Community Wellness Plan
Hamlet of Enterprise
2018-2023
Healthy Children, Families & Communities
Mental Health & Addictions
Chronic Disease & Injury Prevention
The Hamlet of Enterprise, staff and residents have come together to create a wellness plan to better serve our community.

Demographics

- Staff 11
- Elders 32
- Couples 24
- Youth/Single 15
- Children 27
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.
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

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

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

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
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

Physical Activity & Recreation
- Monthly Swimming
- Bowling & Skating
- Seasonal Outdoor Activities
- Family Nights

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

Healthy 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

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

Physical Activity & Recreation
- 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

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

Healthy 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

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

Awareness
- Multicultural Activities
- Healthy Awareness

Engaging older youth with various activities
- Men’s and Ladies Nights
- Provide Transportation
- Hay River Partnerships

Physical Activity & Recreation
- 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
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

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

Education Awareness

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

Multicultural Activities

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

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

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

Healthy 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

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

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

Healthy 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

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

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

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

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

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

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

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

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

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

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

All Residents of Enterprise
All Residents of Enterprise

Wellness Cabin

Truth and Reconciliation
Wellness Themes

Enterprise Programs offered
Ages 0-5  Parents & Tots

Healthy Living

Healthy Children’s Initiative Program
Summer Camps
Community Dinners
Family Events
Wellness Fair
Fitness Center

Mental Health and Addictions

Public Health Visits
Information Pamphlets
Home visits
Counselling
Reading & Literacy Events

Build Community Capacity

Pre and Postnatal Support
Outdoor Skating Rink
2 Community Play Parks
Walking trails

Celebrate Culture

Crafting
Gardening
Field Trips: Museum & NFTI
Canada Day Events
Aboriginal Day Events

Focus on Family

Healthy Cooking
Nobody’s Perfect Parenting Program
Car Seat Safety Clinics
Wellness Themes
Enterprise Programs offered
Youth ages 6-18 and 19-30

Healthy Living
- Active After School Program
- Summer/Sports Camps
- Community Dinners/Celebrations
  - Family Events
  - Wellness Fair
  - Walk to Tuk Community Teams
  - Walking Trails
  - Fitness Center

Focus on Family
Annual/monthly Family Events
- Swimming
- Skating
- Bowling

Celebrate Culture
- Crafting
- Gardening
- Bunnock Games
- Game Nights
- Field Trips: Museum & NFTI
- Aboriginal Day Events
- Canada Day Events

Mental Health and Addictions
- Information Pamphlets
- Counselling
- Reading & Literacy Events
- Get Active Events

Build Community Capacity
- Provide Transportation
- Men’s and Ladies Nights
- Outdoor Skating Rink
- Skateboard park

2 community play parks
- Summer Job Opportunities
- Walking Trails
Wellness Themes

Enterprise Programs offered
Community Residents 30+ and Seniors

- Healthy Living
  - Community Dinners/Celebrations
  - Family Events: Jamboree, Itsago/Spring Carnival, Fall Fair, Wellness Fair, Walk to Tuk Community Teams, Walking Trails, Fitness Center

- Mental Health and Addictions
  - Information Pamphlets
  - Counselling
  - Reading & Literacy Events
  - Get Active Events
  - Crafting
  - Gardening
  - Bunnock Games
  - Game Nights
  - Aboriginal Day Event
  - Canada Day Events

- Focus on Family
  - Annual/monthly Events: Swimming, Skating, Bowling

- Build Community Capacity
  - Provide Transportation
  - Men’s and Ladies Nights
  - Outdoor Skating Rink
  - Community Newsletter
  - Walking trails