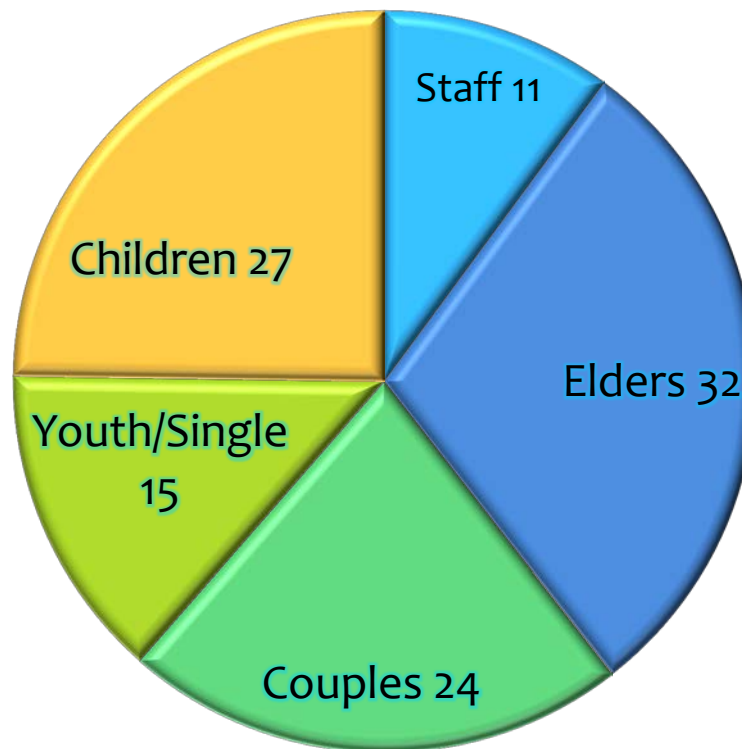
# Community Wellness Plan Hamlet of Enterprise 2018-2023

Healthy Children, Families & Communities  
Mental Health & Addictions  
Chronic Disease & Injury Prevention

# Introduction

The Hamlet of Enterprise, staff and residents have come together to create a wellness plan to better serve our community.

## Demographics



# Vision

- Enterprise is to provide a safe, clean, environmentally friendly, sustainable community with manageable growth.
- Enterprise will provide local access to quality education, health and social services, and receives support from volunteers and organizations.
- Enterprise will provide broad range of economic development opportunities that provide local employment and quality services.

# Mission

To maintain and enhance our quality of life and self sufficiency being open in our communications with the public, and promoting healthy growth of our children, families and businesses while remaining a safe, efficient and accountable community.

# Goals

A community government that is focused, responsible and accountable

Plan our capital for sustainable development, assess needs, consider feasibility of new community public infrastructure and set priorities

A community government that is fully staffed and operational to provide municipal services

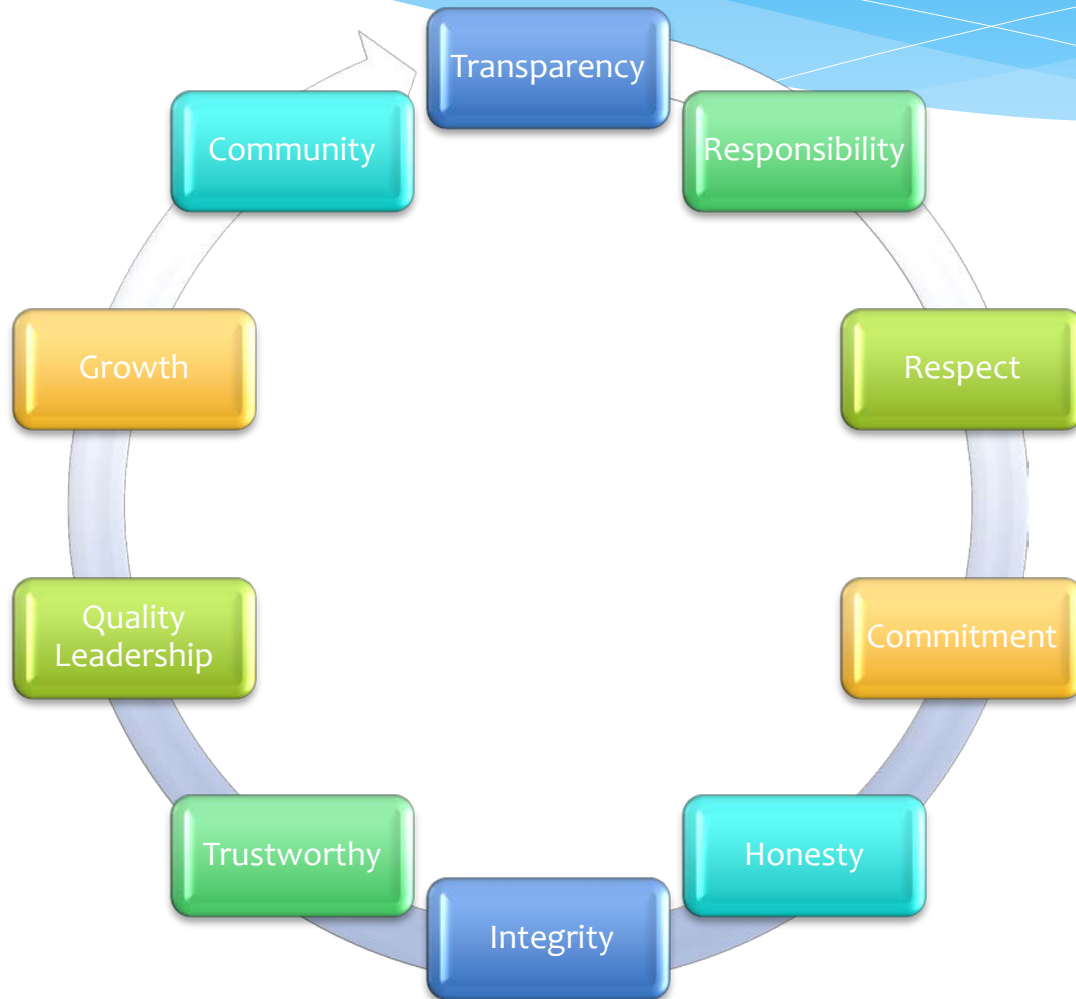
Investigate and promote energy efficiencies and renewable energy in our community to improve energy use and the environment

Beautify and control land use within our community boundaries

Partnership to develop and enhance education, health and social services, and support for senior citizens

Promote economic development and tourism for our community

# Values



# Healthy Children, Families & Communities

Ages 0-5 Parents & Tots

## Target Groups:

- Expectant mothers, mothers, fathers (guardians), children 0-5 and families.

## Goal:

- Build on existing Moms & Tots program to include a more holistic family approach.

## Program Objectives:

- To provide a program and services such as parenting skills, healthy pregnancies, nutrition and a safe environment to build self awareness.
- To foster social skill development for mothers, fathers and children by providing resources that will enable them to work with their children.
- To be involved with education and provide good leadership for the children.

# Healthy Children, Families & Communities

Ages 0-5 Parents & Tots

- Monthly Swimming,
- Bowling & Skating
- Seasonal Outdoor Activities
- Family Nights

Physical  
Activity &  
Recreation

- Reading & Literacy Events
- Breast Feeding & Birth Control
- Parenting Skills
- Incredible Years
- Day Care
- Cooking classes
- Connecting with Hay River
- Child first aid /CPR

Education  
Awareness

- Home & Hospital Visits
- On Site Mental Health Counseling
- Gardening & Nutrition
- Pre/Post Natal Assessment
- Parental Support/Home Visits
- Postnatal Healthy Living Activities
- Provide Transportation

Healthy  
Awareness

- Multicultural Activities & Crafts
- Sewing Circles
- Elder Traditional Teachings
- Traditional Food
- Languages

Multicultural  
Activities



# Healthy Children, Families & Communities

Youth ages 6-18 and 19-30

## Target Groups:

- Youth and families ages 6-18 and 19-30

## Goal:

- Build on existing programming and create new ones to include more multicultural and physical activities.

## Program Objectives:

- To provide physical activities, nutrition awareness and cooking skills with the goal to healthy bodies. To provide life skills, personal and interpersonal development.
- To provide elementary, secondary and post secondary education.
- To develop healthy families.

# Healthy Children, Families & Communities

## Youth Development Ages 6-18 and 19-30

- Get Active Programs
- Family Swim, Skating, sliding, theatre, golf, bowling and NFTI events
- Fitness Centre
- Fitness Center Activities with instructors
- Sports assistance (skates & a skate aid)
- Games Night
- Walk to Tuk Teams

Physical  
Activity &  
Recreation

- Use of Internet Skills
- Self Expression
- Literacy & Library Skills
- Afterschool Assistance
- Shooting Range access

Education  
Awareness

- Family Nights
- Nutritional Meals (cooking classes)
- Gardening (year round)
- Healthy Lunches
- Engaging older youth with various activities
- Men's and Ladies Nights
- Provide Transportation
- Hay River Partnerships

Healthy  
Awareness

Multicultural  
Activities

- Community Celebrations
- Sewing Circles
- Elder Traditional Teachings
- Multicultural & Traditional Activities (Dene/Hand Games)
- Trapping programs
- On the Land Camps

# Healthy Children, Families & Communities

Community Residents 30+ and Seniors

## Target Groups:

- Community residents aged 30+ and Seniors

## Goal:

- Build on existing programming and create new ones to include more multicultural and physical activities.

## Program Objectives:

- To provide physical activities, nutrition awareness and cooking skills with the goal to healthy bodies. To provide life skills, personal and interpersonal development.
- To develop healthy families.

# Healthy Children, Families & Communities

Community Residents 30+ and Seniors

- Family Swim, Skating, sliding, theatre, golf, bowling and NFTI events
- Get Active Programs
- Fitness Centre
- Fitness Center Activities with instructors
- Games Night
- Walk to Tuk Teams

Physical  
Activity &  
Recreation

- Use of Internet Skills
- Self Expression
- Literacy & Library Skills
- Shooting range access

Education  
Awareness

- Family Nights
- Nutritional Meals (cooking classes)
- Gardening (year round)
- Men's and Ladies Nights
- Provide transportation
- Hay River Partnership

Healthy  
Awareness

- Community Celebrations
- Sewing Circles
- Elder Traditional Teachings (Moose Hide Tanning)
- Multicultural & Traditional Activities (Dene/Hand Games)
- Bunnock tournaments

Multicultural  
Activities

# Chronic Disease & Injury Prevention

Community Residents

## Target Groups:

- Community members, youth, parents, prenatal mothers and their families

## Goal:

- Build on existing activities to provide services to promote healthy weights, eating and cooking. To provide nutritional information and education.

## Program Objectives:

- To provide activities that will promote healthy lifestyle choices and early disease prevention.

# Chronic Disease & Injury Prevention Cluster

## Youth, Parents, Seniors and Families

- Trail Walking & Skiing Year Round
- Fitness Center
- Fitness Center Activities & Classes (Instructors)
- Bike Riding
- Family Nights

Physical  
Activity &  
Recreation

- Employment Opportunities
- Informative Workshops
- Workshops Counseling & Support
- Suicide Awareness Sessions
- Resource Development Center
- Bike riding safety

Education  
Awareness

- Seniors Luncheon
- Recognize the Value of Volunteers
- Personal Development Programs
- Counseling & Advocacy
- Feasts & Celebrations
- Gardening & Diet Awareness
- Regular Home/Hospital Visits from a group of Volunteers
- Assistance with ambulance Fees

Healthy  
Awareness

- Sports Camps, Jamboree, Itsago, Carnival & Fall Fair
- Camping & BBQs
- Sewing Circles
- How to Do It Yourself Classes
- Multicultural Activities
- Health Fair

Multicultural  
Activities

# Mental Health & Addictions

## Community Residents

### Target Groups:

- Community members; tots, youth, parents, families and seniors

### Goal:

- Build on existing programming to include more parenting skills, workshops, counseling, community events and home visits. Promote and support multicultural identity and values.

### Program Objectives:

- To provide programs and activities that will promote and support wellness.
- To provide an opportunity for those struggling with addictions, grief, trauma, stress, anxiety and mental health issues.

# Mental Wellness & Addictions Cluster

Youth, Parents, Seniors and Families

- Community Garden
- Fitness Classes with instructors
- Walk to Tuk Community Teams
- Canoeing & Snowshoeing
- Outdoor Park Recreation
- Volunteering
- Shooting Hoops & Tennis

Physical  
Activity &  
Recreation

- Workshops & Stop Smoking
- Diabetes Counseling
- Team Building Activities
- AA Meetings
- Awareness Sessions
- Pamphlet Rack Information Center
- Mentor

Education  
Awareness

- Nutritional Cooking
- On the Land Activities
- Community Kitchen
- Active Hour

Healthy  
Awareness

Multicultural  
Activities

- Shale Pit Fishing
- Community Gatherings
- Youth & Elder Luncheons
- Berry Picking





# Other Concerns

## Council Needs to Consider For Budget

### Target Groups:

- All residents of Enterprise, 0-6, youth, families and seniors

### Goal:

- Build on existing activities and create new ones to provide services to promote education, health, infrastructure, business and land.

### Program Objectives:

- To provide other services to the community.
- To lobby government for funding for infrastructure.
- To continue planning for and promoting the community.

# All Residents of Enterprise

- Trails for Quads
- School Learning Center
- Wheelchair Accessible buildings
- Better Access to River
- Better Use of Multi Sports Arena-Ball Diamond
- Public Housing

Infrastructure

- Grocery Store
- Sustainable Water Supply
- Daycare
- Land Development
- More jobs in Community
- Garage/Vehicle Services
- Summer Employment

Employment,  
Land &  
Business

- Celebrations & Feasts
- Tourism Plan Development
- Beautification of Enterprise Promotion
- Welcome Baskets

Image &  
Promotion

- Wellness Cabin
- Homecare
- Community Help/Emergency Line (procedures in place)
- Public Safety Agreements with Hay River
- Emergency Power Unit
- Food Baskets

Safety

# All Residents of Enterprise

Wellness Cabin

Truth and Reconciliation

# Wellness Themes

Enterprise Programs offered  
Ages 0-5 Parents & Tots



# Wellness Themes

Enterprise Programs offered  
Youth ages 6-18 and 19-30



# Wellness Themes

Enterprise Programs offered  
Community Residents 30+ and Seniors

