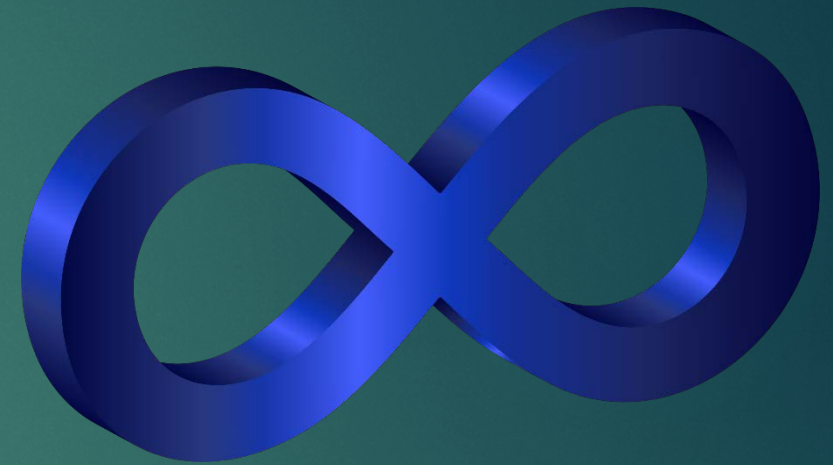


Community Wellness Initiatives Workplan

FORT PROVIDENCE METIS COUNCIL

2018



FORT PROVIDENCE METIS COUNCIL

- ▶ The Fort Providence Metis Council – Local No. 57 represents the interests of the indigenous Metis families.
- ▶ “The Metis Council will be overseeing half of the Inuit representation”.
- ▶ The Metis Council will promote the Wellness program through Healthy Children, families, and communities, Healthy Living and Disease Prevention Cluster, and Chronic Disease & Injury Prevention.



Metís Community – Where are we now?

- ▶ In 2013, Fort Providence Metis Council worked on a 5 year plan with the three community governments: Fort Providence Dene Council, Hamlet Council and Metis Council.
- ▶ The Metis Council accessing the last year of 5 year plan- running program to it's members, and community at large.



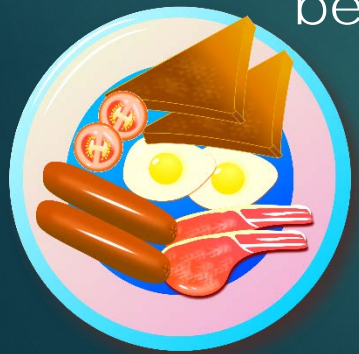
Healthy Children, Families, and Communities

- ▶ Fort Providence Metis Council felt that culture is an important part of the Metis Community. Through, the Wellness Program, the program will hire Metis Cultural instructor and run a week long program to the children & adults of the community. The program will include games, prizes, and dance moves.
- ▶ The program will provide Mentally, Emotional, Physical and Spiritual components of learning. Workshops target Healing your Soul, bullying, boost confidence, self-esteem, so everyone will be leave: "Proud of Who They Are".
- ▶ Skills will be used are large and small motor skills, interpersonal development, traditional teaching, cultural components.



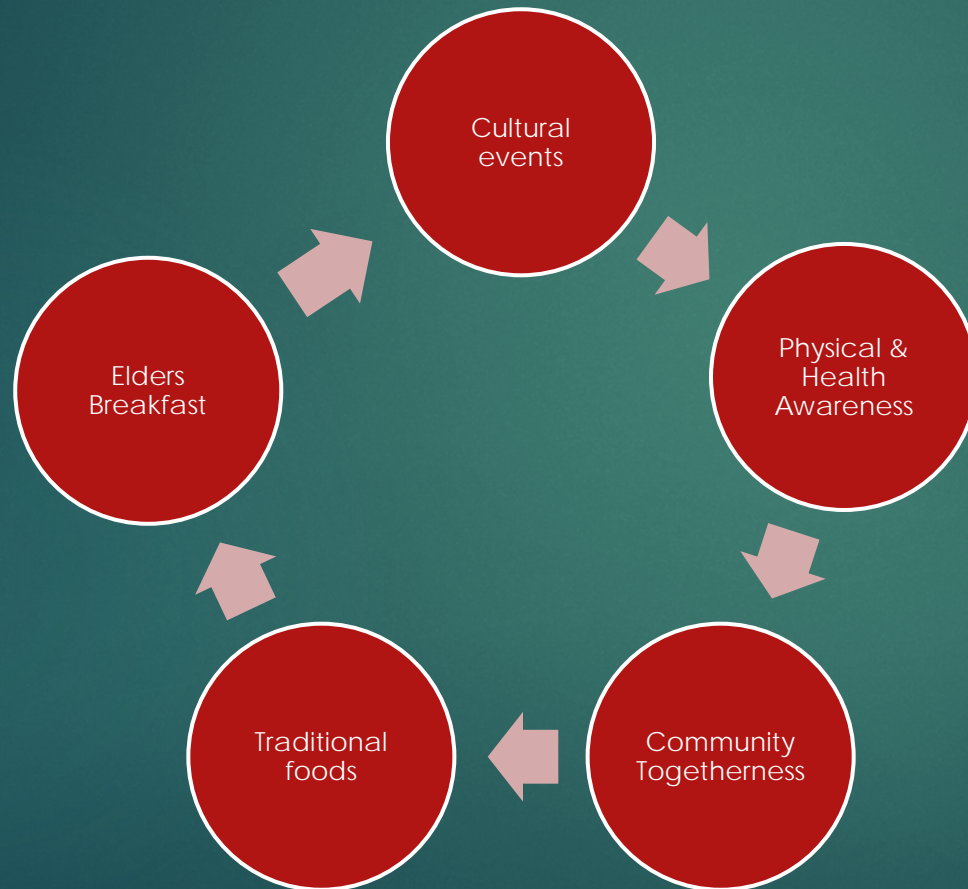
Healthy Living and Disease Prevention Cluster

- ▶ Fort Providence Metis Council feel that Healthy Living and Disease Prevention is important to community members.
- ▶ The Program will support Elders through the “Need to get out of the House” Breakfast program. Where 20 elders, 50 and over in age, are given a complimentary Elders Breakfast coupons to get them out of the house during the winter months. Bring a friend along or family member. (Healthy eating/nutritional, physical activity, changing behaviours, socializing, and promoting healthy environments.)

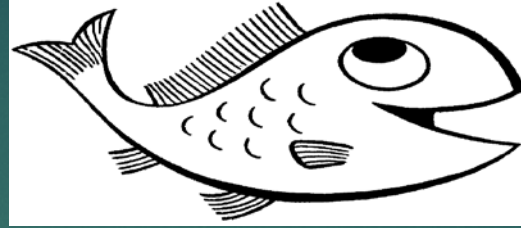


BREAKFAST

Fort Providence Metis Community Wellness.



Cont'.



- ▶ The Traditional foods Program will support Elders and membership by providing Healthy fish fillets or whole fish to families. Fish is purchased from Metis fishermen from Hay River. (Healthy eating/nutritional, traditional foods.)
- ▶ The Metis Council Wellness program will support Community Feast, First Night activities, Santa's luncheon. (Healthy eating/nutritional, positive choices, family outing, community togetherness)
- ▶ By providing successful programs, the Metis Community will be providing positive choices to community families, children, adults, and elders.



Cont'.

- ▶ Fort Providence Metis Council feel that culture is an important part of the Metis Community. Through, the Wellness Program, the program will hire Metis Cultural instructor and run a week long program to the adults of the community. (Exercise, socializing, positive choices, cultural activity, laughter)
- ▶ The Metis Council will also support it's members to attend the Annual Metis Jigging & Fiddling Contest that takes place in Hay River, NT. Members will receive a small token to help members attend the cultural event. (Healthy eating/nutritional, physical activity, changing behaviours, Cultural activity, visiting with family, relatives, friends, and promoting healthy environments)



Chronic Disease & Injury Prevention

- ▶ The Metis Council Wellness program will support working towards diabetes prevention. The Program will provide 20 members of the community with 1 month exercise room membership. (physical activity, disease Prevention, management and support, promoting healthy exercise pattern.)
- ▶ The Metis Council will work with Interagency, and community health worker at Dehcho Health.



Conclusion

- ▶ The Fort Providence Community Wellness project will strengthen our community by teaching and working with community members to instill positive lifestyle choices.
- ▶ By providing traditional knowledge, foods, exercise, togetherness, and cultural activities.
- ▶ The Executive Director will be overseeing the program. No wage will be issued through the program. All funds will go towards the program for the community. All other expenses will be used through the program.



Submitted by: Pearl Leishman Executive Director

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