



Community Wellness in Action: 1996-97
*Summary Report of Community
Wellness Initiatives*

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Introduction

Community Wellness Initiative

Community wellness is a way of looking at the physical, mental, spiritual and emotional health of individuals, families and communities. It means looking at peoples' well-being in a holistic way. The key to wellness is community ownership and control of community issues and problems. The fundamental principle of wellness is that communities have the inherent ability to solve their own problems and to stay healthy. Underlying this principle are four interdependent elements which provide a focus for change:

- Interagency Cooperation
- Prevention, Healing and Treatment
- Education and Training
- Community Empowerment

Wellness is not a quick fix and will not always be easy. People need to be patient as there will be both successes and failures in the beginning. As individuals get better, there should be more successes and fewer failures. Some problems may take a long time to address so wellness must be a long term commitment. Each community must determine what wellness means to them and how they will achieve wellness. In 1996/97, communities continued with planning activities such as developing wellness plans, conducting needs assessments, or implementing aspects of their plans.

In supporting communities in their wellness initiatives, one clear role of the Government of the Northwest Territories and the Federal Government is to make the necessary resources available at the community level. The Department of Health and Social Services and Health Canada have a number of funding programs which are available to communities. These funding program are described below.

Department of Health and Social Services

Community Action Fund

The Community Action Fund was created in 1995 as a one-year transitional fund to support the people of the NWT in working together to achieve wellness in their communities. The Community Action Fund offered community-based funding, which involved an allocation of funds to each community. Based on the positive feedback received about the Community Action Fund, it was made available to communities again in 1996/97 to support communities in developing and/or implementing their wellness plans. As most communities had developed plans which focussed upon programs and services for children, the Community Action Fund was discontinued and the dollars were re-invested into the Healthy Children Initiative which will be administered by the Department of Education, Culture and Employment.

Brighter Futures and Building Healthy Communities

Brighter Futures funding is administered by the Department of Health and Social Services on behalf of Health Canada for First Nations and Inuit residents of the NWT. In the previous fiscal year, Brighter Futures and Building Healthy Communities were administered separately. Brighter Futures was administered by Health Canada staff, while Building Healthy Communities was administered by Health and Social Services on behalf of Health Canada. Based on feedback from communities, Health Canada

agreed to let Health and Social Services administer both funding programs on their behalf. As the two funding programs had very similar goals, they also agreed to the integration of the two funding programs. For the 1996/97 fiscal year the Building Healthy Communities program was combined with the Brighter Futures Program. Brighter Futures and Building Healthy Communities both include Mental Health and Solvent Abuse as program elements. For ease of use, it was simply known as Brighter Futures and followed the Brighter Futures guidelines. The integration has offered easier access and lessened the burden of administration and reporting requirements.

Brighter Futures was developed to improve the physical, mental and social well-being of Aboriginal children, their families and their communities. Projects or programs which were funded involved one or more of the following program elements:

- Community Mental Health
- Child Development
- Solvent Abuse
- Injury Prevention
- Healthy Babies
- Parenting Skills

Canada Prenatal Nutrition Program (CPNP-FNIC)

The Canada Prenatal Nutrition Program (CPNP-FNIC) started in 1994/95 and is aimed at First Nations and Inuit women who are at risk of having unhealthy babies due to poor health and malnutrition. The objective of the program is to provide “at-risk” pregnant women with food supplementation, nutrition counselling, support, education, referral and counselling on lifestyle issues such as alcohol abuse and other factors, including stress and family violence. Funding for this program was allocated on a proposal basis.

The goals of the program are:

- More babies will be born healthy and will have healthy birth weights.
- The health of pregnant women will be improved.
- There will be more partnerships and collaboration among pregnant women, families, community groups, nutritionists, health professionals and governments.
- More mothers will breastfeed and will breastfeed for longer periods of time.

Health Canada

The following programs are managed by the Health Canada Health Promotion and Programs Branch (HPPB) for the Alberta/NWT Region.

The HPPB works collaboratively with the Department of Health and Social Services and the Department of Education, Culture and Employment through a Joint Management Committee on Health Promotion. This ensures that federal health promotion programs are implemented in a way which is complementary with territorial government health promotion priorities and avoids overlap and duplication.

- ▶ ***Canada Prenatal Nutrition Program (CPNP)*** — Helps community groups and organizations to address the needs of at-risk pregnant women and to assist them in having healthier pregnancies and improving the health of their babies. The program focusses on mothers and on infants up to 12 month postpartum.

- ▶ ***Aboriginal Head Start Initiative (AHS)*** — Addresses the spiritual, emotional, intellectual and physical needs of Aboriginal pre-school children through comprehensive early intervention programs.
- ▶ ***AIDS Community Action Program (ACAP)*** — Develops and strengthens the ability of community-based organizations to address their particular HIV/AIDS issues through targeted education, health promotion for people living with HIV/AIDS, and by creating supportive environments.
- ▶ ***Community Action Initiatives Program, Tobacco Demand Reduction Strategy (CAIP)*** — Supports the objectives of prevention, cessation and protection by providing funding for community-based action to prevent and reduce tobacco use.
- ▶ ***Community Action Program for Children (CAPC)*** — Helps community groups address the health, educational and developmental needs of children at-risk aged 0-6 years, while strengthening and supporting their families.
- ▶ ***Community Support Program, Canada's Drug Strategy (CSP)*** — Develops and strengthens the ability of communities and community-based organizations to address their particular alcohol and other drug issues, and to take an active role in preventing, reducing, or eliminating substance abuse related harm.
- ▶ ***Health Promotion Contribution Program (HPCP)*** — Encourages the development of a responsive health system that reduces barriers to health, promotes innovative health action in the community and develops healthy public policy.
- ▶ ***New Horizons: Partners in Aging (NH)*** — Provides support to improve the health, well-being and independence of seniors and to prevent situations of risk.
- ▶ ***Community Animation Program (CAP)*** — Supports communities as they increase their capacity to act on issues involving both health and the physical environment. This initiative is administered jointly by Health Canada and Environment Canada.
- ▶ ***Nobody's Perfect (NP)*** — Provides the practical information and tools for parents to give them a better understanding of their child's health, safety, behaviour and developmental needs.

This document — *Community Wellness in Action 1996-97: Summary Report of Community Wellness Initiatives* — lists, by region and community, those community wellness initiatives proposed under each of the funding programs for the 1996-97 fiscal year.

The projects described help to define the priorities for change made by community members. Every initiative represents a contribution towards the goals of community wellness in these communities and collectively in the regions and in the NWT.

Inuvik Region

1996-97 Wellness Funding

Aklavik	\$202,306.99
Colville Lake	\$30,546.13
Déline	\$168,835.91
Fort Good Hope	\$157,032.88
Fort McPherson	\$326,226.74
Inuvik	\$582,025.54
Norman Wells	\$40,252.00
Paulatuk	\$103,934.71
Sachs Harbour	\$39,677.71
Tsiigehtchic	\$75,724.70
Tuktoyaktuk	\$213,828.70
Tulita	\$95,182.87
Inuvik Region	\$2,035,574.88

Aklavik

Population 824

To encourage and support individuals to initiate and continue the healing process that will enable them to regain their power and take control of their own lives

—Mission Statement, *A Suggested Wellness Plan for the Community of Aklavik*

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • Inuvialuit and Gwich'in language instructors were hired to offer cultural and language instruction to children. • Birthday celebrations for the Elders provided opportunities for regular community gatherings and reminded residents of the importance of their elders. • In celebration of National Addictions Awareness Week, displays on smoking and alcohol and drug abuse were set-up, presentations delivered at school, and activities such as a community feast, sober walks, and movie nights were held. • The health centre ordered educational materials for patients and for the delivery of presentations. • Northern Winter Games Sports Training was offered. • A Youth Games Night was held at the recreation centre as part of the weekly activities offered to youth in the community. • A community wellness worker promoted, coordinated and assisted with the implementation of wellness programs. • Students with a high attendance record and academic standings were selected to tour post-secondary institutions in Saskatchewan, Alberta and Yellowknife. • Traditional dancing was taught once a week to each grade level at the school. • The Preschool Preparation Program taught children their numbers, months, days of the week, alphabet, etc., and developed their socialization skills and motor skills. The class included visits from community members like the fire chief and dentist. The community intends to continue this program. • Two hunters took the language classes out on the land to learn about setting up camp, setting snares, tracking animals, jigging, butchering and meat preparation techniques. • An elders/youth coordinator worked on a part-time basis to organize meetings and assisted with the delivery of elder and youth programs in Aklavik. • An instructor for a life skills course travelled to Aklavik. • A family counsellor trainee received training.

Aklavik — Continued

Funding	Community Wellness Initiatives
Community Action Fund	<ul style="list-style-type: none"> • A community wellness coordinator promoted, coordinated and assisted with the implementation and delivery of wellness programs. • The community drafted a wellness strategy.
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none"> • The Healthy Babies of the Future Prenatal Program provided support and service to “at-risk” prenatal women and new mothers. Cooking classes and educational sessions were facilitated and coordinated by the community health representative, who received support from a community steering committee.

1996-97 Wellness Funding in Aklavik

\$202,306.99

Colville Lake

Population 88

The Dene community of Colville Lake is located on the southeast shore of Colville Lake, approximately 745 kilometres northwest of Yellowknife. Colville Lake lies within the ancestral homeland of the North Slavey Dene tribe. The traditional North Slavey name for the community, K'áhbamítúé, means "ptarmigan net."

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • Youth attended the Dreamcatchers Conference and workshops on tradition and culture. • Wilderness/hunting camps were organized to teach students about traditional hunting and survival skills. • An individual attended a workshop on traditional dances and art. • A part-time coordinator worked with the Wellness Committee and assisted in the delivery of the projects and programs (see also <i>Community Action Fund</i>).
Community Action Fund	<ul style="list-style-type: none"> • A part-time coordinator worked with the Wellness Committee and assisted in the delivery of the projects and programs (see also <i>Brighter Futures</i>).

1996-97 Wellness Funding in Colville Lake

\$30,546.13

Déline

Population 554

Déline is located on the north shore of Keith Arm on the southwestern side of Great Bear Lake. Déline is a Dene community at the southernmost limit of the North Slavey tribe’s ancient territory. The North Slavey name Déline means “moving or flowing water.”

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A wellness coordinator and youth worker organized recreational activities for youth such as the Family Fun Day; children’s games in the evenings; a Moms and Tots Program; a Brownies group for young girls; and coordinated the following activities: <ul style="list-style-type: none"> ▶ An Inner Child Workshop was held with 16 participants and sponsored one alcohol and drug worker to train as an inner child facilitator. ▶ Elders took youth on a caribou hunt to teach hunting and butchering techniques. ▶ A youth conference was attended by 30 participants. The focus was on teaching youth to deal with alcohol and drug problems. ▶ An individual attended a Youth/Education Conference in Tulita ▶ The Sahtu Education Board and Brighter Futures co-funded a special needs teacher to assist special needs children in the school.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • Community Wellness courses were offered. These courses were part of the Déline Wellness Plan.
<p>Canada Prenatal Nutrition Program (FNIC)</p>	<ul style="list-style-type: none"> • The Déline Healthy Babies Prenatal Nutrition Program offered cooking classes and educational sessions for pre- and postnatal women. The program was coordinated by the community health representative and formed many community partnerships. • A Wellness Committee was established to provide input into the implementation of the project.

1996-97 Wellness Funding in Deline

\$168,835.91

Fort Good Hope

Population 696

The Wellness Strategy Board will support and promote awareness about healing, community wellness and being positive role models. We believe that we can achieve social change by changing attitudes towards these areas. Each person is responsible for his or her own actions. In order to do so, we need to be supported by our family and our community. It is important that those in positions of leadership provide healthy role models.

—Fort Good Hope Community Wellness Strategy

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • Summer bush camps operated seven projects throughout the summer involving a total of 54 youth. • A five-day skidoo/camping trip to Colville Lake was organized for 12 community cadets to learn winter travel methods and orienteering skills. • Trapper training was offered to 12 students. The groups camped for 14 days to learn trapping, skinning and butchering methods. • Dene Drumming and Dancing taught youth drum songs and the cultural and spiritual importance of the drum and drumming. • Presentations were made to individuals to recognize their efforts and contributions in working with community youth. • Youth sponsored activities included assisting several youth to attend the Dreamcatchers Conference. • A computer program was purchased and installed for the school. The program offers individualized instruction so students can learn at their own pace and develop literacy and computer skills. • A Behaviour Modification Workshop was held to train students and teaching staff on how to deal with inappropriate behaviours. Topics included physical and sexual abuse, classroom discipline, education and native perspective, parenting, and tobacco, drug and alcohol abuse. • A Night Recreation Program was offered to help youth keep occupied in the evenings.

Fort Good Hope – Continued

Funding

Community Action Fund

Community Wellness Initiatives

- A Wellness Strategy was completed with a calendar detailing a work plan.
- A wellness coordinator helped plan and implement wellness programs.
- A community support group was established to help troubled individuals and those in need.
- Three individuals attended the Suicide Prevention Training Program offered by the Dene Cultural Institute. These three people also participated in the community support group.
- A baby sitting course was offered with the goal of establishing a pool of trained baby-sitters in the community.
- An On-the-Land Cultural Centre was established. The centre offers cultural programs for youth in the community.
- A series of parenting workshops were delivered.
- Several youth attended a regional workshop on education, employment and training.
- Several youth attended a regional workshop in Déline on alcohol and drugs.
- Community wellness courses were offered. Topics included anger management and suicide awareness.

1996-97 Wellness Funding in Fort Good Hope

\$157,032.88

Fort McPherson

Population 936

Fort McPherson is located on the east bank of the Peel River about 38 kilometres upstream from its junction with the Mackenzie River. The main economic activities are trapping, oil exploration, highway services, and canvas products. The traditional name is Teetl'it Zheh which means "at the head of the waters."

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A Youth Advisor Program provided behaviour management and classroom support to students by assigning tutors for reading, writing, math and English. • A grieving workshop covered topics such as coping skills, the grieving cycle, etc. • An AIDS/literacy/justice workshop was held with speakers addressing each topic. Guest speakers also gave presentations to the school classes. • A Parent and Child Centre held monthly workshops for parents covering topics such as first aid, FAS/FAE prevention as well as a workshop on traditional parenting methods. The Parent and Child Centre also organized games and activities for preschool children and parents to teach them the alphabet, numbers, etc. There is also a program for Kindergarten students. • The Youth and Adolescent Program at the Tl'oondih Healing Centre planned and delivered youth activities and operated an aftercare program for youth who have gone through the healing program. • Experienced hunters and trappers took youth out on the land to teach traditional survival skills and to share traditional teachings. • A wellness coordinator worked with project coordinators to plan and deliver projects (see also <i>Community Action Fund</i>).
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A wellness coordinator worked with project coordinators to plan and deliver projects (see also <i>Brighter Futures</i>). • Elders were photographed. These photos have been enlarged, framed and hung in the new Chief Julius School. The Northern Store developed the photos free of charge. • A community newsletter kept residents informed of wellness initiatives. • Recreational programs included a skiing program and a weight lifting program for the youth promoted exercise, fitness and healthy lifestyles. • Several youth attended the Dreamcatchers Conference in Edmonton.

Fort McPherson — Continued

Funding	Community Wellness Initiative
Aboriginal Head Start	<ul style="list-style-type: none">• The Tl'oondih Healing Society established the Tetlit Zheh Child Centre which will provide opportunities to 16 children and their families. Elders teach and demonstrate Gwich'in language, arts and crafts and traditional skills. Parents are involved in the Parent Support Groups and help with daily program activities.

1996-97 Wellness Funding in Fort McPherson

\$326,226.74

Inuvik

Population 3475

Community Wellness is not a “project.” Wellness is an holistic approach to ‘fix’ all areas of our community and it will take years to achieve it. As a community we can start to identify community needs and programs that need to change to meet these needs.

—*Building Healthy Community Final Report*, Inuvik Transfer Committee

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none">• The Inuvik Youth Centre hired a youth coordinator to provide recreational and educational programming. The youth coordinator has started planning programs and meets regularly with elders, the RCMP and other agencies. The youth coordinator also worked with the Canadian Cancer Society to develop a video about smoking and teens. Co-funded by Inuvik Community Corporation and Nihtat Gwich'in Council.• Twelve students and two chaperones travelled to the Dreamcatchers Conference. The youth will also help organize the Regional Youth Conference. Co-funded by Nihtat Gwich'in Council and Inuvik Community Corporation.• Students from both schools attended Northern Winter Games Sports Training as well as participating in the Regional Northern Games.• Recreational opportunities were provided to the girls soccer team; a minor hockey clinic was held to develop skills and a bordenball tournament. A total of 150 youth participated.• The Sir Alexander Mackenzie Secondary School Dancers travelled to Yellowknife, Hay River, Fort Resolution and Fort Providence to perform at schools and encourage cultural pride and cultural exchange. A children's drum dance group was started and costumes were made for the children. The children learned many traditional dances about hunting, scraping skins, kamiks and travelling through the Delta.• On-the-land activities included a program where elders took students out on the land to teach survival and traditional skills. Students were expected to keep journals of their daily activities. Another program taught 20 children muskrat trapping skills at a bush camp.• A student participated in an archaeology project. A student attended the Aboriginal Controlled Justice Conference. Students were provided with the opportunity to participate in the North American Indigenous Games. Six youth and a chaperone participated in the Whitehorse Ski Loppet. Two youth attended the National Inuit Youth Summit.

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities (continued)</p>	<ul style="list-style-type: none"> • The Inuvik Transition House hired a worker to deal exclusively with children of families using the Transition House. The focus was on breaking the cycle of violence in a safe environment. • <i>Nanuk Says</i> was developed. This is a children’s puppet show to promote the use of Inuvialuktun. • The Child Development and FAS Prevention Project was based on input from social services, home care, foster parents, speech pathology and public health nursing. A client list was developed of children with potential or confirmed physical, language or social development delays. A day program offered one-on-one directed playtime in the home and an evening program provided group social activities. The FAS Prevention Project is expected to become a long-term project. The first phase consisted of identifying the knowledge base with questionnaires and public meetings. Based on the results, a series of community-based workshops were held to learn about dealing with FAS/E. Co-funded with the Inuvik Regional Health Board. • During the Christmas season, Ingamo Hall held a feast and gathering for underprivileged families. Developmental gifts were purchased for children. • A study was conducted on the feasibility of starting a candy striper program to offer structured volunteer and training opportunities. • An Elder Abuse Workshop provided information on Elder abuse and the impact upon the family. • The Training Centre offered workshops or modules on: FAS/E; First Aid and CPR; parenting; dealing with grief and residential school impacts; assisting youth with reading skills and tutoring methods; and modules from the <i>Dark to Light</i> community development/facilitating booklets. • The Winter Regional Games focussed on improving and developing the athlete’s skills as opposed to an emphasis on competition. The games took place from February 28th to March 2nd. • Cultural programs were offered in both schools and included drum dancing, a home reading program, author visits, tutor program, craft club, artist visits, etc. Co-funded with the District Education Authority. • Traditional sewing classes were held for children from Grades 5 and 6. Each child completed a pair of rabbit fur/duffle mitts. • A Family Dynamics Workshop was held over a five-day period.

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities (continued)</p>	<ul style="list-style-type: none"> • Nine students participated in fiddle classes offering individualized instruction. • A photographer was hired to take pictures of Brighter Futures Projects. Posters will be made to promote the Brighter Futures Program in the Inuvialuit communities.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • Building on the draft <i>Wellness Strategy</i>, a draft discussion paper was developed which identified community priorities. • The In-Home Support Family Counselling Program provided counselling services, support to parents, mediated family meetings, assisted in developing parenting skills and advocated on behalf of clients. • A survey was conducted to identify and evaluate youth services in Inuvik. • The Inuvik Community Justice Committee developed alternatives to court proceedings to help people reform attitudes and to help resolve conflicts. • Students from both schools attended Northern Winter Games Sports Training as well as participating in the Regional Northern Games. • The Ingamo Hall Literacy Program developed a one-on-one learner-tutor program. Seven people acted as tutors with 19 learners. • A training workshop was held for crisis shelter workers. • Research and community consultation were conducted on the transfer of the Income Support Program. • National Addictions Awareness Week events and activities raised awareness about drugs and alcohol abuse and included a sober walk, presentations, displays and a dance.
<p>Canada Prenatal Nutrition Program (FNIC)</p>	<ul style="list-style-type: none"> • The Inuvik Regional Community Prenatal Program provided services to women living in seven communities: Sachs Harbour, Paulatuk, Fort McPherson, Colville Lake, Fort Good Hope and Tulita. Programs were administered by community health representatives and public health nurses in each of the funded communities. • Cooking classes, food supplements and educational sessions were offered in participating communities.

Inuvik — continued

Funding	Community Wellness Initiatives
Canada Prenatal Nutrition Program	<ul style="list-style-type: none">• The Healthy Babies Program is run through the Inuvik Regional Health Board. The goal of the program is to improve the birth outcome of at-risk pregnancies through the provision of food supplements and nutrition/education counselling.
Aboriginal Head Start	<ul style="list-style-type: none">• The Inuvialuit Social Development Program received funding to conduct community assessments in Sachs Harbour, Holman, Paulatuk, Aklavik, Inuvik and Tuktoyaktuk to identify Inuvialuit children and families who may take part in an Aboriginal Head Start Program.
AIDS Community Action Program	<ul style="list-style-type: none">• The Ingamo Hall Friendship Centre began the second phase of the Inuvik Youth Program which is aimed at awareness and enhancing skill-building activities for youth.

1996-97 Wellness Funding in Inuvik

\$582,025.54

Norman Wells

Population 851

Improving communication, increasing our ability to work together, being able to listen and having respect for one another are directions mentioned in all the interviews to begin our path to Community Wellness...Our greatest resource is the people in our community.

—Norman Wells Wellness Report, Spring 1996

Funding	Community Wellness Initiatives
Community Action Fund	<ul style="list-style-type: none">• Building upon the <i>Community Wellness Plan</i> developed in 1995/96, capacity-building workshops were offered to develop skill levels within the community.• A needs assessment was conducted to determine the benefits of a wellness coordinator for the community.

1996-97 Wellness Funding in Norman Wells

\$40,252.00

Paulatuk

Population 280

Paulatuk is located at the south end of Darnley Bay on the Arctic coast, 402 kilometres east of Inuvik. The name Paulatuk is from the Inuvialuit term for the “soot of coal,” in reference to the coal found in the vicinity and used as fuel for heating.

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • The Junior Rangers learned net setting and checking techniques, shelter making, how to use a GPS and did some ranger land exercises. • For a four-month period, a fur tanning/sewing class and a trapping class taught children how to set traps, prepare the fur for sale; make duffles and work with hides. Each student made mitts, boot duffles, etc. • Elders taught youth traditional fishing skills. They learned to ice fish, where to cut the ice, how to keep fish from freezing, where to put your shelter, travelling in white-outs, cooking on the land, etc. • Three instructors from Inuvik came to Paulatuk to teach drum dancing during the school day over a two week period. • A regional hockey tournament and hockey clinics taught youth the basics of skating, rules and sportsmanship in hockey. A youth sports camp for boys and girls between the ages of 9 and 16 focussed on skills development, rather than competition. Two instructors from other communities taught and trained youth in Northern Winter Games. • The Literacy Program ran for 16 weeks. Preschool children were invited to the school with their parents one afternoon a week for story time. Two of the Grade 5 and over students read to the preschoolers, played developmental games and made crafts with them. Families who attended the program were allowed to borrow the games and books. • Nutritious snacks for students helped improve attendance and concentration. • Once per month, a community feast was organized around events to encourage family participation (eg. school pageants, etc.).
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A community wellness coordinator planned and helped implement wellness programs.
<p>Aboriginal Head Start</p>	<ul style="list-style-type: none"> • Based on the results of community assessments conducted by the Inuvialuit Social Development Program, a program was initiated in Paulatuk to serve 16 children. Elders, parents and extended families will be closely involved in teaching, skill development and program activities.

1996-97 Wellness Funding in Paulatuk

\$103,934.71

Sachs Harbour

Population 145

Sachs Harbour is located on the north side of the Sachs River in the southern part of Banks Island. The traditional name of this Inuvialuit community is Ikaahuk and means “where you go across to.”

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A program to teach children about traditional trapping skills and survival skills was delivered. The youth trapped, skinned and prepared over 160 foxes. • A sports camp helped youth to develop skills rather than focus on competition. The participants were boys and girls between the ages of 9 and 16 years old. • Youth attended and participated in the Northern Games. • A Child Day was held. This event was part of the Christmas celebrations. Each child received a gift from Santa, a certificate proclaiming they were special, attended a feast and played games and crafts. It was an “overwhelming success.” • A community feast was held to celebrate Easter with a craft night for the kids, a family tea, a hamper drive for needy families, a children’s scavenger hunt and an afternoon Easter movie.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • No report available.

1996-97 Wellness Funding in Sachs Harbour

\$39,677.71

Tsiigehtchic

Population 160

The Dene/Métis community of Tsiigehtchic is located at the confluence of the Arctic Red and the Mackenzie Rivers, 96 kilometres south of Inuvik. The Gwich'in name for the community means "mouth of the iron river."

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> This is the second year of a three-year pilot project. A mental health worker offers individual, couple, family and group counselling sessions as well as community workshops to provide counselling and intervention services to the community.
Community Action Fund	<ul style="list-style-type: none"> Elders offered instruction to a youth sewing group in the Kids Can Sew Project.
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none"> The Gwichya Gwich'in Prenatal/Postnatal Program provided prenatal women and new mothers with information needed to have healthier babies. The project was coordinated by the community health representative with assistance from the community. Cooking classes, monthly support meetings and an exercise program were offered to women. A series of traditional food recipe cards were produced by Elders and the community health representative.

1996-97 Wellness Funding in Tsiigehtchic

\$75,724.70

Tuktoyaktuk

Population 994

The name Tuktoyaktuk is the anglicized version of an Inuvialuit name meaning “resembling a caribou.” The community is located on a spit in Kugmallit Bay in the Beaufort Sea. Traditionally it was the home of the whale hunting Karngmalit (Mackenzie) Inuit, it is now the sea edge base for oil and gas exploration of the Beaufort Sea.

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none">• A series of Community Wellness workshops were held on family violence, inner healing, healing from spousal abuse, healing from sexual assault, healing from child sexual abuse and healthy relationships.• Northern Winter Games Sports Training was provided to students from both schools. The same students also participated in the Regional Northern Games.• The Healthy Babies Program is run through the Inuvik Regional Health Board. The goal of the program is to improve the birth outcome of at-risk pregnancies through the provision of food supplements and nutrition/education counselling.• A youth committee coordinator prepared for the opening celebration of the Youth Centre and planned and implemented activities for the youth.• The Crisis Centre extended their hours to stay open 24 hours a day for a three month trial period. Staff were available to provide counselling and family violence services.• Funding was provided to assist students with travel costs for an educational trip and for two Inuvialuit youth to attend the National Inuit Youth Summit.• Hunters took youth to learn about traditional hunting and butchering techniques. The youth also participated in delivering the meat to needy families and Elders.• The Drum Dance Program and a Regional Drum Dance Gathering translated seven drum dance songs and taught the songs and meanings to youth.• A school breakfast program offered nutritious breakfasts.• Three community hunters/trappers taught traditional survival skills to the Northern Studies class.• A Canada Games coach taught a volleyball clinic for boys 18 and under. A hockey clinic helped youth improve and develop their skills• Approximately 60 children were chosen to participate in a Regional Science Fair.

Tuktoyaktuk — continued

Funding	Community Wellness Initiatives
Community Action Fund	<ul style="list-style-type: none"> • A coordinator worked with the Wellness Committee to plan and deliver wellness activities and to facilitate development of a plan • Community events such as square dancing were held with over 50 participants ranging in age from 2 to 70. • A hockey camp was held with 75 participants ranging in age from 5 to 15. • An anger management life skills course was offered.
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none"> • The Tuktoyaktuk Prenatal Program held cooking classes, provided nutritious food baskets and educational sessions to prenatal women.

1996-97 Wellness Funding in Tuktoyaktuk

\$213,828.70

Tulita

Population 477

Tulita, meaning “where the rivers meet,” is located on the northern bank of the Mackenzie River at its junction with the Great Bear River.

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A healing workshop was held to follow-up on a workshop held last year. Over 20 community members participated. Although it was scheduled to last only four days, the community extended the workshop for two more days. • Twelve individuals travelled to an Elders spiritual gathering. • The Tulita Wellness Agency administered and managed programs for Alcohol and Drugs, Family Violence, and Mental Health. • Youth/Elder cultural trips taught youth traditional, cultural and survival skills. This program has been especially helpful to the children of single parent families. • The Tulita Band Council sponsored the Sahtu Youth Conference. Approximately 10 students per Sahtu community attended the conference. Topics included: reasons for staying in school, economic development and opportunities for youth, and community recreation. • Community gatherings were held on a monthly basis to bring the elders and youth together with various activities such as traditional games.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A youth worker offered weekly peer counselling sessions as well as facilitated and coordinated other activities for the youth.

1996-97 Wellness Funding in Tulita

\$95,182.87

Kitikmeot Region

1996-97 Wellness Funding

Bathurst Inlet	\$7,692.23
Cambridge Bay	\$195,178.14
Gjoa Haven	\$247,658.53
Holman	\$90,430.34
Kugluktuk	\$344,404.09
Pelly Bay	\$91,032.16
Taloyoak	\$302,051.50
Umingmaktok	\$10,168.77
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Kitikmeot Region	\$1,288,615.76

Bathurst Inlet

Population 20

The small Inuit community of Bathurst Inlet is located at the mouth of Burnside Inlet on the southwest side of Bathurst Inlet. In 1964 the Hudson Bay Company post was moved from Bathurst Inlet to the community of Umingmaktok (Bay Chimo). This drastically reduced the number of families which continued to live in Bathurst Inlet.

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • A preschool program was operated to help prepare children for Kindergarten. This is a continuing program. • An arts and crafts program was offered for youth in the community. This is a continuing program. • Playground toys were made available to all children in the community. • Respite care was provided for parents and children.
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none"> • The Prenatal Cooking Group established a cooking group for prenatal women and new mothers. Weekly cooking classes were offered that provided an opportunity to try new and different foods.

1996-97 Wellness Initiatives in Bathurst Inlet

\$7692.23

Cambridge Bay

Population 1442

The Inuit community of Cambridge Bay is located on the southeast coast of Victoria Island, north of the mainland Arctic Coast. Ikaluktutiak, the Inuit name for Cambridge Bay, means “good fishing place.”

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none">• A coordinator oversaw the establishment of a comprehensive Wellness Program which integrated the family violence, victims assistance, crisis shelter, justice, social services, recreation and early childhood education programs.
Community Action Fund	<ul style="list-style-type: none">• Community meetings were held to consult and gather input for the development and implementation of a Wellness Plan.

1996-97 Wellness Funding in Cambridge Bay

\$195,178.14

Gjoa Haven

Population 916

Gjoa Haven is located on a narrow inlet on the southeast coast of King William Island off the mainland Arctic Coast. It is the traditional territory of the Netsilik Inuit, known for their expertise in hunting seal on the winter and spring ice. The traditional Inuktitut place name is Uqsuqtug, which means “lots of blubber.”

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A coordinator planned, coordinated and helped deliver Wellness Programs. • Residential gun lockers were constructed to prevent accidental firearm injuries. • The Parent/Child Centre offered a preschool program to prepare children for Kindergarten. This is a continuing program. • The Cadets program helped youth learn survival skills and develop leadership and teamwork skills. • A contribution was made to the operation of the Youth Drop-in Centre. • A Helmet Safety Program was established to help prevent head injuries. • A grieving workshop was held. • Recreational programs were offered to community youth and included the wrestling club and hockey programs.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A harvest with the Hunters and Trappers Association was organized • A contribution was made to the Search and Rescue Team. • The Snowbird Daycare received supplemental funding.
<p>Aboriginal Head Start</p>	<ul style="list-style-type: none"> • The program is offered five days a week to preschool children. Parents are encouraged to participate in program development, monthly workshops and in program activities. Daily program activities are carried out in English and Inuktitut and Elders will be involved through story-telling, sharing traditional games and singing.

1996-97 Wellness Funding in Gjoa Haven

\$247,658.53

Holman

Population 431

The community of Holman is located on the Diamond Jenness Peninsula on the western side of Victoria Island. Victoria Island is the ancestral homeland of the Copper Inuit and Uluqsaqtuuq, the Inuinnaqtun name for the community, means “where there is copper.” Holman is known for its printmaking, an art that was first taught in the community by a French missionary in 1939.

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none">• A family life counsellor offered counselling sessions to individuals and families.• A facilitator and assistant organized workshops and drop-in sessions for children and youth.
Community Action Fund	<ul style="list-style-type: none">• Elders taught youth skills in traditional sewing, carving, sled building, seal hook and fish spear making.• A spring camping trip for Elders and youth was organized and held.• The Ladies Traditional Sewing Project preserved and shared traditional sewing skills.
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none">• The Holman Prenatal Traditional Cooking Program offered weekly cooking sessions at the community school.• A variety of pregnancy and nutrition-related topics were covered during the cooking classes. Educational sessions were also offered that provided information about nutrition and healthy lifestyle choices.

1996-97 Wellness Funding in Holman

\$90,430.34

Kugluktuk

Population 1164

...to create and work towards a happier, healthier environment for the betterment and wellness of all residents of Kugluktuk....through the wisdom of and knowledge of the elders, the youth can have the strength and resources to follow their own wisdom.

—Kugluktuk Community Wellness Plan

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • A Brighter Futures coordinator delivered programs involving traditional activities such as carving, sewing, and hide preparation and were conducted in Innuinaqtun. The program operated on a drop-in basis during the summer and on a regular basis during the school year. The program has been expanded to include workshops on suicide prevention, parenting, community wellness and alcohol and drug awareness. • A youth coordinator developed and implemented programs for the youth. • A contribution was made to the Women’s Group Victim’s Assistance Program.
Community Action Fund	<ul style="list-style-type: none"> • The community developed a Wellness Plan including a number of goals: <ul style="list-style-type: none"> ▶ to reduce problems related to alcohol and drug abuse; ▶ to provide personal life management for community members; and ▶ to share the ownership of the vision, the problems and the solutions with the residents of the community. • Community residents also established a number of specific tasks and activities to be implemented for each goal in the plan, ranging over a variety of issues, from educating community members, through forming support groups, to involving Elders in more community planning.
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none"> • The program offered traditional cooking classes, educational sessions and arts and crafts classes. Community elders volunteered their time to work with the prenatal women. The Kugluktuk Prenatal Nutrition Program was guided by an Advisory Committee of community groups and individuals.
Aboriginal Head Start	<ul style="list-style-type: none"> • Sixteen preschool children attended a program which included the participation of their parents and Elders. Elders offered their knowledge and skills by sharing stories, songs and language. The program will also be provided in home settings.

1996-97 Wellness Funding in Kugluktuk

\$344,404.09

Pelly Bay

Population 473

Pelly Bay is an Inuit community located on the south side of the Simpson Peninsula, 177 kilometres southeast of Taloyoak. The Inuit of Pelly Bay traditionally depended on sealing and whaling. Arviliqjuat, the traditional Inuit name for Pelly Bay, means “lots of bowhead whales.”

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none">• The school librarian/attendance counsellor’s hours of service were extended to expand services provided to students.• The preschool program helped prepare preschool children for Kindergarten. This is a continuing program.• A group of school students travelled to a youth leadership conference.• A video history of the community was developed to preserve traditional knowledge and values.• Recreational projects were also supported such as minor hockey, weekend recreation program, and a crafts program.
Community Action Fund	<ul style="list-style-type: none">• A family counsellor offered counselling to individuals and families.

1996-97 Wellness Funding in Pelly Bay

\$91,032.16

Taloyoak

Population 675

Taloyoak is located at the head of Spence Bay on the south coast of the Boothia Peninsula. The name Taloyoak comes from the traditional Inuktitut term for “caribou blind.”

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • A mental health worker offered counselling to individuals and families in the community. • A grieving/healing workshop and an on-the-land program taught participants traditional ways of healing. • Suicide prevention and anger management workshops were offered.
Community Action Fund	<ul style="list-style-type: none"> • Suicide prevention workshops were held. These workshops followed up on previous workshops done in the community.
Canada Prenatal Nutrition Program	<ul style="list-style-type: none"> • The Taloyoak Prenatal Nutrition Project was part of an extended maternal child health project. Project clients were provided with food vouchers to exchange for store-bought foods, as well as country meat and fish from local hunters (who in turn could exchange the vouchers for hunting supplies and gasoline).
Aboriginal Head Start	<ul style="list-style-type: none"> • This holistic program involved parents as facilitators and role models; Elders participated through story-telling and traditional games. Daily program activities were conducted in Inuktitut with a focus on children learning their cultural traditions and values.

1996-97 Wellness Funding in Taloyoak

\$302,051.50

Umingmaktok (Bay Chimo)

Population 53

The community of Umingmaktok is located on the east side of Bathurst Inlet across from the community of Bathurst Inlet and 193 kilometres southwest of Cambridge Bay. The Inuinnaqtun name for the community, Umingmaktuuq, means “place of many muskox.”

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none">• The preschool program continued to help prepare children for Kindergarten. This is the second year of the program.• Traditional carving skills were taught to youth.• The traditional sewing program preserved and shared traditional sewing skills.

1996-97 Wellness Funding in Umingmaktok

\$10,168.77

Baffin Region

1996-97 Wellness Funding

Arctic Bay	\$226,252.12
Broughton Island	\$96,350.11
Cape Dorset	\$236,544.46
Clyde River	\$145,830.44
Grise Fiord	\$38,485.47
Hall Beach	\$113,776.01
Igloolik	\$334,704.61
Iqaluit	\$635,132.02
Kimmirut	\$70,303.91
Nanisivik	\$34,081.85
Pangnirtung	\$229,843.43
Pond Inlet	\$221,454.32
Resolute Bay	\$39,788.18
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Baffin Region	\$2,422,546.93

Arctic Bay

Population 614

The community of Arctic Bay is located on the north shore of Baffin Island on a low gravel beach enclosed on three sides by high hills. The community’s Inuktitut name, Ikpiarjuk, means “a bag” or “pocket,” and describes the bay’s enclosed environment.

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A coordinator helped community groups to plan and deliver programs. • A Girl Guides and a Brownies club were established. The neighbouring community of Nanisivik has also been inspired to start a club. • The Kicking Caribou Theatre Company developed and performed a new play, <i>What’s the Matter with Mary-Jane?</i>, a story of a young teenager struggling to make her way through problems like drugs, alcohol, suicide, solvent abuse, family dysfunction and peer pressure. They travelled to Iqaluit to perform this play. The company continued to perform <i>This House Has Many Rooms</i>, a play about suicide which was developed by the students last year (see also <i>Community Action Fund</i>). • A group of volunteers from the Self-Help Group received training in healing. • A contribution was made to the Youth Friendship Centre. • A youth day camp was organized. Elders taught youth about working together and about traditional knowledge and values. • A hockey clinic was held for approximately 68 participants.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • National Addictions Awareness Week activities included discussions on alcohol and drug abuse, a community feast, a talent night, a sober dance and a community walk. • The Kicking Caribou Theatre Company developed and performed a new play <i>What’s the Matter with Mary-Jane?</i>, a story of a young teenager, struggling to make her way through problems like drugs, alcohol, suicide, solvent abuse, family dysfunction and peer pressure. They travelled to Iqaluit to perform this play. The company continued to perform <i>This House Has Many Rooms</i>, a play about suicide which was developed by the students last year (see also <i>Brighter Futures</i>).

Arctic Bay – continued

Funding	Community Wellness Initiatives
Aboriginal Head Start	<ul style="list-style-type: none">• Sixteen preschool children attended a culturally appropriate program that deals with the social, physical and emotional development of the child. Elders, parents and extended families were closely involved in teaching, skill development and hands-on program activities like arts and crafts, traditional games and story-telling.

1996-97 Wellness Funding in Arctic Bay

\$226,252.12

Broughton Island

Population 534

The Inuit community of Broughton Island is located on Broughton Island. The island itself is located off the east coast of Baffin Island in Davis Strait. Inuit families moved to the island from Pangnirtung and Padloping Island. The traditional Inuktitut name, Qikqiktarjuaq, means “big island.”

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A mental health worker/coordinator worked closely with alcohol and drug counsellors and Social Services. The coordinator also attended a suicide prevention workshop. • The Elders Program taught traditional skills and knowledge to students from Grades 1-9. Students from Grades 10-12 learned traditional arts in woodworking, sewing and cooking • Floater suits were purchased for use by the whole community. The suits were used so often, the school is planning to buy more floater suits for on-the-land school trips. • A suicide prevention workshop was held on the land.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • Tool/clothing making classes were offered especially for young adults. • Healing workshop sessions were offered to high school students. • A peer counselling workshop trained high school students in peer counselling and peer problem solving techniques. • Elders acted as instructors in traditional skills and language at a spring camp.

1996-97 Wellness Funding in Broughton Island

\$96,350.11

Cape Dorset

Population 1165

The Inuit community of Cape Dorset is located on Dorset Island, southwest Baffin Island, approximately 402 kilometres southwest of Iqaluit. The traditional Inuktitut name of the community, Kingnait, means “mountains.”

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A breakfast program was offered in both schools to provide nutritious food to students. • Training in traditional healing was provided to community residents. • The Teen Healing Project objectives were to help teenagers acquire the knowledge and skills to become adults who make informed and responsible choices and have the knowledge to develop peaceful and healthy families. • An education project was developed and delivered on safe garbage/waste disposal practices.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • The Youth Wellness Program included class and on-the-land sessions with the involvement of the school counsellor and Elders. The program emphasized values such as cooperation, acceptance, respect and trust. • The Community Parent Group developed a project to deliver cultural programs for children, youth and younger adults to share traditional knowledge and values.
<p>Canada Prenatal Nutrition Program (FNIC)</p>	<ul style="list-style-type: none"> • The Avuttutt - The Cravers Prenatal Nutrition Program offered cooking classes and provided information about healthy eating and pregnancies during the classes. • Women and their partners planned and cooked food together, participants ate nutritious meals, and prenatal women met and shared knowledge about the traditional and modern ways.

1996-97 Wellness Funding in Cape Dorset

\$236,544.46

Clyde River

Population 688

The community of Clyde River is located on the east coast of Baffin Island. It is approximately 720 kilometres north of Iqaluit. The community was relocated to this site from its original location on the east shore of Patricia Bay between 1967 and 1970. The Inuktitut name for the community, Kangiqtugaapik, means “beautiful cove.”

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A breakfast and lunch program was offered at the schools. • The community library extended their hours of service. • Elders at the Family Resource Centre taught youth about traditional knowledge. • The Nobody’s Perfect Support Group met weekly to discuss concerns and issues about parenting. • The Self Esteem Reading Project purchased reading materials to help youth deal with a variety of issues and to help develop self-esteem and coping skills as well as reading skills. • A Boy Scout Group was established. The community plans to continue its support for the group. • A Grief Counselling Week helped individuals deal with grieving from the loss of family members. • Elders instructed youth on traditional knowledge, stories and values in the Inusiqmik Illisaqsiniq Program. • The community held consultations on the proposed use of alcohol in the community and ideas for the prevention of alcohol abuse.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A wellness coordinator helped plan and deliver wellness projects in addition to facilitating the development of a Wellness Plan. • The Pulagatiigit Community Support Group organized activities for people with disabilities and the elderly. Activities included storytelling, exercise classes, etc.
<p>Canada Prenatal Nutrition Program (FNIC)</p>	<ul style="list-style-type: none"> • The Clyde River Prenatal Project provided cooking groups and educational sessions for prenatal women that developed knowledge and skills in the areas of cooking and nutrition.

1996-97 Wellness Funding in Clyde River

\$145,830.44

Grise Fiord

Population 125

The community of Grise Fiord is located on the southern coast of Ellesmere Island, 383 kilometres northeast of Resolute. The town site is situated at the fiord entrance, on a narrow strip of beach with bare rock mountains rising up behind. The community’s Inuktitut name, Ajuittuq, means “place that never melts.” Grise Fiord is Canada’s most northerly Inuit community.

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • The school operated a nutritious snack program for the students. • A suicide prevention workshop raised awareness on the issue of suicide. • A minister travelled to Grise Fiord to deliver services as there is no minister living in the community. • Elders taught youth the skills involved in making a traditional qamotik, as well as traditional knowledge and values. • A wellness coordinator assisted with the planning and delivery of programs.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A spring camp was organized and held for the youth.
<p>Canada Prenatal Nutrition Program (FNIC)</p>	<ul style="list-style-type: none"> • The High Arctic Cooking Group Prenatal Nutrition Program provided services to young pregnant women through cooking classes and educational sessions. A video of the cooking classes was made as part of the program’s evaluation activities. The project was coordinated by the community health representative.

1996-97 Wellness Funding in Grise Fiord

\$38,485.47

Hall Beach

Population 580

The community of Hall Beach is located on the east shore of the Melville Peninsula, 840 kilometres northwest of Iqaluit. An extensive archaeological site surrounding the Hall Beach area reflects the importance of this area to earlier Inuit cultures. The traditional Inuktitut name for the community, Sanirajak, means “flat land.”

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • Elders taught youth how to make traditional fish nets, prepare skins and how to make clothing, tents and tools for survival. An extension of this program educated some of the participants on surviving on the land without the use of modern equipment. • A suicide prevention workshop was held for high school students and raised awareness of the signs of suicide and on recognizing depression. • Elders took children and youth to an outpost camp to share knowledge about their traditions and culture, to encourage them and to promote the importance of education.
Community Action Fund	<ul style="list-style-type: none"> • A parenting skills workshop was held. • A coordinator helped plan and deliver wellness projects. • Nine students accompanied two family instructors in an on-the-land project to develop skills in hunting, butchering and hide preparation.
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none"> • The Whole Family Affair Prenatal Nutrition Program offered women cooking classes and educational sessions to provide information on food shopping, cooking store-bought and traditional foods, to increase self-confidence so that they are better able to care for themselves and their families.

1996-97 Wellness Funding in Hall Beach

\$113,776.01

Igloolik

Population 1175

The staff of the social action division will focus on two main areas of work: support for families and communities and help young people to develop their careers

—*Igloolik Social Action Plan*

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A Youth/Elder Retreat was held at Ikpik Bay. A video was produced on the activities the youth participated in. Elders and youth were also interviewed on how they think and feel about traditional ways. • A wellness coordinator assisted with the planning and implementation of programs. • The Winter Land Skills and Skin-Sewing Traditional Clothing Projects were combined to teach the participants that survival can depend not only on the catch but on using parts of the catch for shelter and clothing. • The Early Intervention Home Program attempted to improve the family environment and ensure that information on nutrition and hygiene was available. • An individual travelled to Repulse Bay to raise awareness on suicide prevention and intervention. • The Play Therapy Project educated students on preventative measures for suicide and depression, and raised awareness on the topic of solvent abuse. The community intends to continue this project. • The school offered a breakfast program to their students.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • The Social Support Network consists of agencies in the community that work to help individuals and families. The priorities include healing of victims of child sexual abuse, suicide prevention, drug and alcohol abuse, spousal assault prevention. • Five staff from the Social Affairs Division attended a workshop in play therapy, a method to reach children in distress through play.
<p>Aboriginal Head Start</p>	<ul style="list-style-type: none"> • High risk children were assessed in partnership with the Igloolik Community Education Council and the Health Centre. Parents and Elders actively participated in daily program activities such as arts and crafts, trips out on the land, traditional games, storytelling and singing.

1996-97 Wellness Funding in Igloolik

\$334,704.61

Iqaluit

Population 3475

The community of Iqaluit is located near the northeast head of Frobisher Bay on southern Baffin Island and is the future capital of Nunavut. Iqaluit is located near the site of a traditional Inuit fishing camp. In Inuktitut, Iqaluit means, “place of fish.”

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none">• The breakfast, lunch and snack programs at the schools provided nutritious meals for children.• The Inuit Cultural Program taught Inuktitut language skills, crafts, games and songs to daycare children.• The Inuit Traditional Healing Circles’ Violence in Men Project worked to expose and deal with inmates’ anger in culturally sensitive setting.• Short and long term counselling was provided to children and adults who have disclosed sexual abuse.• A contribution was made to the Terry Fox Program which emphasizes development of personal growth and land survival skills in youth.• A special tutor/counsellor for the Student Assistance Centre provided assistance to students experiencing difficulty with school or social situations.• The Inuit Youth Performing Arts Training Project organized a fashion show to help develop and promote life skills, education and training.• The Nakasuk Alternative Program provided an alternative educational program to help students with learning disabilities.• A classroom support assistant offered assistance to students with special needs.• Social workers received training in the area of childhood sexual abuse.• The Self Esteem Advancement Project helped elementary students develop self esteem.• Wages for the driver of the Iqaluit Handi-Van were provided. The van was donated by the Legion Branch and assists the physically disabled and elderly with local travel needs.• A workshop for foster parents was organized and promotional and educational materials were purchased.• Recreational supplies were purchased for the Northern Lights Youth Program.• Sprouts - Growing up Healthy promoted mental health development among children.• The Youth Drop-In Centre provided programs and activities for youths aged 13-20.

Iqaluit — continued

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities (Continued)	<ul style="list-style-type: none"> • A workshop provided training to daycare staff on working with special needs children. • The soup kitchen provided breakfast and lunch to homeless individuals and families. • Social Services staff held a workshop to set goals and objectives, improve communication skills and develop strategies for dealing with difficult clients. • Youth were taught survival skills such as making temporary shelters, keeping a quulik burning, making traditional clothing, as well as stories, songs and dances. • The Qiimujuk Project had Elders take street people onto the land to learn survival skills, traditional knowledge and values. • The Welcoming Children Program offered after-school activities for children during the spring months. • The Illitiit Debriefing Session provided an overview of the community strategic planning process.
Community Action Fund	<ul style="list-style-type: none"> • The Municipality of Iqaluit held a Wellness Planning Session. In a show of support for the process, local vendors stopped selling alcohol for the duration of the meeting. • Training was provided to the bilingual driver of the Iqaluit Handi-Van, which assists the physically disabled and elderly with their local travel needs. • Two school counsellors attended the Aboriginal Youth: Healing and Counselling Strategies Conference to develop skills in counselling and healing. • A program manager for the Sailivik Centre coordinated projects such as the thrift shop which employs mentally challenged people, an HIV/AIDS Outreach Project and a soup kitchen. • The speed skating club purchased speed skates in a variety of sizes so children could try the sport without a large investment. • The community wellness coordinator and trainee planned and helped deliver wellness programs. They were also involved in drafting a Community Wellness Strategy through community planning sessions. • Senior students were provided with support and counselling skills so they could help younger students in problem solving. • The Youth Drop-in Program provided a drug and alcohol free environment for teenagers to develop life skills.

Iqaluit — continued

Funding	Community Wellness Initiative
Canada Prenatal Nutrition Program	<ul style="list-style-type: none">• The Baffin Prenatal Nutrition Program uses traditional and non-traditional support and nutrition activities to promote the best health for mothers and babies. Increased skills in budgeting, shopping and cooking are developed among participants through the collective preparation of nutritious, economical meals.
AIDS Community Action Program	<ul style="list-style-type: none">• The Iqaluit HIV/AIDS Outreach Project continues to develop and implement prevention and education activities which are culturally and linguistically sensitive.
Health Promotion Contribution Program	<ul style="list-style-type: none">• A Medical and Traditional Knowledge Retreat brought Inuit and Non-Inuit cultures together to discuss ways and means of reinforcing the knowledge and skills of the Inuit in healing, curing and treating illnesses and disease including preventative teachings and values.

1996-97 Wellness Funding in Iqaluit

\$635,132.02

Kimmirut

Population 404

The community of Kimmirut is located at the head of a narrow inlet on southern Baffin Island, 120 kilometres south of Iqaluit. It is surrounded by high hills and overlooks a bedrock beach. The Inuktitut name for the community, Kimmirut, means “looks like a heel.” Until recently the community name was Lake Harbour.

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • The school offered a breakfast program for their students. • Workshops were held using the <i>Dark to Light</i> manuals. The workshops included: self-esteem for adolescents and for women; healing workshops for individuals and the community; spousal assault; and community assessment (See also <i>Community Action Fund</i>). • The Kimmirut Sewing Group organized a Traditional Clothing Project to pass on the skills required to make winter clothing. An extension of this project taught single parents and young mothers sewing skills to sew clothing, mitts, hats and outer wear for their children. • Young carvers were taught carving skills by professional carvers in the community. • Cultural programs were offered to ensure the transmission of traditional knowledge and values. • A Family and Communication Workshop was held to improve communication within the family unit. • The community counsellor received additional training in counselling techniques.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • The Community Hall was upgraded so it could hold a daycare and youth activity centre. • A translator was hired for the <i>Dark to Light</i> workshops. The workshops included: self-esteem for adolescents and for women; healing workshops for individuals and the community; spousal assault; and community assessment (See also <i>Brighter Futures</i>). • A wellness coordinator helped plan and deliver wellness projects.

1996-97 Wellness Funding in Kimmirut

\$70,303.91

Nanisivik

Population 317

Nanisivik is approximately 27 kilometres west of Arctic Bay. The town site was developed in the mid-70s to mine the silver/lead/zinc deposit.

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none">• Staff and students of the schools were taught alternative methods in helping children with learning disabilities such as painting, singing, listening, working with a group, etc.
Community Action Fund	<ul style="list-style-type: none">• Family activities included family swims, family trips to Arctic Bay, and school activities. Children’s groups such as Brownies, Girl Guides, Beavers and Cubs are the focus of wellness projects in the community.

1996-97 Wellness Funding in Nanisivik

\$34, 081.85

Pangnirtung

Population 1241

We need to get young people to assume leadership roles and become more involved in the life of our community...

—Pangnirtung Wellness Strategy

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • The community held sentencing meetings to educate community members about the legal system and to help teach parents strategies to deal with children before they get into trouble with the law. • The schools offered nutritious snacks and lunches. • Mamisaiyit, a women’s healing group, met regularly. • The Northern Lights Youth Group met every week. Activities included learning about hunting caribou, fishing, etc. The animals caught are used for a feast and part of the food is distributed among the elders. • Soccer equipment (helmets, balls, knee pads, etc) were purchased for use by the school and community. • The Men's Group met on a regular basis to discuss family issues and improve communication skills. • The Pirupalianiq Alcohol and Drug Committee raised awareness about alcohol and drug abuse, solvent abuse, etc. • Youth were provided with lessons in guitar playing. • The Elders group worked with youth to ensure transmission of traditional knowledge and values. • A drama group was formed by a group of youth to develop and perform plays on social issues. • Students from both schools participated in spring camps to learn about living on the land. • Information was offered and awareness raised on nutritional requirements for pre/post-natal women, children, youth , etc.
Community Action Fund	<ul style="list-style-type: none"> • The community held strategic planning sessions to develop goals and objectives. • A wellness coordinator helped plan and coordinate wellness activities and facilitated the development of the community wellness strategy. • Elders and youth worked together to preserve traditional knowledge and skills. • An individual travelled to a conference on inclusive teaching strategies. • The Alcohol and Drug Education Committee gave a workshop on the physical and emotional effects of alcohol, drugs and inhalants.

Pangnirtung — continued

Funding	Community Wellness Initiatives
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none">• The Pangnirtung Prenatal Nutrition Program offered cooking classes and educational sessions to prenatal women. The program was administered by the local Health Committee. Elders also provided assistance with the program.

1996-97 Wellness Funding in Pangnirtung

\$229,843.43

Pond Inlet

Population 1163

...we, as elders have to show that we love our young people and that we care for them. We have to assist them in building their future, through workshops, healing processes, make them aware that they are worth a lot. As adults, we have to begin supporting our young people and not criticize them.

—Recommendations for Changes, Aiqqat Committee

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • Nutritious snacks were offered in both schools. • Supplemental funding allowed the library to extend operating hours so students could access resources for study projects. An assistant was hired to help students find resources for their homework assignments. • Elders worked in the school and offered instruction on traditional skills and values. • Health promotion ideas and messages were developed for the community. • Additional education and training were offered to youth interested in careers in the justice system.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A coordinator assisted in the planning of wellness programs and in conducting a strategy session. • A strategy session was held with concerned individuals and agencies in relation to mental health and youth.

1996-97 Wellness Funding in Pond Inlet

\$221,454.32

Resolute

Population 212

The community of Resolute is located on the south coast of Cornwallis Island. Although the island has supported Inuit from earlier cultures, no Inuit are known to have inhabited the island in historic times. It is now largely home to Inuit originally from Pond Inlet and Port Harrison, Quebec, with a third of the population being non-native. The traditional Inuktitut name for the community, Qausuittuq, means “it’s dark all the time / it does not get light.”

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p> <p>Community Action Fund</p>	<ul style="list-style-type: none"> • A healing workshop was organized to help residents deal with the relocation of Inuit to Resolute Bay and Grise Fiord. • A snack program was offered at the school.

1996-97 Wellness Funding in Resolute

\$39,788.18

Keewatin Region

1996-97 Wellness Funding

Arviat	\$481,034.22
Baker Lake	\$388,108.93
Chesterfield Inlet	\$73,502.11
Coral Harbour	\$259,250.26
Rankin Inlet	\$338,364.21
Repulse Bay	\$120,869.97
Sanikiluaq	\$146,639.27
Whale Cove	\$70,246.92
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Keewatin Region	\$1,878,015.89

Arviat

Population 1543

The Inuit community of Arviat is located on the west coast of Hudson Bay, 241 kilometres southwest of Rankin Inlet. The site was traditionally used as a summer camp by the inland Pallirmiut Inuit of south Keewatin, who came to the coast to hunt seal. The name Arviat is Inuktitut for “bowhead whale.”

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • The Small Steps Program provides holistic intervention strategies to children at-risk and to improve parenting skills in the community. An intervention worker developed an individual plan for each child in consultation with agencies, parents and student support teachers. This is the third year of this program (See also <i>Community Action Program for Children</i>). • Approximately 60 mothers participated in Healthy Moms, Healthy Babies, with over 20 women attending on a regular basis for cooking classes and to learn basic nutrition. As Arviat has a high birth rate, this program is felt to be very beneficial. This is the second year of the program. • Youth recreational programs were offered such as a canoe program with 50-55 participants during the summer, a cross-country ski program and a drop-in program. The goal was to emphasize healthy living and interaction with one's peers. • A lifestyle literacy program operated during the summer and was attended by eight students. Courses included life skills (esteem building, anger management) and academic studies (math, English and science). This is the second year of the program. • The Healthy Community/Healthy School Project offered snacks at the schools. Personal hygiene was also promoted. • The Pathfinders was established using the Girl Guides format. Training was provided to 20 regular attenders in first aid, home economics, crafts and outdoor and camping activities. Basic materials and supplies were purchased. • Gun lockers were constructed and installed into homes of community members to ensure safe storage of firearms and prevent injuries. • Ten youth were selected by the Community Justice Committee and school principals to spend 14 days on the land with five experienced hunters to learn survival skills and traditional values.

Arviat — continued

Funding	Community Wellness Initiatives
Community Action Fund	<ul style="list-style-type: none"> • A wellness coordinator facilitated the development of a Wellness Plan. The plan will give specific recommendations for the short term and identify future priorities for consideration.
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none"> • The Arviat Healthy Moms and Healthy Babies Project provided services to at-risk, young pregnant women and new mothers. Cooking groups, a food bank/food supplement program, educational sessions and one-on-one counselling were offered. • Weekly home visits were conducted by the program coordinator and information and healthy snacks were distributed at Prenatal Day at the Health Centre. Participants ranged in age from 16 to 33 years.
Aboriginal Head Start	<ul style="list-style-type: none"> • Four integrated components of universal access, holistic family involvement, a community team approach and culturally based programming make up this program. In addition to program activities for children, parenting courses and family support groups are also available.
Community Action Program for Children	<ul style="list-style-type: none"> • The Small Steps Program provides holistic intervention strategies to children at risk and to improve parenting skills in the community. An intervention worker developed an individual plan for each child in consultation with agencies, parents and student support teachers (See also <i>Brighter Futures</i>). • The NWT Counselling Association hired an early intervention coordinator to identify and form an inventory of early intervention projects in the NWT, and develop a needs assessment of early intervention projects' resources and training needs.

1996-97 Wellness Funding in Arviat

\$481,034.22

Baker Lake

Population 1410

There is a real sense that the well-being of the community involves a responsible community. One which has to take their social problems at the crux and lead it to a more healthy community .

—Baker lake Community Wellness Report

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • A tutor/counsellor supervised evening homework classes, assisted students with personal problems and helped coordinate the Peer Counselling Workshop. This is the second year of the program. • The librarian’s salary was supplemented which provided students extended access to the library. The librarian also assisted with the literacy program. This is the second year of the program. • Hot lunch programs were offered at both schools. This is the second year of the program. • A summer playground program operated for eight weeks with students planning and delivering activities for youth. • A Peer Counselling Workshop was held with 20 participants from Grade 6 to 12. The training was provided over a five-day period. • Children participated in a skating clinic to improve their skills. This was the second year of Skate Baker Lake. • A coordinator was hired to develop a document defining community concerns and issues. • The Baker Lake Olympics were organized and held. This is a recreational event for Baker Lake children and youth. • Children’s supervisors were hired for the arena. This increased the hours of use of the arena and ensured youth were participating in safe activities. • A Family Support Centre and Drop-in Centre delivered programs for families and youth. The program’s core language was Inuktitut .
Community Action Fund	<ul style="list-style-type: none"> • The community wellness coordinator conducted interviews with community agencies to identify issues of concern, gaps, etc.

Baker Lake – Continued

Funding	Community Wellness Initiatives
<p>Canada Prenatal Nutrition Program (FNIC)</p>	<ul style="list-style-type: none"> • The Baker Lake Prenatal Nutrition Program produced a northern prenatal nutrition video, which will be distributed within the NWT. The video focuses on prenatal care and the importance of eating nutritiously during and after pregnancy.
<p>Canada Prenatal Nutrition Program</p>	<ul style="list-style-type: none"> • The Baker Lake Prenatal Nutrition Project involved three integrated phases with a goal to improve prenatal health. In the first phase, partnerships between community agencies, parents and families were promoted. The second phase involved the preliminary development of the prenatal program by first identifying the target group (pregnant Inuit women) and developing the participant recruiting strategy, the program content and staff requirements. In the third phase, locations and facilities to operate the program activities were identified and the project itself was initiated.

1996-97 Wellness Funding in Baker Lake

\$388,108.93

Chesterfield Inlet

Population 360

The Inuit community of Chesterfield Inlet is located on the west shore of Hudson Bay, 101 kilometres northeast of Rankin Inlet. The Karnilmiut Inuit, who traditionally lived in the area, live there with Netsilingmiut Inuit who come from the Foxe Basin. The traditional Inuktitut name for the community, Igluligaarjuk, means “place with few houses.”

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • The Early Childhood Intervention Project provided weekly story hour sessions for parents, their preschoolers and young school-aged children. Senior students were hired as leaders for these sessions which provided the older students with practical experience and gave the younger students meaningful role models. • Preschool kits which included books, crayons, a flyer with parent tips, etc. were developed and distributed to families of preschool children. • Assistance was provided to students with learning problems. Sixteen students were assessed to identify learning problems ranging from visual, aural, language comprehension, etc. A curriculum was developed to teach these students how to learn, think and reason. • A healing circle was demonstrated for community residents.
Community Action Fund	<ul style="list-style-type: none"> • No report available.

1996-97 Wellness Funding in Chesterfield Inlet

\$73,502.11

Coral Harbour

Population 659

The community will initiate activities which will foster healing required to deal with the lingering affects of previous dysfunctional behaviour and will promote positive life style choices...

—Mission Statement, *Community Wellness Plan*

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • Two workshops were held to train participants in holding healing circles. Special church services were often held in conjunction with one of the workshops. • Two cultural camps were organized to teach skills required on the land and water. Over 30 boys and girls attended the camps. • The Playdays Program helped prepare preschool children for Kindergarten. • A Girl Guides Program was established. • A counsellor came to the community twice to provide family counselling sessions. • A winter cultural camp was established with a double igloo where instruction in domestic skills was provided.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A basic plan was developed which identifies community wellness priorities. • Renovations of the Youth Centre were completed. • A gospel festival was held for the community. • Family counselling workshops were held. Topics addressed included communication, spousal abuse, etc.
<p>Aboriginal Head Start</p>	<ul style="list-style-type: none"> • Sixteen preschool children participated in a program which reflects the Inuit language, traditions and values. Elders regularly visited the program to teach language and culture through story-telling, traditional games and singing. Parents were involved in daily program activities such as day camping, dog team rides and tundra walks.

1996-97 Wellness Funding in Coral Harbour

\$259,250.26

Rankin Inlet

Population 2013

To have community wellness, we need to start with ourselves. Healing opportunities are needed for everyone

—Action priority, *Community Wellness Plan*

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • The school offered a breakfast program. • A workshop on cultural victimization was held. • A workshop to inform and raise awareness about Fetal Alcohol Syndrome was organized and delivered. • A ceramics program provided opportunities for adults with intellectual disabilities to learn aspects of pottery. • A health and wellness program promoted physical fitness for adults and children with chronic illness. • After-school programs on printmaking, drawing and crafts were offered to all age groups. • A supervised library literacy program was provided to children between Kindergarten and Grade 8. • The Summer Land Skills Program shared Elders’ knowledge with the youth. • An early child development program was offered for children, parents and Elders. • The Life and Cultural Skills School Program invited Elders to teach small groups of students traditional skills. • The Family Counselling Program provided counselling services from October to December. • The Kids Drop-in Centre offered games and activities for children from Grade 1 to high school. • Training in youth peer counselling was provided to students. • The Drama Theatre Group presented plays to the community and schools.
Community Action Fund	<ul style="list-style-type: none"> • A wellness coordinator worked with the Interagency Committee to facilitate development of a plan. A four-step process was used to develop and implement the plan. Step one and two have been completed. A workshop was held to identify priorities and a draft strategy combining comments and ideas was produced. The community identified 22 priorities which fall under two main groups which will be headed by action teams.

1996-97 Wellness Funding in Rankin Inlet

\$338,364.21

Repulse Bay

Population 569

The Inuit community of Repulse Bay is located on the northern shore of Repulse Bay, 443 kilometres southeast of Taloyoak. The Repulse Bay area is the homeland of the Iglulik Inuit. Naujat, meaning “seagull nesting place,” is the Inuktitut name for Repulse Bay.

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • The school offered a nutritious snack program. • The Elders and Youth Program held workshops and meetings to share traditional knowledge and values, discuss social issues in the community, and preserve the Inuktitut language. • A home care program was established which offered assistance to Elders, the sick and disabled. • The Youth Peer Counselling Project offered training sessions for youth on suicide prevention and intervention; drug and alcohol abuse; family violence; dysfunctional families; grief and bereavement and self-esteem. • Elders and youth went out on the land to teach survival skills. • A school safety patrol program was established. Fourteen students from Grades 5 and 6 volunteered to help younger students safely cross the road. The volunteer students developed leadership and dependability skills. • The Cadet Program provided training in leadership, teamwork, public speaking, land survival, map and compass reading, firearm safety, etc. Thirty-six youth were registered in this program with five active leaders. An unexpected result was improved attendance at school.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • The Alcohol and Drug Program organized a drug and alcohol free dance festival. • An anger and conflict resolution workshop was organized and offered to community residents. • The Community Language Program promoted the preservation and use of Inuktitut.

1996-97 Wellness Funding in Repulse Bay

\$120,869.97

Sanikiluaq

Population 581

We should teach our children how valuable they are...We should tell them that they are worth something

—*Developing a Healthy Community Strategy for Sanikiluaq*

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • Students accompanied experienced hunters on seal hunting and fishing trips. Any seafood caught was shared with the rest of the school. • Suryurqlingiitug is a group of seven women who offer counselling services to the community, as well as holding meetings and healing sessions on a weekly basis. • The Community Kitchen Program offered cooking courses for young parents to teach them how to make nutritional and economical meals (See also <i>Canada Prenatal Nutrition Program -FNIC</i>). • Funded operational costs of the Community Wellness Centre and a wellness coordinator (See also <i>Community Action Fund</i>). • Suicide prevention workshops offered training and information on suicide prevention techniques. The Pamutak Group was invited to talk about suicide prevention. • Two Elders attended the annual Elders meeting in Tasiujaq. They gave a report to the community through the community radio program. • Two women taught traditional sewing skills to youth not attending school. The program included lessons in skin preparation, as well as stretching and drying skins. • Students and community members made a qumutiit to develop carpentry skills. • A community radio show broadcast programs on family violence, parenting skills, sexual assault and storytelling for children by elders.
Community Action Fund	<ul style="list-style-type: none"> • A coordinator worked on the development of a wellness plan and assisted with the delivery of other wellness activities. • A series of workshops were held to develop a wellness strategy which includes: <ul style="list-style-type: none"> ▶ raising the profile of Elders for promoting good living skills ▶ providing alcohol, drug and solvent abuse education ▶ encouraging healthy family living ▶ increasing support for child and sexual abuse victims ▶ teaching parenting skills

Sanikiluaq - continued

Funding	Community Wellness Initiatives
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none">• The Prenatal Nutrition Program of Sanikiluaq offered weekly cooking classes featuring traditional foods. Child care was available if needed. Monthly educational sessions were held at the Health Centre. Nutritious snacks were provided to the participants. Women from the ages of 19 to 35 years attended.

1996-97 Wellness Funding in Sanikiluaq

\$146,639.27

Whale Cove

Population 291

The community of Whale Cove is located on a peninsula at the head of Whale Cove on the west coast of Hudson Bay, 80 kilometres south of Rankin Inlet. It is situated in sheltered cove on a large sandy-gravel area with rocky outcrops, low hills and tundra vegetation. The Inuktitut name for the community, Tikirarjuaq, means “where many people arrive.”

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • The school offered a breakfast program for their students. This is a continuing program. • The Family Life Skills Program hired a coordinator who organized a program for expectant mothers and adolescent girls. Elders came to talk about traditional birthing methods. Other planned topics were birth control, pre/post-natal care and parenting. • The Inuuqatigiit Program invited Elders to the Inuglak School to teach traditional knowledge and skills to students (eg. storytelling, igloo building, weather forecasting, names and naming, family/kinship, relationship to environment, etc.). One class was held on the land to teach children about local plant life as well as water safety and cooperation. Another class asked an Elder to talk about polar bears. • A recreational program was established for preschool and children ages 5-15. The program was felt to be a success and operated throughout the winter months. Activities included sports, interactive games and traditional games. • The Adult Basic Education Life Skills Program was supplemented. During the year, the program was combined with the local Hunters and Trappers Traditional Skills Workshops to increase participation. The program includes a computer assisted learning program and group sessions which focus on developing cognitive, emotional, physical and social abilities.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • No report available.
<p>Canada Prenatal Nutrition Program (FNIC)</p>	<ul style="list-style-type: none"> • The Whale Cove Prenatal Nutrition Program offered cooking groups and educational sessions for prenatal and postnatal women.

1996-97 Wellness Funding in Whale Cove

\$70,246.92

Deh Cho Region

1996-97 Wellness Funding

Fort Liard	\$90,856.07
Fort Providence	\$247,881.63
Fort Simpson	\$281,374.89
Hay River Reserve	\$384,647.28
Jean Marie River	\$29,608.50
Kakisa	\$19,729.14
Nahanni Butte	\$25,325.04
Trout Lake	\$26,458.16
Wrigley	\$56,672.79
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Deh Cho Region	\$1,162,553.50

Fort Liard

Population 546

The community of Fort Liard wants to develop a system of community-designed, community run social, health, and educational services that is appropriate to local needs.

—Long Terms Plans, Community Action Fund

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • The community’s goal was to coordinate social, health and educational programs at the local level through a single community board. A part-time coordinator was hired to operate a development centre. Some funding was used to support the steering committee, community level discussions, a newsletter and part-time radio station operation to keep the community informed. • The community intends to change the focus of wellness activities in the future.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • The Fisherman Lake Community Justice and Healing Camp facility was completed. This camp can be used for land-based cultural awareness school programs. • Funding was used to support the Community Empowerment Committee.

1996-97 Wellness Funding in Fort Liard

\$90,856.07

Fort Providence

Population 800

Our community's goal is to begin and continue to help ourselves establish and maintain healthy lifestyles from the newborns to the elders

—Brighter Futures Final Report, 1996/97

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A coordinator assisted in the development and implementation of wellness activities. • Promotional activities to celebrate sobriety and National Addictions Awareness Week ranged from mini-workshops, in-school healing and raising education and awareness on healthy lifestyles. • An individual was offered additional training in first aid, CPR, and training of instructors course. This individual can now offer training to home care workers and other groups in the community. • Resource materials on substance abuse, relationships, family violence, children and youth were purchased. These resources will be shared between the social agencies. • A drummer,s workshop was organized with a respected Elder who taught youth the importance of the drum and how to be drummer. A follow-up workshop is scheduled for 97/98. • A Slavey language workshop was held to promote the use of language by the youth and to facilitate healing by improving communication with the Elders. • Radio technicians received training for the community radio station to promote and support community wellness activities. • Two workshops on grieving were held.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A healing camp delivered programs focussing on family violence. • An on-the-land youth project completed Phase 1 which included community hunts to teach youth traditional harvesting skills. • The Dene Cultural Institute worked with elementary and secondary school staff and students to conduct youth healing sessions which included parent sessions. • Parenting workshops were delivered in conjunction with the Aboriginal Head Start Program. • The Healthy Lifestyles Program was established for young parents.

Fort Providence - continued

Funding	Community Wellness Initiatives
Aboriginal Head Start	<ul style="list-style-type: none"><li data-bbox="456 359 1453 510">• The Deh Gah Got'ie Aboriginal Head Start Program focuses on Dene tradition, culture and values. Parents and Elders actively participate in traditional food preparation. Elders provide traditional teaching during the morning sessions as well as participating in parent and child activities.

Fort Simpson

Population 1278

...endeavor to offer a 'Fresh Start' to the individual, family and community by providing counselling, educational and culturally oriented programming services.

—Social Portfolio Mission Statement, Liidli Koe First Nation Strategic Planning

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A youth leadership conference was held with awareness workshops, a career symposium, a fashion designing workshop and show. The conference was open to youth from the Deh Cho Region. • A Slavey camp was organized in cooperation with the elementary and high schools. The emphasis was on preserving the Slavey language and teaching safety skills around the camp. • Dene Drumming taught youth traditional drumming songs as well as emphasizing the use of the Slavey language so students can understand the songs. • Three traditional camping sessions for older students were held in the spring. Students were taught traditional bush skills, respect for the land and how to survive in the bush in emergency situations. A special focus was on developing self esteem and teaching injury prevention skills. Local agencies such as the Canadian Rangers, Renewable Resources, Fort Simpson Youth Centre and Fresh Start Addictions Program assisted with this program. • Thirty-four students from grades 7 to 9 participated in a spring camp with local Elders, hunters and trappers. Students learned about setting tents, firearm safety, setting fish nets under the ice, skidoo maintenance and basic bush survival. Cultural and traditional values were emphasized as well as self responsibility. • A series of parenting skills sessions were held for parents to discuss issues of concern.

Fort Simpson — Continued

Funding	Community Wellness Initiatives
Community Action Fund	<ul style="list-style-type: none"> • A plan for an independent counselling service was refined as part of completing a long term strategic wellness plan. • The school purchased a Baby Think It Over computerized doll used for parenting education. The doll randomly cries over a 24 hour period, increasing students' awareness of the effect that a child would have on their personal life. • Two people travelled to Fort Providence to attend a healing gathering. • An assessment on accessibility was conducted. The information will be used to increase access for people with disabilities. • Healing workshops on topics such as adult children of alcoholics and family violence were held. • A community beautification program was established to foster community pride, environmental responsibility through clean-up and recycling programs, tree/flower planting and education programs.
Community Action Program for Children	<ul style="list-style-type: none"> • Facilitator training was offered in the Nobody's Perfect Parenting Program for participants from the six Deh Cho communities. The training provided participants with skills to initiate and lead parent groups on the Nobody's Perfect Program.

1996-97 Wellness Funding in Fort Simpson

\$281,374.89

Hay River Reserve

Population 216

The Hay River Reserve, the only reserve in the NWT, was created in 1974 under Treaty 8, in an effort by the Dene to protect their traditional lifestyle and lands.

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A school counsellor offered services such as crisis intervention, home visits, behaviour modification, positive reinforcement, one-on-one counselling, etc. The counsellor also helped organize two parenting workshops, workshops for staff on FAS and personality typing; as well as preparing a school newsletter, developing and delivering units on self-esteem for the primary and senior classes, and developing a unit on friendship and communication. This is the second year of the program and is cost-shared with the South Slave Divisional Board of Education. • A Youth Drop-In Centre was open seven evenings a week so youth could play games and participate in other activities. Youth travelled to the Dreamcatchers Conference in Edmonton. • The Knowing our Spirit Conference was held for families, as well as a workshop on honouring the family. • A youth counsellor trainee provided services for the schools and community members. • A community planning workshop with the theme of community healing was held for all age groups. • An Interagency team work workshop was organized for leaders, band staff and community members on how to assist the community.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A cultural youth camp was organized to teach youth at-risk survival skills and traditional knowledge. The program operated a summer day camp with daily outdoor activities, stories, arts and crafts.
<p>Aboriginal Head Start</p>	<ul style="list-style-type: none"> • Sixteen preschool children participated in the Headstart Program which includes: language and culture taught by Elders, parents and community members; a nutritious lunch program with an emphasis on traditional foods; and parental involvement through skill development and participating in program activities.

Hay River Reserve – Continued

Funding	Community Wellness Initiatives
Community Action Program for Children	<ul style="list-style-type: none">• The Dene Cultural Institute provided mobile healing workshops to a number of communities covering areas such as FAS/FAE, anger management, parenting skills, communication skills and spousal abuse.

1996-97 Wellness Funding in Hay River Reserve

\$384,647.28

Jean Marie River

Population 59

The Community Members are becoming more aware that in order for the Community to prosper with the coming of the all-weather road, people will have to be healed.

—Community Action Fund Final Report

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • A week long parenting workshop was held which resulted in a parenting group to help children develop mentally, physically, emotionally and spiritually. The parenting group continues to meet weekly to plan activities for the children such as a Santa Claus Day. Children and youth were also sponsored to attend a youth conference in Fort Simpson (See also <i>Community Action Fund</i>). • The Girl Guides, Brownies and Sparks groups were sponsored and two boys were registered for Boy Scouts. • A workshop on drug and alcohol abuse was held for students. • First-Aid and CPR courses were held, as well as a short course on child care.
Community Action Fund	<ul style="list-style-type: none"> • The Chief and a band councillor attended a proposal writing workshop. • A women’s wellness workshop was organized. • A Parenting workshop was held which resulted in a parenting group to help children develop mentally, physically, emotionally and spiritually. The parenting group continues to meet weekly to plan activities for the children. (See also <i>Brighter Futures</i>) • A grieving workshop was held to follow-up on a workshop held last year. • Seven men attended a ten day drumming workshop in Fort Providence.

1996-97 Wellness Funding in Jean Marie River

\$29,608.50

Kakisa

Population 42

Everyone has dreams of what they would like to be or what they would like to work at, and it is very important to make our young people aware that their dreams can come true...

—Brighter Futures Final Report, 1996/97

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none">• Eleven people (students and chaperones) travelled to the Dreamcatchers Conference in Edmonton.
Community Action Fund	<ul style="list-style-type: none">• A facilitator conducted a three day workshop. Topics included discipline, behavioural problems, positive role models, enhancing parental self-esteem, etc.• Ten students and chaperones attended the Fourth Annual Aboriginal Youth Conference.• Two Elders taught students traditional knowledge and bush survival skills at the annual community fall hunt in Tathlina Lake.• A communications workshop included theory and practical sessions aimed at improving participant's abilities to communicate effectively and improving interpersonal communication.

1996-97 Wellness Funding In Kakisa

\$19,729.14

Nahanni Butte

Population 85

To make young people aware of the dangers of abusing alcohol and drugs. And to be aware that our special needs children need our support in order to live their lives fully and completely.

—Community Action Fund

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • Three students and a chaperone travelled to the youth conference held in Fort Simpson. • A student aide assisted the teachers and students, especially students with special needs. • A family took a group of older students up to the Nedla River for Winter Trapper Training. The purpose of the trip was to transfer traditional knowledge about trapping as well as to teach survival skills. • Two experienced hunters took students aged 10-15 years up the Nahanni to Charles Yohin Lake for a fall hunt. The students learned how to catch and prepare fish, participated in the shooting of a moose and learned butchering and meat preparation techniques.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A community gathering was held at Yohin Lake. Elders acted as instructors to the youth. • The Afterschool Program for special needs children was continued to assist children with their studies.

1996-97 Wellness Funding in Nahanni Butte

\$25,325.04

Trout Lake

Population 69

...the community can then focus on strategies and programs to improve its well-being through healing, employment training, building healthier relationships within and between families, building on the strengths of the Dene culture and values and changing local programs and services.

—Community Action Fund

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A summer camp and a spring camp were organized. The goal of the camps was to help prevent injuries by teaching safety skills for snowmobiles, ATVs and boats, and learning how to safely operate guns, chainsaws and axes. Experienced local campers taught safety, land survival skills and cooking. • A traditional healer discussed mental health issues with band members.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • The Dene Cultural Institute conducted an assessment to identify needs and opportunities within the community. The assessment included a five-day workshop to train a local team in conducting assessment interviews. Emphasis was placed on listening skills and confidentiality. Another workshop was held to prepare the local team for organizing, analyzing and presenting the information gathered and to facilitate the development of a strategic plan.

1996-97 Wellness Funding in Trout Lake

\$26,458.16

Wrigley

Population 209

... to improve the people's lifestyles whether it be an end to abuse or encourage the elimination of alcohol/drugs in their lives by making them aware that there are choices and actions that they can choose that will enhance their lives.

—Pehdzeh Ki First Nation, 1996/97 Brighter Futures Plan

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • A spiritual and healing gathering was held. • A social development worker was actively involved with the Wrigley Youth Group. Several youth travelled to the Dreamcatchers Conference. • A student was sponsored to attend a fashion designing workshop in Fort Simpson. • Students attended regional sports events, such as the Fort Simpson regional hockey clinic. • The Deline Drummers taught a drumming workshop for youth. They learned new drum songs, methods in making drums, etc. The workshop included a feast and drum dance. • A three day festival with jigging, square dancing, and a feast brought in the new year. • The Women's Group provided assistance to young mothers. • Three women were sponsored to attend the Women and Wellness Conference in Saskatoon. • An Elders Appreciation Feast honoured Elders.
Community Action Fund	<ul style="list-style-type: none"> • A youth coordinator planned and delivered recreational activities at the Youth Drop-in Centre. • A needs assessment was conducted to determine the levels of service required for youth.

1996-97 Wellness Funding in Wrigley

\$56,672.79

South Slave Region

1996-97 Wellness Funding

Fort Resolution	\$123,467.52
Fort Smith	\$355,932.62
Hay River	\$272,021.25
Lutsel K'e	\$107,458.08
<hr/>	
South Slave Region	\$858,879.47

Fort Resolution

Population 610

The Dene/Métis community of Fort Resolution is located on the south side of Great Slave Lake, southwest of the Slave River Delta. The South Slavey name for Fort Resolution, Denínu Kúé, means “moose island.”

The community completed a needs assessment in 1995/96. The recommendations arising from the needs assessment form the basis of present and future wellness activities.

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A traditional spiritual healing workshop was held as part of the aftercare program. • The Bringing Back The Drum Project taught the spiritual aspects of drumming to youth, as well as teaching the songs. • The spiritual healing pipe presentation and ceremony was held for graduates of the treatment program. • A facilitator offered aftercare counselling sessions in anger management, grieving of death and dying, abandonment and family violence to graduates of the alcohol and drug treatment program. An anger management workshop was included in the program. • A youth cultural/educational trip was organized for four youth who were taken to Simpson Islands to build a survival camp. • Students from Grades 7 to 10 participated in a follow-up to a youth healing project from last fiscal year. The Suicide Prevention Team was on hand to assist the facilitator. • A workshop for women adult children of alcoholics was held to help young women reach an understanding of the impacts of the past upon the present and future. • Six individuals travelled to the Washing of Tears Workshop to gain an understanding of the effects of suicide on First Nations people. These individuals will become members of the Suicide Intervention Team. • Twenty-four Elders participated in a spiritual pilgrimage.

Fort Resolution – Continued

Funding	Community Wellness Initiatives
Community Action Fund	<ul style="list-style-type: none"> • The Youth Healing Program organized workshops aimed at Grade 9 and 10 students to help build self-esteem, identify how alcohol and drugs affect the family, deal with grief and loss, develop coping skills and learn about Dene traditional ceremonies. This program continued work began last year. • National Addictions Awareness Week was celebrated with events such as the sobriety walk, Elder story telling, circle gathering, dances, and feasts. • A counsellor trainee received additional training at the Nechi Alcohol and Drug Institute so the community will have a certified counsellor. • The Elders spiritual gathering held healing circles, conducted sweats and taught participants the meaning of cultural spiritual healing.
Community Animation Program	<ul style="list-style-type: none"> • The Zoonosis-Bison Management Initiative trained two community members in the science of raising non-domestic animals culled from a wild herd and in establishing a healthy brucellosis and tuberculosis free wild herd.

1996-97 Wellness Funding in Fort Resolution

\$123,467.52

Fort Smith

Population 2580

The community of Fort Smith is located on the west bank of the Slave River at the NWT/Alberta border immediately below the Rapids of the Drowned. The town itself sits up on a sand plain well above the river where it is surrounded by forest. Fort Smith is largely non-native, with one-third of the population being Métis and one-fifth Dene. The traditional name, Thebacha, means “along the rapids.”

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A coordinator managed the wellness programs including the Aboriginal Headstart Program as well as Brighter Futures Programs. • An individual attended a training workshop on early childhood intervention covering assessment, main streaming, dealing with behavioural problems and learning disabilities. • An individual travelled to the Midwifery Today Conference and wrote a midwives exam. • Workshops held included a team building workshop to improve communication and a community justice workshop. • A variety of youth initiatives were sponsored including travel costs to attend workshops and the registration and travel costs for youth to attend a hockey tournament. • Forty-four delegates travelled to Lac Ste. Anne for a spiritual pilgrimage. • David Etchinelle and his two sons offered a drumming workshop. • Ten women attended the Treaty 8 women’s gathering, which focussed on wellness and spirituality issues. • Eleven delegates travelled to Fort Chipewyan to attend a healing conference.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A clinic provided training in alternative healing approaches such as: massage, homeopathic medicine, therapeutic touch, reflexology, etc. • A Professional Women’s Healing Workshop, especially for caregivers, was held to help relieve stress and offer support. • The Fort Smith Walking Program purchased motivational music. • A life skills workshop incorporated traditional aboriginal teachings. • A Fitness Leader Certification Program was offered. • The daycare purchased resources and materials to assist staff in the development of programs for preschool children. • An aboriginal drum-making and healing workshop was offered. • The Fort Smith Métis Nation provided bereavement support to families. • Two individuals attended an autism conference.

Fort Smith — continued

Funding	Community Wellness Initiatives
<p>Community Action Fund (continued)</p>	<ul style="list-style-type: none"> • The Computer Enhancement Project provided students with extended access to computers after school hours. • Nutritious snacks and lunches were offered to infants and children at the Infant Development Centre and to students at the schools. • An after school computer club was established to help educate young students on computer use. • Furniture and equipment were purchased for the seniors area in the recreation complex. • Regular practice sessions were held to teach youth Métis-style dancing. • Five athletes travelled to the Indigenous Games. • A women’s self defence course was taught to female high school students. • Construction of bleachers was completed at the local ball park to allow families to watch baseball games. • Volunteers in the Auxiliary Policing Program assisted the RCMP in daily activities and emergencies as required, with a special focus on prevention and community involvement. • A workshop on theatre skills such as acting and miming techniques, vocal techniques, stage and costume design, etc., was held for the Youth Drama Club. • A contribution was made to the Wood Buffalo Frolics.
<p>Canada Prenatal Nutrition Program (FNIC)</p>	<ul style="list-style-type: none"> • The Salt River First Nations Perinatal Nutrition Program was coordinated by a local midwife. An advisory committee provided feedback and input into program implementation. • Services provided included a cooking circle, educational sessions and one-on-one consultations and home visits.
<p>Canada Prenatal Nutrition Program</p>	<ul style="list-style-type: none"> • This prenatal program provided information to pregnant teens on labour and delivery, parenting, budgeting, breastfeeding and infant care.
<p>Aboriginal Head Start</p>	<ul style="list-style-type: none"> • Sixteen children participated in a culturally sensitive program. Parents and elders were involved in cultural events, arts and crafts, and outings on the land. A nutritious snack program emphasized traditional foods.

1996/97 Wellness Funding in Fort Smith

\$355,932.62

Hay River

Population 3206

The community of Hay River is located on the south shore of Great Slave Lake at the mouth of the Hay River and spreads out from the mainland onto Vale Island (Old Town) in the Hay River Delta. Situated in the homeland of the Slavey people, the original site of Hay River is located where the Hay River Reserve now stands.

Funding	Community Wellness Initiatives
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • Five staff from the Women’s Resource Centre attended a training workshop. • The Interagency Committee hired an individual to gather and distribute information among committee members and update the agency database. • Supplementary materials were purchased for teachers to develop strategies to reduce conflict and promote cooperation. • The Parent Advisory Group formed an action plan and shared information with other parents about drugs by producing a play. • The adult education students received instruction in the South Slavey language and traditional northern arts and crafts. • A workshop was held to provide information on diabetes. • The Women’s Resource Centre delivered two parenting support programs using the <i>Nobody’s Perfect</i> and <i>Ready or Not</i> outlines. • A weight loss support group was established. • Foster parents organized workshops to upgrade their knowledge and skills in caring for their children placed in their homes. • Two people received training so they could establish a cancer support group. • The Youth Centre developed programs and activities for youth. • Therapeutic recreation materials were purchased for home care clients. • The Alcohol and Drug Society installed telephone lines in two counselling offices and a conference room. • A homework club was established by having instructors assist students with their homework and studies. • A breastfeeding workshop shared knowledge and promoted breastfeeding. • A needs assessment was conducted to gather information on the social, education, health and justice issues affecting Métis people. The information gathered will be used to develop an action plan. • The Parent Action Committee organized parenting workshops. • A workshop on ministry and care of the sick was held that covered grief, death and dying counselling, cultural sensitivity, etc.

Hay River — continued

Funding	Community Wellness Initiatives
Community Action Fund (continued)	<ul style="list-style-type: none"> • A workshop was held on attention deficit disorder and pervasive developmental disorder. • The Women’s Resource Centre established a support group to facilitate healing and offer support and encouragement. • The Hay River Library purchased health and wellness books. • The Reading Program offered small group instruction during the summer. • The After-School Homework Club was established to tutor students in math, reading and other assignments. • The Early Childhood Lending Library purchased toys, puzzles, books available for borrowing. The program included storytelling, learning games, etc. • Six spaces at the Cooperative Playschool were made available to families at the Women’s Resource Centre. • An adult literacy practitioner offered individualized tutoring. • The Diamond Jeness Secondary School Library purchased resources relating to health, wellness and social work. • The Diamond Jeness Secondary School expanded their music program. • The soup kitchen offered hot meals and operated a food bank.
Community Action Program for Children	<ul style="list-style-type: none"> • Child care advocate workers at the Women’s Resource Centre provided counselling services to children staying at the shelter and supportive counselling to battered women and their children. Continued follow-up and support to the children was also offered in the school environment.

1996-97 Wellness Funding in Hay River

\$272,021.25

Lutsel K'e

Population 305

The community of Lutsel K'e is located in the East Arm of Great Slave Lake, 201 kilometres east of Yellowknife. The Chipewyan community is situated on fairly level ground at the foot of a hill with bedrock just below the surface. The Chipewyan name for the community means "place of small fish."

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • The Family Learning Centre delivered programs and activities for children and their families such as sober dances, a Santa Stand, etc. The coordinator worked with the Salvation Army and the Yellowknife Correctional Institute to provide toys and food hampers to low-income families. • The Mobile Treatment Program held a follow-up session over a two-week period. • National Addictions Awareness Week activities included sweats, talking circles, workshops and a feast to honour people in sobriety. • Youth attended a cultural camp to learn about traditional knowledge and their culture as well as participating in discussions on the role of education and the issue of drugs and alcohol. • Two people attended a fetal alcohol syndrome workshop to learn new ways to educate people on the effects of alcohol on unborn children. • An individual travelled to the National Youth Conference.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • The Mobile Treatment Program continued to offer services for community residents.

1996-97 Wellness Funding in Lutsel K'e

\$107,458.08

North Slave Region

1996-97 Wellness Funding

Ndilo and Dettah	\$364,123.52
Rae	\$382,037.44
Rae Lakes	\$48,511.64
Snare Lake	\$32,989.21
Wha Ti	\$93,776.23
Yellowknife	\$1,133,145.00
<hr/>	
North Slave Region	\$2,054,583.00

Ndilo and Dettah (see also Yellowknife)

Population 366

A strong community nurtures happy, healthy families. It preserves traditional knowledge and skills. It fosters balance in the physical, mental, emotional and spiritual life of its members and it celebrates the bonds which unite them. Community wellness builds on people having a healthy lifestyle, on integrating traditional values and working together for the benefit of all. Healthy communities lead to positive changes and community empowerment”

—Yellowknives Dene First Nation, *Health and Social Development Program Strategic Plan*

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • The Yellowknives First Nation have established a Health and Social Development Program to coordinate the delivery of health and social programs in Dettah and Ndilo. The program includes two wellness coordinators, a pre- and post-natal program (see <i>CPNP</i>), a drug and alcohol program and the community health representative. After extensive community consultation, a five-year strategic plan was developed. • Mental health activities included establishing a counselling room, conducting home visits and initiating ongoing support groups; a Feed The Fire Ceremony and community feast; the Eagle Award for the Adult Upgrading Program; a cultural camp with nine Elders offering guidance to approximately 30 youth; a family Christmas party for approximately 200 community members and mini-workshops on healthy relationships. • Youth Group meetings and a youth healing workshop were sponsored. Recreational programs such as cross-country skiing and youth snowshoeing programs were established. • Two people were sponsored to attend a workshop on solvent abuse and one person attended a workshop on elder abuse. A workshop on community justice was organized in Dettah for 40 participants. In addition, the community began a zero-tolerance of abuse campaign and lobbied to stop bootlegging. • Sixteen youth received instruction on bear and gun safety and a course on safe boating was held for 30 people. • Home visits were conducted to provide support and to identify parenting issues as well as a six week Parental Development Project in Dettah and Ndilo.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A week-long New Beginning Workshop included the topics of community empowerment, traditional and spiritual healing and a youth conference.

Ndilo and Dettah - continued

Funding	Community Wellness Initiatives
<p>Canada Prenatal Nutrition Program (FNIC)</p>	<ul style="list-style-type: none"> • The Feeding Our Dreams Prenatal Nutrition Program offered cooking groups twice a week in both Ndilo and Dettah. A nursing student was provided by Aurora College. • Feeding Our Dreams focussed on teenagers, breastfeeding mothers, prenatal women, their partners and their support networks.
<p>Aboriginal Head Start</p>	<ul style="list-style-type: none"> • Thirty-two children attended a morning or afternoon preschool program. The program included instruction and hands-on activities focussing on Dene culture and the Dogrib language. Elders taught traditional ways, arts and culture and offered story-telling. Parents participated in daily program activities such as food preparation and planning.

1996-97 Wellness Funding in Ndilo and Dettah

\$364,123.52

Rae

Population 1742

The Dogrib community of Rae is located on a rocky peninsula on the southeast shore of Marion Lake, 10 kilometres from the Mackenzie Highway. It is situated in close proximity to Edzo. Rae-Edzo together is considered to be the largest Dene community in the Northwest Territories. The Dogrib name is Mbehchoko, which means “Mbehcho’s place.”

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • A Women's Healing Group Gathering and Personal Recovery Workshop was held. Topics included intervention skills, coping with parent/child conflicts, and stress and anger management. • The Rae-Edzo Men and Women’s Healing Group met weekly to provide support for each other and other community members. They also worked with the communities of Rae Lakes and Wha Ti to establish similar groups. • A youth healing camp was held. Topics included drug and alcohol awareness, health, loss, changes, peer pressures, culture and traditional games. • A seven-day grieving workshop was organized. Elders facilitated and participated in the workshop. Topics included solvent abuse, suicides, family breakups, and family domestic violence. • Forty-two children attended the Chief Jimmy Bruneau Cultural Camp. • Forty-nine delegates (youth and Elders) travelled to the Deline Spiritual Gathering. • Eleven leaders and the social development coordinator travelled to Alberta on a Leadership Solution Exchange to gather information and ideas on establishing and operating a by-law and security program for the community. • The mental health workers increased the number of days spent in the community. • A Regional Spiritual Gathering helped individuals and families cope with social problems. Participants took part in workshops, bible studies, and other spiritual conferences. Funding covered transportation, accommodation, supplies, materials, food and facilitators. • The social development coordinator assisted with the planning and delivery of wellness activities (See also <i>Community Action Fund</i>). • Supplemental funding was provided to the day program for people with intellectual disabilities. Training and activities were aimed at increasing the life skills, literacy skills, employment opportunities and providing respite care and information for families.

Rae — Continued

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities (continued)	<ul style="list-style-type: none"> • Youth intervention and development programming included funding travel for a soccer team; travel for Students Against Drinking and Driving to British Columbia; tuition for school drummers for drumming and hand games, and the repair or replacement of outfits and drums.
Community Action Fund	<ul style="list-style-type: none"> • An Elders conference was organized. • A parenting skills training session was provided. • The social development coordinator assisted with the planning and delivery of wellness activities (See also <i>Brighter Futures</i>). • A workshop was organized with the goal of developing a social development strategy. • A workshop was held to train people in motivating and mobilizing volunteers.
Canada Prenatal Nutrition Program (FNIC)	<ul style="list-style-type: none"> • The Rae-Edzo Prenatal Nutrition Program established an advisory committee to direct the implementation of the program. Services offered to pre-conceptual, pre-natal and post-natal women included cooking classes and educational sessions on a variety of topics, such as traditional birthing, nutrition and self-care.

1996-97 Wellness Funding in Rae

\$382,037.44

Rae Lakes

Population 265

Guiding Principles...coordinate various groups and agencies to develop, plan, and implement wellness activities. Promote healthy relationships i.e. the family, elders and youth. Nourish healthy lifestyles i.e. diet, sobriety, education.

—Gameti First Nation Band, *Statement of Intent*

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • A workshop was held to develop a community wellness work plan incorporating cooperative programs for youth, parents and Elders, as well as developing crime prevention, parenting skills, youth programs, traditional programs, and healing and spiritual development programs. A follow-up meeting on community policing and justice was held five months later. An action plan for attaining a community safety officer was developed. The plan included public consultation, a band council resolution, training and development. • A youth council was established to oversee youth programs. • A family healing workshop promoted healthy lifestyles. • Rae Lakes hosted an Alcoholics Anonymous workshop as well as sending participants to various AA workshops held in other communities. The workshops included sober dances and feasts. • Training was provided to an individual in the facilitation of workshops on drugs, alcohol, family violence, etc. This individual then assisted in the facilitation of the family healing workshop (see above). Two individuals travelled to receive training on by-law enforcement.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • A community needs study was conducted to determine issues and concerns of community residents.

1996-97 Wellness Funding in Rae Lakes

\$48,511.64

Snare Lakes

Population 129

Ensuring a community dedicated to the mental and physical well-being guarantees a stronger social and economic society....Preparation and determination to succeed in this complex situation require stable and strong individuals, willing and able to contribute to the future of the community

—Brighter Futures and Community Action Fund Final Report

Funding	Community Wellness Initiatives
Brighter Futures and Building Healthy Communities	<ul style="list-style-type: none"> • Four traditional healing and knowledge workshops were held on: family helping family; dealing with bereavement; understanding the past and building on the past for the future. • Representatives from the band council, education council and health services travelled to Alberta to see how some reserves operate their health, education and social services.
Community Action Fund	<ul style="list-style-type: none"> • A Community Development and Working Together Workshop was held to encourage cooperation based on traditional values and life skills and to assess the needs of the community. • Two workshops trained residents in first aid. • Representatives from the band council, education council and health services travelled to Alberta to see how some reserves operate their health, education and social services.

1996-97 Wellness Funding in Snare Lakes

\$32,989.21

Wha Ti

Population 428

“The community of Wha Ti feel that by renewing and teaching traditional values, many of the problems that the community faces can be dealt with in a better way...”

—Wha Ti Community Action Fund Final Report

Funding	Community Wellness Initiatives
<p>Brighter Futures and Building Healthy Communities</p>	<ul style="list-style-type: none"> • An outpost healing camp shared and taught traditional skills and values. Activities included hunting, trapping and fishing, traditional cooking and food preparation, prayer and spiritual healing, legend sharing and counselling (See also <i>Community Action Fund</i>). • A series of workshops and meetings were held. Topics included community planning, grieving sessions, health benefits meeting, education and training, home support and spiritual workshops. • A facilitator was hired to help organize the meetings and workshops mentioned above.
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • Community members attended a spiritual/wellness workshop in Deline. • Outpost camps were established and operated where traditional knowledge and values are taught and discussed (See also <i>Brighter Futures</i>).

1996-97 Wellness Funding in Wha Ti

\$93,776.23

Yellowknife (See also Ndilo and Dettah)

Population 14,974

We will strive for a safe, caring, and healthy community in which residents work together in mutual respect, towards self-sufficiency and an environmentally sustainable economy.

—Part of the Vision Statement, *The City of Yellowknife Strategic Plan*

Funding	Community Wellness Initiatives
<p>Community Action Fund</p>	<ul style="list-style-type: none"> • Completed a five-year strategic plan after extensive consultation. The social services and wellness goals include: <ul style="list-style-type: none"> ▶ To be a safe and secure community. ▶ To raise tolerance and respect among all individuals. ▶ Ensuring the availability of and improving the effectiveness and efficiency of health, wellness, and social programs and services in the city. ▶ To value the ethnic and cultural diversity in Yellowknife. ▶ To ensure recreation and leisure opportunities are available and accessible for all. ▶ To have life-long educational opportunities available within the community. • Projects to implement elements of the plan included: <ul style="list-style-type: none"> ▶ to develop a long term plan for mental health services ▶ youth volunteer development ▶ training speakers for the HIV/AIDS Speakers Bureau ▶ contribution to the youth drop-in centre
<p>Canada Prenatal Nutrition Program</p>	<ul style="list-style-type: none"> • The Yellowknife Women’s Society developed the Prenatal and Postnatal Community Development Project. Clients learned skills involving food budgeting, shopping, menu planning and meal preparation. health promotion programs addressed issues of nutrition, alcohol and drug abuse, smoking and other lifestyle factors.
<p>AIDS Community Action Plan</p>	<ul style="list-style-type: none"> • A project coordinator with AIDS Yellowknife focussed on prevention and education activities. Train-the-trainer modules were developed and delivered to produce qualified facilitators.

Yellowknife - Continued

Funding	Community Wellness Initiatives
Community Animation Program	<ul style="list-style-type: none"> The Dene Nation organized a gathering with Dene Elders to discuss traditional health and environmental knowledge with scientists and to develop culturally appropriate research protocols. The Denendeh Development Corporation developed a video which documents traditional knowledge about health and the environment.
Tobacco Demand Reduction Strategy	<ul style="list-style-type: none"> The Canadian Cancer Society worked with youth through 80 existing youth organizations such as student councils and local youth groups to address the issue of tobacco use and sales to youth.
Community Action Program for Children	<ul style="list-style-type: none"> A toy lending library provided young children with the opportunity to be exposed to educational toys. It also provides opportunities for caregivers to identify children at-risk and to provide special needs resources to parents. The Children's Treatment Team at NWT Family Services offered counselling services to children and their families where abuse and family violence have occurred. Training in the dynamics of working with sexually abused and traumatized children and their families will be provided to professional and para-professional community workers. Specialists in speech and language, occupation therapy and educational psychology with NWT Family Services provided assessments of children. The Yellowknife Association for Community Living developed audio-visual materials to promote the prevention of FAS/FAE across the NWT.
Health Promotion Contribution Program	<ul style="list-style-type: none"> The goal of the Helping Families, Helping Children Project was to produce a video to provide a support tool to NWT parents and care-givers of FAS/FAE children. The Yellowknife Association for Community Living sponsored this project.
New Horizons	<ul style="list-style-type: none"> The Yellowknife Seniors Society intends to provide a coordinated program that targets seniors at risk and included a meals on wheels program, peer counselling, support groups, health education workshops and health clinics. The NWT Seniors Society produced five public service announcements for radio in 14 languages. The announcements focussed on isolation, transportation, myths of the elderly, housing, communication, inter-generational and financial abuse.

1996-97 Wellness Funding in Yellowknife

\$1,133,145.00