

Kakisa Community Wellness Plan



2024-2029

Introduction

Kakisa is a small community between the southern shores of Kakisa Lake and the Mackenzie River. The name "Kakisa" means "where the river widens" in the Dene language.

This community, with a population of less than 100 people, is primarily inhabited by members of the Ka'a'gee Tu First Nation. Ka'a'gee meaning "between the willows". Our way of life is still very much tied to the land. We rely on hunting, fishing, and trapping all year round. Kakisa is surrounded by stunning natural landscapes, including boreal forests, rivers, and lakes, making it an area rich in natural beauty and biodiversity.

While small, Kakisa holds strong cultural significance and we continue to maintain our traditions and connection to the land. Our community has a school, a community hall, and offers visitors opportunities to experience the local culture and natural surroundings through activities like fishing, camping, and guided tours.

The region's beauty, coupled with its cultural heritage, makes Kakisa a special place within the Northwest Territories amidst breathtaking northern landscapes like no other.

Mission & Vision

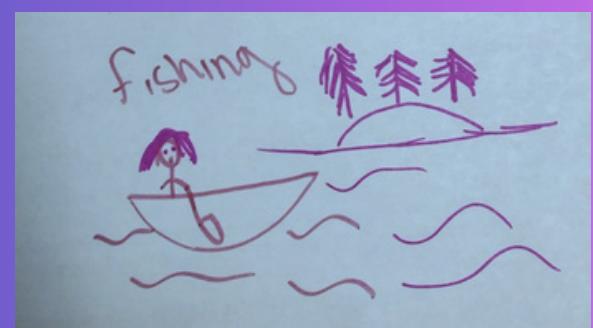
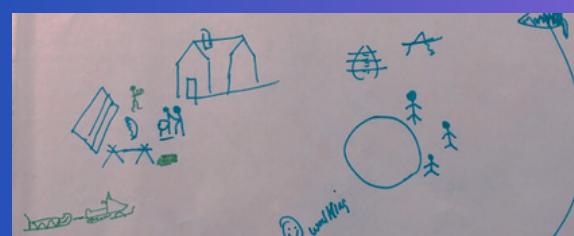
Our mission is to foster a united and thriving community by honoring our culture, nurturing inclusivity, promoting sustainable growth, and providing opportunities for education, wellness, and economic prosperity for all residents.

Our vision is to continue to be a vibrant, resilient northern community where families thrive, opportunities abound, and every individual is empowered to flourish in a harmonious and sustainable environment for generations to come.



Goals & Objectives

We are committed to nurturing the resounding resilience that can be found in our beautiful community. Everyday we work towards preserving our culture, promoting holistic well-being and sustaining a harmonious connection with the land. Our community is empowered through collaborative voices that make a lasting effort to enhance wellness in the areas of arts, sports, education, healthcare, economic stability ensuring a prosperous and inclusive future for all residents.



Community Values

CONNECTION



The value of connection transcends beyond proximity, it forms the foundation of our identity, resilience, and collective strength. Through our bonds, woven by history, tradition, and a profound connection to place, we strive for unity by supporting each other. When visiting with one another and gathering we embrace the spirit of the land, water and animals. Connection in our community is the invisible thread weaving together the heartfelt stories that we want to tell leading to a shared journey towards collective understanding and overall wellness.

SUSTAINABILITY



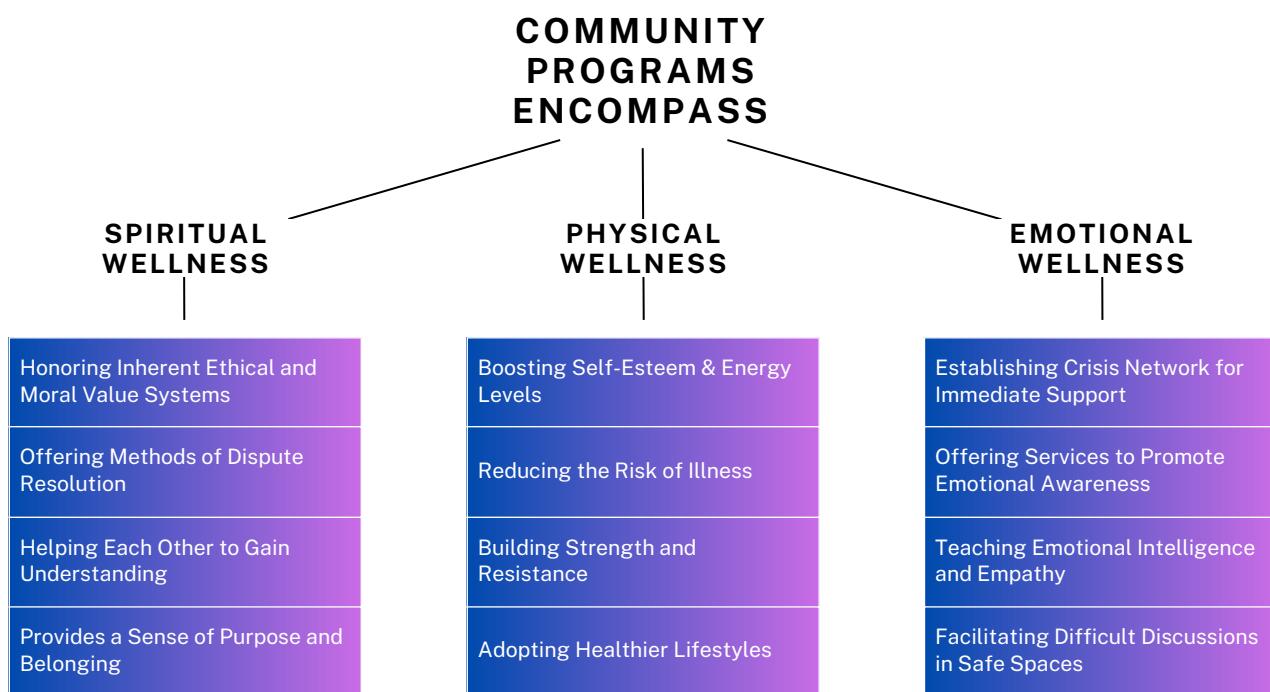
The call for sustainability echoes in the heartbeat of our community. Embracing sustainability isn't just a choice; it's our responsibility to care for the land and water. By honoring the land, traditions, and resources, we honor one another. Which is why we also recognize the importance of achieving a balance between an economic livelihood through meaningful jobs and educational pursuits and being the guardians of the land and water so that we can forge a future where prosperity harmonizes with environmental stewardship.

SOVEREIGNTY



Sovereignty stands as the cornerstone of identity and empowerment in our community. It embodies our right to self-determination, guiding our decisions, and shaping our future. Although we are remote, sovereignty isn't merely a concept; it's our compass, steering us through challenges and triumphs. It signifies our ability to govern, protect, and preserve our land, traditions, and way of life. With sovereignty, we honor our unique culture, reclaim our narratives, and build a legacy that stands resilient against external pressures, which provides a sense of autonomy within our community.

Programs



Activities

Tracking our programs, goals and objectives enables us to meticulously strategize the best activities tailored to community needs. By incorporating insights gathered from community members in 2018, where priorities and key areas of impact on daily lives were identified, we were able to set the groundwork that has been instrumental in making planning for future wellness activities. Guiding our efforts towards enhancing wellness, recently our community members convened to discuss community needs, reaffirming priorities and specifying wellness topics essential for our community's growth.

As a community that is engaged in the collective governance of the Dehcho First Nations, many of our programs and activities are combined. Dehcho First Nation which administers funds and coordinates the roll out of the community wellness plans that are currently in place all of which can have tremendously positive impacts on residents of Kakisa. Newly implemented conservation efforts, further advancements for educational achievement and more robust language revitalization plans are all aspects of community wellness that will be incorporated into the way of life of the community towards wellness where everyone will have the opportunity to become involved.

LIST OF ACTIVITIES

- PRESERVATION OF LANGUAGE
- IDENTITY
- HISTORY
- TRADITIONAL FOOD/MEDICINE/COMMUNITY GARDEN
- HUNTING/FISHING/TRAPPING/GATHERING/HARVESTING
- ELDER CARE
- REMOTE LEARNING
- WORKSHOPS/TRAINING
- FIELD TRIPS/ON THE LAND PROGRAMS
- GUN SAFETY COURSES
- BULLYING/HARASSMENT AWARENESS
- LEARNING HOW TO LIVE ON THE LAND
- SPORTS & RECREATION
- TRANSPORTATION SUPPORT
- NETWORKING OPPORTUNITIES
- COMMUNITY GARDENS/FARMING/AGRICULTURE.
- CONSERVATION
- INTEGRATING DENE KNOWLEDGE
- STEWARDSHIP/GUARDIANSHIP
- COMMUNITY FEASTS
- YOUTH CARE
- SAFE SPACES
- ARTS & CRAFTS
- ON THE LAND PROGRAMS
- STEWARDSHIP
- JOB READINESS
- SUBSTANCE ABUSE AWARENESS
- MENTAL HEALTH AWARENESS/COUNSELLING
- TRAUMA INFORMED TEACHINGS
- MUSIC LESSONS
- HOME BUILDING/CARPENTRY COURSES
- VOLUNTEER OPPORTUNITIES
- CONFERENCES/RETREATS
- RENEWABLE ENERGY SOURCE (SOLAR/WIND)
- PROMOTING RECYCLING/COMPOSTING/WASTE REDUCTION
- OFF GRID/ECO FRIENDLY COURSES

Conclusion

As we conclude this pivotal phase of our 2024-2029 Community Wellness Plan, we extend our deepest gratitude to those who have been apart of this important initiative. We are committed to upholding your invaluable contributions. The community has been a guiding light in shaping a vision for a healthy, vibrant community. We embark on this journey empowered, inspired, and driven to further our collective efforts as we strive to nurture wellness and unity within our community remembering to prioritize inclusivity, culture and spirituality. For the next five years we still invite new perspectives and innovative ideas as we believe that together we can shift the paradigm towards more authentic and impactful community wellness endeavors that we know will truly resonate with all community members based on what we heard. Ultimately, we hope this plan will contribute to creating a community that honors those that were here before us and those that will lead the way in the future.

