

Wiliideh Elezhe

2012-2013 Workplan

Submitted to:
Chief and Council
June 2012

Wiliideh Elezhe Introduction

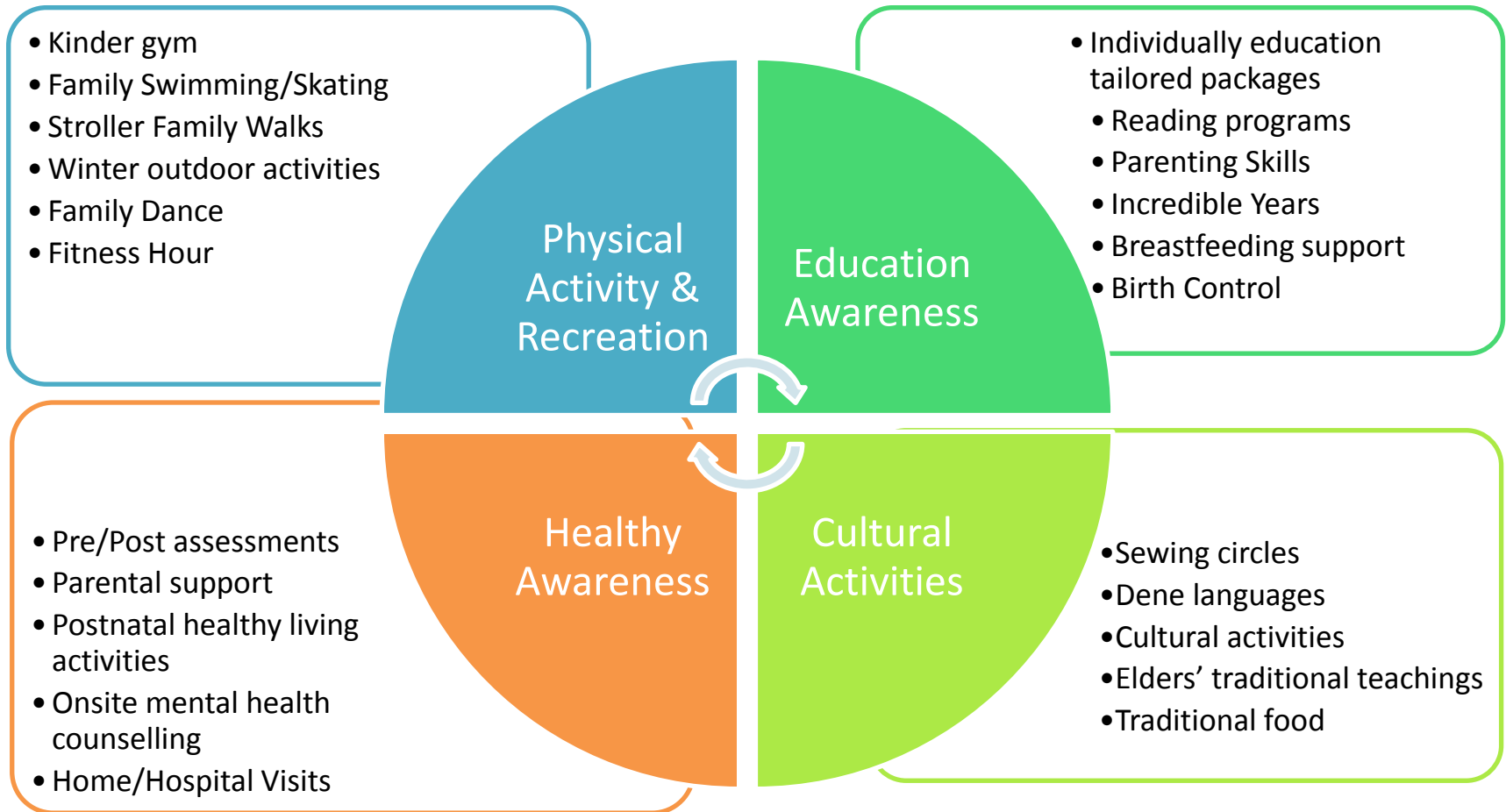
- Community Wellness, Recreation, and the Chekoa program has come together to create a new division based on serving the community of Wiliideh.
- With the direction from Chiefs and Council, we have used guiding principals to address the five priorities:
 1. 0-3 years
 2. 3-5 years
 3. Youth
 4. Community Wellness
 5. Recreation

Priority 1 & 2: Ages 0-5

Growing Together Program

- **Target Groups:** Expecting mothers, mothers, fathers, children 0-5, & families
- **Goal:** Build on existing 'Mama and Babia' program to include a more holistic family approach.
- **Program objectives:** parenting skills, nutrition education, healthy pregnancies, language and culture, as well as social skill development for mothers, fathers, and children.

Growing Together Program

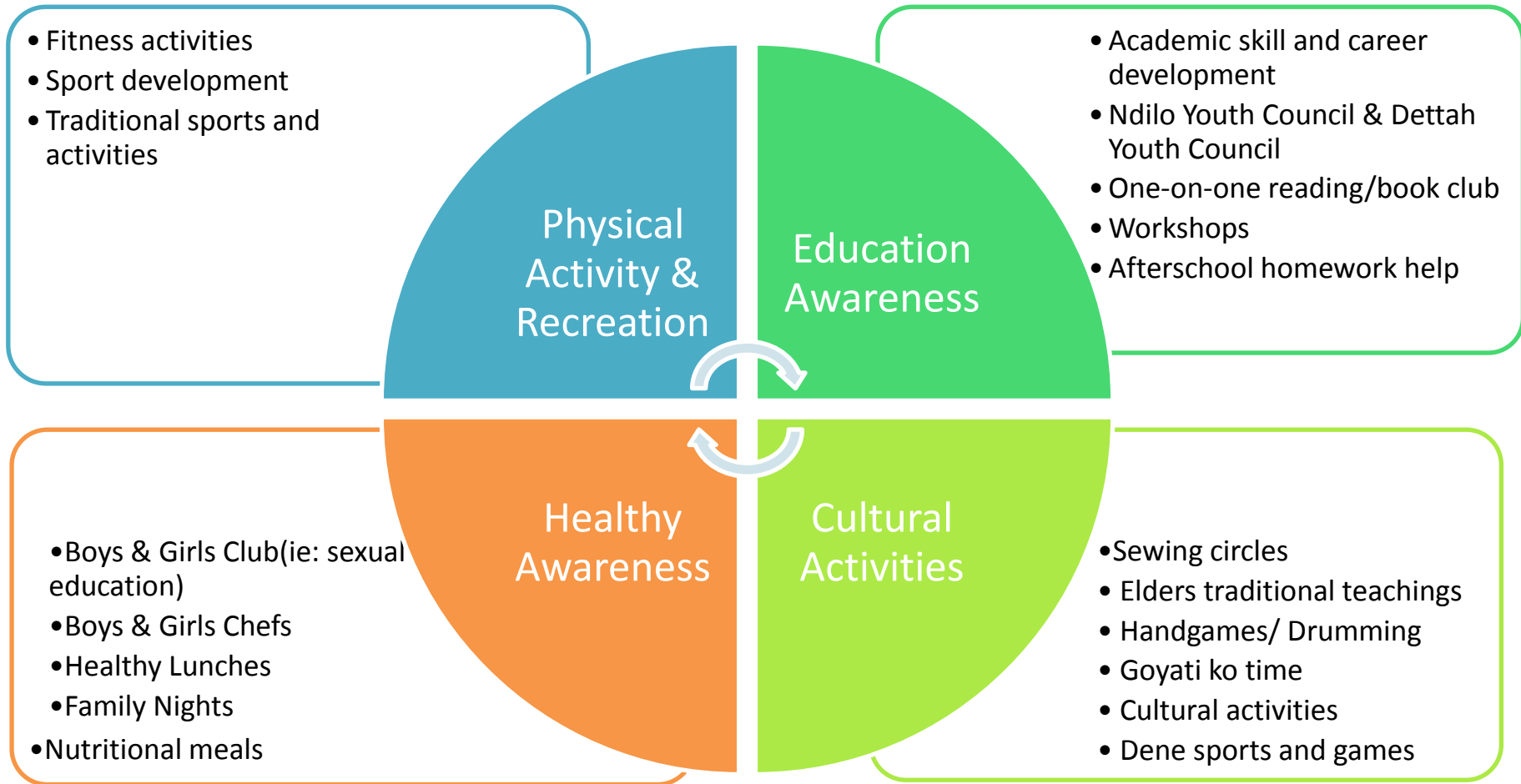


Priority 3: Youth

Youth Development

- **Target Groups:** Youth & Families
- **Goal:** Build on existing programming (Chekoa) to include more cultural and physical activities.
- **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.

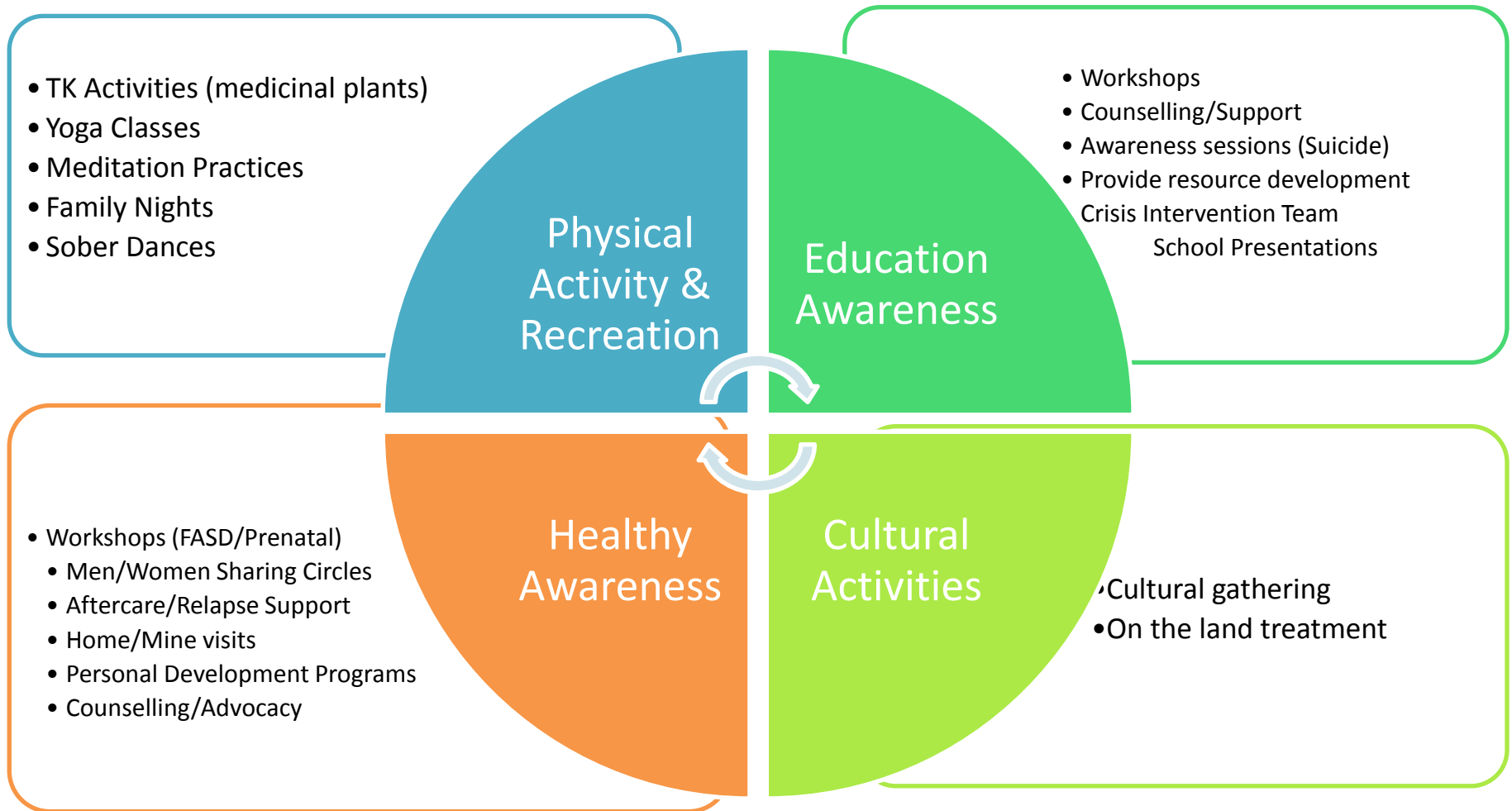
Youth Development



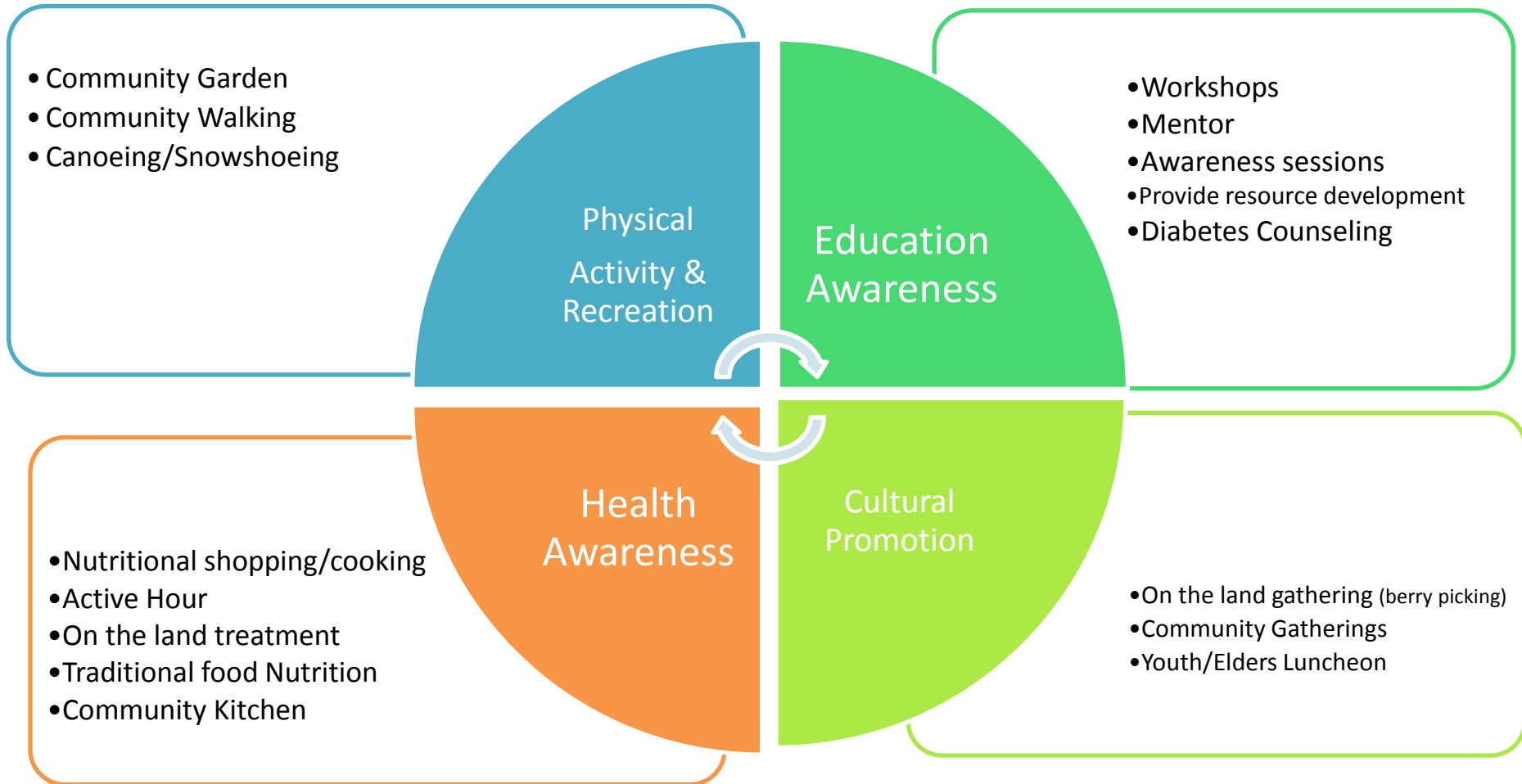
Priority 4: Community Wellness

- **Target Groups:** People living with type 2 diabetes, community members, youth, parents, and families
- **Goal:** Build on existing programming (Community Wellness) to include more parenting skills workshops, counseling, community events, and home visits.
- Program objectives:

Addictions and Mental Health



Healthy Living and Disease Prevention



Priority 5: Recreation

- **Target Groups:** parents, families, community members, Elders, youth, and children
- **Goal:** Continue to build recreational programs to include more on-the-land and cultural activities.
- **Program objectives:** promoting parental participation, volunteer involvement, nutrition education, healthy pregnancies, language and culture, as well as social skill development for mothers, fathers, and children.

READING NOTES

- PRESENTATION
- Guiding Principals
 1. Wiliideh Language & Culture
 2. Healing
 3. Wellness and Healthy Foods
 4. Recreation/Active Living Throughout

Growing Together – Physical Activity

➤ To deliver activities focused on developing sensorimotor skills (including gross and fine) as well as sporting abilities for parents and child.

- NWT recreation parks
- Walks
- Gyms (tumble mats, balance beams, mini Olympics, mazes with tents, miniature sporting equipment)
- Field house (gymnastics, soccer field, walking track)
- Pool/beach

Growing Together – Healthy Awareness

- To deliver activities focused on health initiatives including diabetes prevention, prenatal care and support, postnatal care, and mental and physical healthy living.
 - Oral/teeth hygiene
 - Prenatal assessments and support
 - Postnatal healthy living activities
 - Smoking/second hand smoking effects
 - Breastfeeding promotion and support
 - Family violence awareness
 - Hospital visits / newborn support
 - Onsite mental health counseling

Growing Together- Education Awareness

- To deliver activities focused on literacy promoting environments, reading skills, language development, letter identification, and phonological practice.
 - Individually education tailored packages
 - Reading programs
 - Lending library
 - Literacy stimulating environments
 - Parenting skills
 - Incredible years
 - Disciplinary positive actions

Growing Together - Cultural Activities

- To deliver activities focused on traditional teachings, Dene languages, and cultural components.
 - Sewing circles
 - Traditional teaching from Elders
 - Preparation of traditional food
 - Cultural activities
 - Dene languages

Youth Development – Physical Activity

- To deliver activities focused on healthy bodies and promoting the importance of physical activity.
 - Fitness activities
 - Nutritional meals
 - Sport development
 - Traditional sports and activities

Youth Development– Healthy Awareness

➤ To deliver activities focused on nutrition awareness, life skills, personal and interpersonal development.

- Boys & Girls Club
- Boys & Girls Chefs
- Healthy Lunches
- Family Nights

Youth Development - Education Awareness

- To deliver activities focused on elementary, secondary, and post secondary education as well as developing healthy families.
 - Academic skill and career development
 - Ndilo Youth Council & Dettah Youth Council
 - One-on-one reading/book club
 - Workshops
 - Afterschool homework help

Youth Development - Cultural Activities

- To deliver activities focused on traditional teachings, Dene languages, and cultural components.
 - Sewing circles
 - Traditional teaching from Elders
 - Handgames/ Drumming
 - Goyati ko time
 - Cultural activities
 - Dene sports and games development