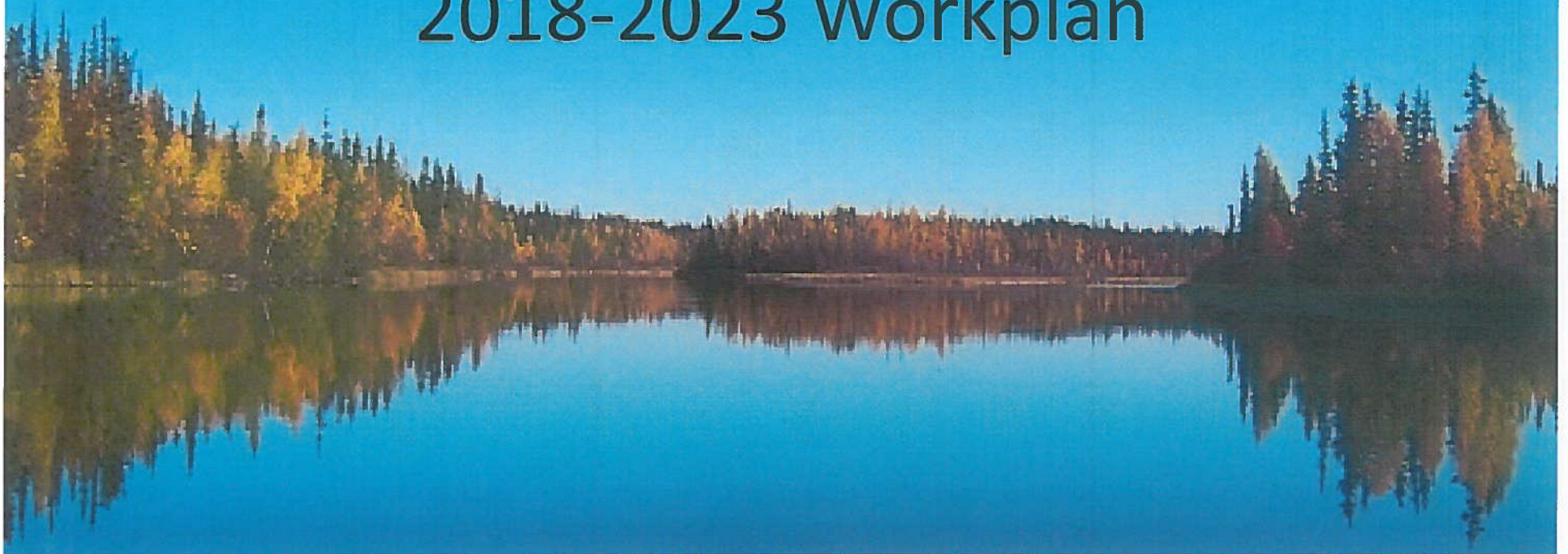


Wellness

2018-2023 Workplan



Introduction

- Community Wellness, Recreation, and the Chekoa Program Staff have come together to create a new division to better serve the members of the YKDFN in 2012.
- With the direction from Chief and Council, we have used guiding principles to address the five priorities:
 1. Early Childhood Development (0-3 yrs)
 2. Aboriginal Head Start (3-5 yrs)
 3. Youth
 4. Health
 5. Recreation
- This was used to establish our initial work plan and development of our Wellness Department.
 - Community Wellness Program
 - Dene Wellness Program
 - Family Wellness Program
- In 2018 Wellness distributed surveys to refresh our Work plans. The surveys identified that we need to concentrate on the Elder population and more suggestions for the current programs in place.





Mission Statement

The YKDFN Wellness Department provides efficient, holistic Wellness programs and services to empower members to make healthy positive choices and opportunities as long as the sun rises, river flows and grass grows.

Priority 1,2,4

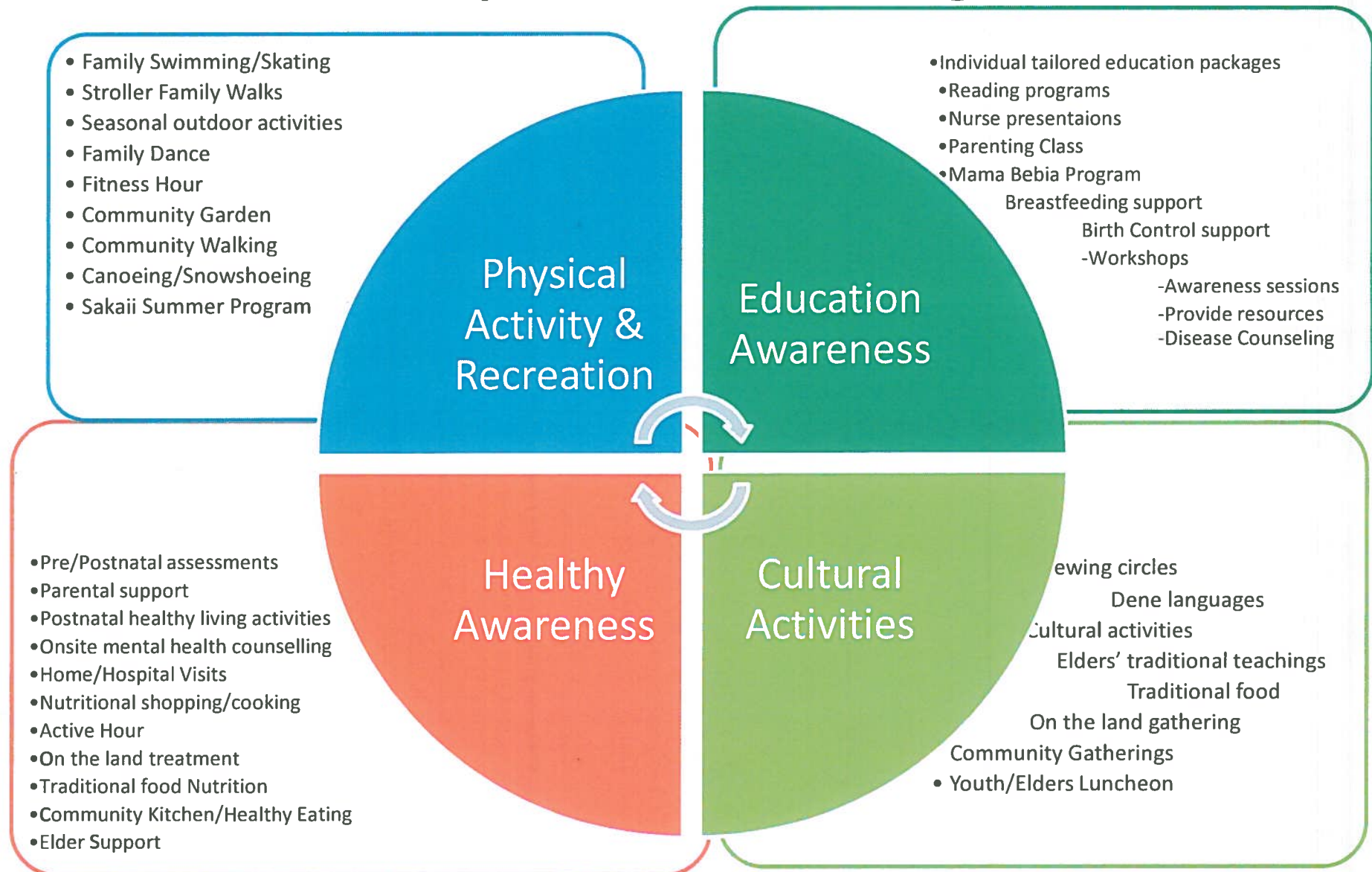
Ages 0-5 & Health

Family Wellness Program

- **Target Groups:**
Expecting mothers, mothers, fathers, children 0-5yrs & families, Elders, community members, youth, parents, prenatal mothers and their families.
- **Goal:**
Build on existing 'Mama and Babia' program to include a more holistic family approach. Healthy Living and Disease Prevention - Build on existing activities to provide services to promote healthy weights, eating and cooking. To provide nutritional information and education.
- **Program Objectives:**
Parenting skills, nutrition education, healthy pregnancies, language and culture, as well as social skill development for mothers, fathers, and children. To provide activities that will promote healthy lifestyle choices and early disease prevention.



Family Wellness Program



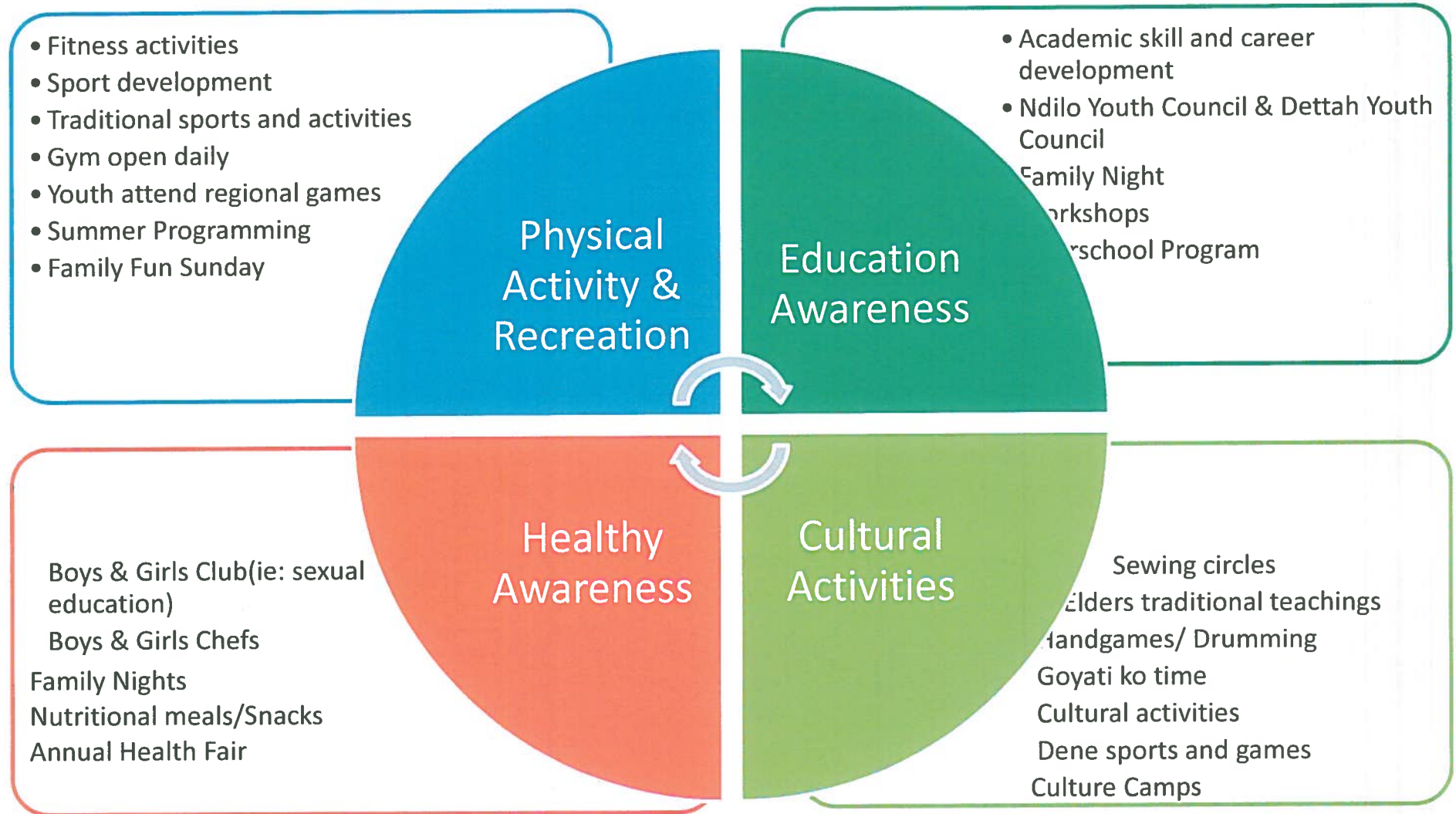
Priority 3 & 5: Youth & Recreation

Community Wellness Program

- **Target Groups:**
Youth & Families and All Community members.
- **Goal:**
Build on existing programming (Chekoa) to include more cultural and physical activities and To integrate recreational activities into all areas of Wellness programming.
- **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. Promoting healthy lifestyle choices by providing sport, cultural and physical activity opportunities. To encourage families and volunteers to participate in all activities and events.



Community Wellness Program



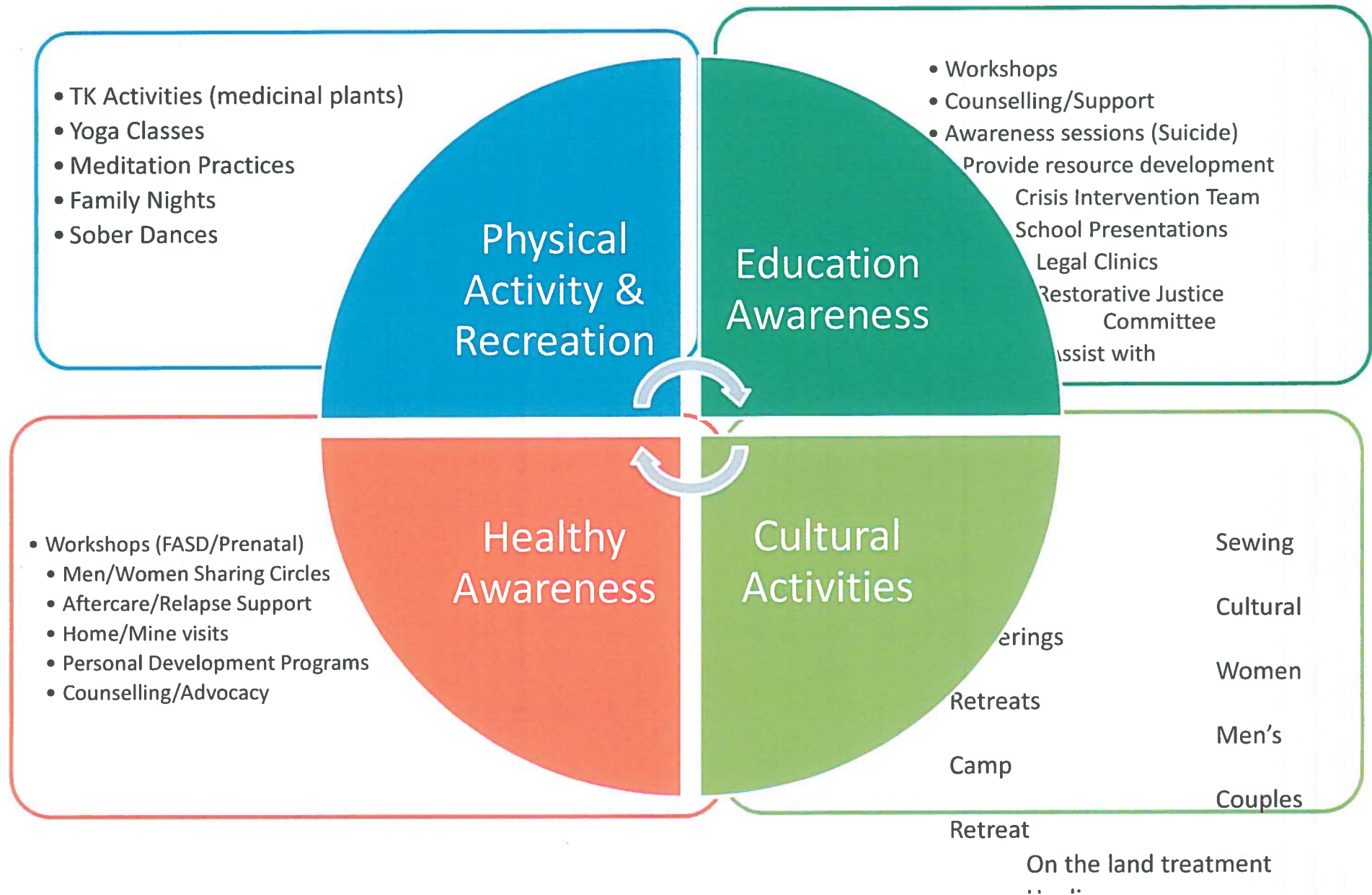
Priority 4: Health

Dene Wellness/Justice Program

- **Target Groups:**
Community members, youth, parents, families.
- **Program Objectives:**
Build on existing programming (Community Wellness) to include more parenting skills workshops, counseling, community events, and home visits. To promote and support cultural identity and traditional values.
- **Goal:**
To provide programs and activities that will promote and support community wellness. To serve those struggling with addictions, grief, trauma and mental health issues.



Dene Wellness/Justice Program





Mahsi Cho

