



Community Wellness in Action: 1995-96
*Summary Report of Community
Wellness Initiatives*

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Introduction

Community Wellness Initiative

The community wellness initiative grew out of an understanding that the people themselves, not outside agencies, hold the keys to wellness.

The fundamental principle of wellness is that communities have the inherent ability to solve their own problems and to stay healthy. Communities can develop and carry out their own wellness plans, and some have already done so. The government's role is to assist, advise, and support communities as they set priorities and make their own decisions.

Community wellness is not a program that the government can deliver in the same way to every community. Each community determines on its own what the wellness initiative means to them. The success of the wellness initiative will rest in large part on the strength of each communities' wellness plan. In 1995, the GNWT made the Community Action Fund available to assist communities in developing such a plan.

Community Wellness Resources

In supporting communities in their wellness initiatives, one clear role of the Government of the Northwest Territories is to make the necessary resources available at the community level. Funding sources for community wellness initiatives described in this document include the Community Action Fund, Brighter Futures and Building Healthy Communities.

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. Based on the positive feedback received about the Community Action Fund, it was made available to communities again in 1996/97. The Community Action Fund offered community-based funding, which involved an allocation of funds to each community. The purpose of the funding was to support communities in developing and/or implementing their wellness plans.

Brighter Futures

Brighter Futures funding is provided by Health Canada for First Nations and Inuit residents of the NWT and 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 had one or more of the following program elements:

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

Introduction

In 1995/96, Brighter Futures was administered by a Health Canada staff member located in Yellowknife.

Building Healthy Communities

The Building Healthy Communities Initiative is a Health Canada program that provided funding under the following program areas in 1995-96:

- Solvent Abuse Early Intervention Program
- Mental Health Crisis Intervention Program
- Canada Prenatal Nutrition Program
- Tobacco Demand Reduction Strategy

In 1995/96, Building Healthy Communities was administered by the Department of Health and Social Services on behalf of Health Canada. Regional Wellness Committees were formed in each region to provide communities with support and advice.

This document, *Community Wellness in Action 1995-96: Summary Report of Community Wellness Initiatives*, lists by region and community those community wellness initiatives proposed under each of the three funding programs for the 1995-96 fiscal year.

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

Inuvik Region

1995-96 Wellness Funding

Aklavik	\$148,064.85
Colville Lake	\$64,720.32
Déline	\$136,358.00
Fort Good Hope	\$170,625.75
Fort McPherson	\$195,826.23
Tulita	\$103,037.33
Tsiigehtchic	\$69,370.17
Inuvik	\$475,129.00
Norman Wells	\$34,012.00
Paulatuk	\$49,600.71
Sachs Harbour	\$22,218.23
Tuktoyaktuk	\$153,674.46
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Inuvik Region	\$1,622,637.05

Aklavik

Population 824

Aklavik, “Place of the Barren Land Grizzly Bear” in Inuktitut, is located on the Peel Channel of the Mackenzie River Delta, 113 kilometres from the Arctic coast and the Beaufort Sea. The people are largely Inuvialuit, with a third of the population being Dene.

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● provided training for an individual in family counselling ● provided traditional knowledge skills instruction to youth ● Community Education Council delivered an on-the-land program ● funded youth participation in Dreamcatchers Conference in Edmonton ● elders taught children Inuvialuit drum dancing in the school ● delivered Nobody's Perfect Parenting Workshop
Community Action Fund	<ul style="list-style-type: none"> ● youth on-the-land program ● hire a youth/elders/community wellness worker ● provided funding for delegates to attend the Pauktuutit Annual General Meeting in Cambridge Bay ● organized a sewing project to make clothing for drum dancing ● provided wood cutting service for community members in need ● harvested traditional food for community members in need ● gambling workshop ● conducted human resources information survey
Building Healthy Communities	<ul style="list-style-type: none"> ● provided assistance to a youth hockey team that travelled to the Yukon ● sent participants to Alaska Revival to take part in spiritual and cultural activities ● the Gwich'in and Inuvialuit worked together with local people and students to build a qayaq in the traditional way ● cost-shared salaries for a Community Wellness Worker and a Youth/Elder Worker who helped to coordinate the Aklavik Friendship Games, the Inuvialuit Youth Land Program, the Human Resource Inventory, a PRIDE conference and a Drum Dance Wellness Workshop ● provided funding for people from neighbouring communities to participate at the Aklavik Friendship Games

1995-96 Wellness Funding in Aklavik

\$148,064.85

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	<ul style="list-style-type: none"> ● developed a wilderness camp where the children were guided by their elders ● organized two traditional hunting and fishing wellness trips ● funded participation of youth to attend the Dreamcatchers Conference in Edmonton
Community Action Fund	<ul style="list-style-type: none"> ● built a traditional camp for youth in the community to learn traditional values and traditional skills
Building Healthy Communities	<ul style="list-style-type: none"> ● the Behdzi Ahda First Nation held a community wellness workshop in Colville Lake March 1996, funding was used for travel and meals

1995-96 Wellness Funding in Colville Lake

\$64,720.32

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
Brighter Futures	<ul style="list-style-type: none">● a community workshop was held to review all wellness-related programs and resources in the community● goals and objectives were formed for the wellness programs and a series of recommendations were made to improve interagency cooperation
Community Action Fund	<ul style="list-style-type: none">● hired an administrator for the Déline Community Wellness Board
Building Healthy Communities	<ul style="list-style-type: none">● a workshop was held to present an overview of wellness programs and resources in the community● the community began to develop a five-year plan in Déline which will consolidate wellness programs, projects and services

1995-96 Wellness Funding in Déline

\$136,358.00

Fort Good Hope

Population 696

Fort Good Hope is located on the east bank of the Mackenzie River, on a gravel bar between the Mackenzie River and Jackfish Creek, 145 kilometres northwest of Norman Wells. The main economic activities include trapping, hunting, fishing and oil exploration.

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● organized a cultural camp for youth to learn traditional bush skills and to increase the use of the North Slavey language ● provided funding to a youth group to design and sew traditional costumes for the Youth Drum Dance group ● organized a dental hygiene poster contest ● provided funding for youth attendance at the Whitehorse Science Fair ● funded youth participation in recreational activities ● funding was provided for youth and supervisors to attend the Dreamcatchers Conference in Edmonton, to improve family relationships, learn about suicide prevention, and to promote healing and native spirituality ● organized community workshops on injury prevention, solvent abuse, healthy babies and parenting skills
Community Action Fund	<ul style="list-style-type: none"> ● wellness strategy development ● provided Life Skills Coach training to eight community members ● provided funding assistance for the National Addiction Awareness Week activities ● provided funding support to the Sacred Assembly to bring together spiritual leaders to restore a common spiritual foundation ● carried out a back to the land needs assessment ● organized a women's grieving workshop
Building Healthy Communities	<ul style="list-style-type: none"> ● delivered an art and play therapy program for at-risk children ● funding was provided to the school to support the Annual Sahtu Regional Science Fair ● equipment was purchased to establish a permanent camp out of town for workshops, meetings, community assemblies, youth recreation, crisis management debriefing, and healing sessions ● a crisis management workshop was held in the community to develop a crisis response team — 12 community participants received training to work as a debriefing team in times of crisis

Fort Good Hope — Continued

Funding	Community Wellness Initiatives
Building Healthy Communities	<ul style="list-style-type: none"> ● elders taught youth traditional knowledge values and spirituality at the on-the-land camp ● camp supplies were purchased to support alcohol and drug counselling sessions on the land ● three families participated in a four week alcohol and drug program on the land ● provided funding for eight community members to attend a suicide prevention workshop held in Déline ● funded the Caregivers Conference, which focused on prenatal nutrition, tobacco and solvent abuse and the connections among the three topics ● a family counselling workshop was held on the land, providing families an opportunity to spend time together, strengthen bonds and enhance communications

1995-96 Wellness Funding in Fort Good Hope

\$170,625.75

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 *Teetil'it Zheh* which means “at the head of the waters.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● provided funding for a director and two youth counsellors for the TI'oondih Healing Camp ● funded the operation of the Youth and Adolescent Program which was developed to help children reintegrate into their family system
Community Action Fund	<ul style="list-style-type: none"> ● created a parent/child drop-in centre ● offered music lessons to youth ● produced a community newsletter ● provided youth with traditional skills training on the land ● organized an early intervention workshop
Building Healthy Communities	<ul style="list-style-type: none"> ● offered a hockey skills clinic for youths and adults in the community ● funded the purchase of recreation equipment to increase the use of the community recreation centre ● funded trainees to attend a suicide prevention workshop — trainees shared information through presentations to the school, the Community Education Council, and the community ● organized a youth/elders camp, where elders and youth spent time together on the land and where elders taught youth traditional skills ● youth were hired to conduct a community wellness survey to determine program supports needed by families and community interest in a parenting workshop — results of the survey will be used for wellness planning in the community ● planned a childhood program that will be consistent with the youth and adult programs offered at the TI'oondih Healing camp

Fort McPherson — Continued

Funding	Community Wellness Initiatives
Building Healthy Communities	<ul style="list-style-type: none">● organized a three day emergency first aid course for adults, youth and caregivers in the community● planned and developed a therapeutic family-based leisure program for clients at the healing camp which included pilot testing and a review of the current aftercare program● two people were hired to plan activities for older youth in the community, they received some training through their attendance at youth leadership workshops

1995-96 Wellness Funding in Fort McPherson

\$195,826.23

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
Brighter Futures	<ul style="list-style-type: none">● provided counselling services for youth● organized five cultural camp trips for youth to promote culture and self-esteem● organized a community gathering which focused on suicide prevention and healing● funded three youth to participate in a life skills training program● hired a Youth Training Coordinator to organize activities for youth and elders in the community and to coordinate community caregivers
Community Action Fund	<ul style="list-style-type: none">● provided youth development and peer counselling● community participation in the Community Wellness Conference held in Inuvik
Building Healthy Communities	<ul style="list-style-type: none">● offered mental health services to the people of Tulita by combining Building Healthy Communities Funding with funding from other sources to pay the salary of a community mental health coordinator

1995-96 Wellness Funding in Tulita

\$103,037.33

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	<ul style="list-style-type: none"> ● initiated a three-year project to develop the skills of community caregivers to work toward community wellness ● employed a trained counsellor to provide community counselling services and to offer counselling training for community caregivers
Community Action Fund	<ul style="list-style-type: none"> ● offer Gwich'in literacy workshops ● organize an elders camp on the land
Building Healthy Communities	<ul style="list-style-type: none"> ● purchased teaching program supplies for prenatal classes ● the wellness committee developed a questionnaire to collect information and suggestions in the community for the effective use of existing resources, development of training courses and ideas for community projects for use in wellness planning for the community ● a radio program was produced by elders in the community which included music, stories, and information about current events; it has resulted in the establishment of an elders' phone line and regular activities for elders ● youth in the community produced a successful radio program which may result in the development of a radio program by youth and elders together ● a community resident was hired to develop and run cultural and social activities for youth in the community ● held a self esteem workshop to provide an opportunity for participants to speak openly about themselves, how they came to abuse solvents, its effect on their lives, and to look at support mechanisms — a follow-up workshop is planned ● delivered a mental health worker workshop

1995-96 Wellness Funding in Tsiigehtchic

\$69,370.17

Inuvik

Population 3475

Inuvik is located on the east channel of the Mackenzie River Delta, 97 kilometres south of the Beaufort Sea. Inuvik lies within the northernmost reaches of the Richardson Mountains on a flat wooded plateau. Half the population is non-native, and a third of the population is Inuvialuit. Inuvik is the largest Canadian community north of the Arctic Circle.

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none">● hired a Youth Project Coordinator● completed a youth survey● established a youth committee● developed an activity/recreation plan for the community youth● funded youth attendance at the Dreamcatchers Conference in Edmonton● sponsored travel costs to a cadet who was selected to represent all NWT cadets at a gathering in London● offered funding support to a sports team to attend a soccer camp● sponsored youth attendance at a youth camp in British Columbia● funded travel costs of youth groups to attend the Inuit Circumpolar Conference in Nome● provided funding support to the Family Counselling Centre in Inuvik● organized two traditional on-the-land programs for youth● offered a youth workshop on the arts and crafts business
Community Action Fund	<ul style="list-style-type: none">● hired a community development officer● provided mental health home services including information materials● planned a therapeutic foster home● organized a Regional Wellness workshop● hired a justice coordinator/researcher● cost-shared Regional Wellness Coordinator● hired a Youth Coordinator to work at the youth centre● designed a wellness training program● developed and carried out a human resources information survey● trained foster parents to work with children with FAS/FAE or who have been abused or neglected

Inuvik — Continued

Funding	Community Wellness Initiatives
Building Healthy Communities	<ul style="list-style-type: none"> ● offered a Train the Trainer workshop covering topics on self-esteem and solvent abuse and included presentations by elders, healers and abusers of solvents — participants received a binder with details on how to deal with substance abuse ● held a community caregivers and leaders workshop ● cost-shared Regional Community Wellness Coordinator ● held a prenatal nutrition conference for Beaufort Delta communities ● produced an anti-smoking calendar and distributed to other communities in the region ● shared costs of anti-tobacco ads with Pauktuutit ● purchased toys for children at Inuvik Transition House ● a Community Development Officer was hired to investigate the transfer of social programs to the Town of Inuvik and to work with a consultant who carried out a wellness survey, promoted community wellness, and organized a workshop ● held a community wellness workshop in December to discuss community needs and how to address those needs ● completed a draft wellness strategy for the community, describing a vision for collaboration and integrated services ● reviewed the draft community wellness strategy at a second workshop held in January ● held a Wrap-around Services Workshop in March to focus on community caregivers and leaders, as a result, a committee was formed to develop an integrated service delivery system ● provided a contribution toward the salary of the Regional Wellness Coordinator position ● held a workshop to help agencies and families work together to assist multi-problem families ● funded a Therapeutic Foster Home Project to provide services for three children

1995-96 Wellness Funding in Inuvik

\$475,129.00

Norman Wells

Population 851

Norman Wells is located approximately 80 kilometres from Fort Norman on the east bank of the Mackenzie River on a strip of lowland between the Norman Range on the east and the Carajou Mountains on the west. Norman Wells is a largely non-native community established due to the presence of oil and gas reserves.

Funding	Community Wellness Initiatives
Community Action Fund	<ul style="list-style-type: none">● developed a Community Wellness plan● hired a Community Wellness Coordinator● assisted youth and elders in organizing themselves● developed programming for the Youth/Elder Centre

1995-96 Wellness Funding in Norman Wells

\$34,012.00

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
Brighter Futures	<ul style="list-style-type: none"> ● held two cultural camps for youth ● promoted Inuvialuit culture through the telling of traditional stories by community elders at the school ● assisted the Junior Rangers Program ● provided support funding for a community recreation program ● delivered an injury prevention program and a summer survival boating trip ● presented solvent abuse information to the community ● purchased supplies for the Healthy Babies Program
Community Action Fund	<ul style="list-style-type: none"> ● cost-shared hiring of a community wellness worker ● human resources information survey ● delegates to Pauktuutit meeting, Cambridge Bay ● women's stress workshop
Building Healthy Communities	<ul style="list-style-type: none"> ● funding was combined with the Community Action Fund to hire a Community Wellness Worker to coordinate wellness projects and programs in the community including: a tobacco reduction program, planning for wellness workshops, recreation activities, and working with youth ● sponsored a community member to attend the Healthy Relationships Workshop in Tuktoyaktuk ● purchased a model lung for educational use by the local health staff in the hopes that healthy living instruction will reduce the use of tobacco ● provided funding for students and chaperones to attend the Friendship Games in Aklavik

1995-96 Wellness Funding in Paulatuk

\$46,600.71

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
Brighter Futures	<ul style="list-style-type: none"> ● developed a community preschool program ● provided funding for youth to attend the PRIDE Conference in Inuvik ● offered assistance to families with new babies ● organized a school snack program
Community Action Fund	<ul style="list-style-type: none"> ● offer a People Working Together Workshop
Building Healthy Communities	<ul style="list-style-type: none"> ● funded youth participation in Inuvik conference to discuss issues such as alcohol and drug abuse, teen sex, family life, and other areas of concern to young people ● provided funding for youth and chaperones to attend the Aklavik Friendship Games

1995-96 Wellness Funding in Sachs Harbour **\$22,218.23**

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
<p>Brighter Futures</p>	<ul style="list-style-type: none"> ● elders taught youth to make traditional clothing, dancing parkas and quilts ● elders recorded traditional stories ● offered a community presentation on Fetal Alcohol Syndrome (FAS) ● funded students to attend the Friendship Games in Aklavik ● funded people from Tuktoyaktuk and Holman to attend a Drum Dance Workshop ● purchased CPR teaching materials and two dolls for CPR training ● purchased literacy software to help children learn to read ● delivered a cultural and survival program
<p>Community Action Fund</p>	<ul style="list-style-type: none"> ● organized workshops on team building and anger management ● funded delegates to attend the Pauktuutit meeting in Cambridge Bay ● purchased therapeutic supplies ● offered a parenting workshop
<p>Building Healthy Communities</p>	<ul style="list-style-type: none"> ● hired a Community Wellness Coordinator ● purchased educational materials for the Health Centre ● elders held a caribou hunt to share traditional knowledge with the youth and to provide game to community members ● held a series of workshops for the community including: <ul style="list-style-type: none"> - a five day healing workshop using art therapy and the medicine wheel as learning tools where participants discussed the healing process and worked on positive self-esteem; - a three day workshop on grieving; - a seven day workshop on processing anger; - a Healthy Relationships Workshop, and; - a three day Anger Management Workshop for the men's group. ● carried out a skills survey to identify community training needs for the wellness plan

1995-96 Wellness Funding in Tuktoyaktuk

\$153,674.46

Kitikmeot Region

1995-96 Wellness Funding

Bathurst Inlet	\$4,992.00
Cambridge Bay	\$159,060.55
Kugluktuk	\$166,246.00
Gjoa Haven	\$131,853.56
Holman	\$61,299.97
Taloyoak	\$119,622.00
Pelly Bay	\$70,761.00
Umingmaktok	\$6,919.00
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Kitikmeot Region	\$720,754.08

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	<ul style="list-style-type: none">● developed and operated a preschool program● organized a youth program that offered traditional activities● delivered one part of an injury prevention program● revised the wellness funding proposal to better meet the community's needs● identified activities for future wellness activities including workshops relating to mental health and youth, preschool activities, parenting and family planning workshops and first aid training
Building Healthy Communities	<ul style="list-style-type: none">● no proposals were submitted

1995-96 Wellness Initiatives in Bathurst Inlet

\$4,992.00

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	<ul style="list-style-type: none"> ● offered workshops through the Mental Health Specialist on life-skills, suicide prevention planning, family and couples therapy and one-on-one counselling ● developed alternate delivery approaches for community wellness programs ● developed a community wellness plan
Community Action Fund	<ul style="list-style-type: none"> ● contributed funding to support the Youth Centre ● offered the Life Savers Challenger course to community members
Building Healthy Communities	<ul style="list-style-type: none"> ● the elders offered an activity program for youth ● held a Suicide Prevention and Community Healing Workshop ● offered the Living in Harmony Program, which involved activities designed to provide structured recreation for youth, activities were scheduled at times when youth often got into trouble and were organized by three coordinators and volunteers who were mostly elders ● provided funding support to the Katimavik Centre ● provided funding for 18 students, called the Polar Players, and two teachers from Kiilinik High School to travel to Gjoa Haven and Taloyoak to perform a series of skits and a song which presented information on the dangers of smoking to the students in both communities

1995-96 Wellness Funding in Cambridge Bay

\$159,060.55

Kugluktuk

Population 1164

Kugluktuk is located at the mouth of the Coppermine river where it flows into the Beaufort Sea. It is an Inuit community that harvests both inland and sea animals. It is thought that the location of the community at the mouth of the river has been a semi-permanent Inuit fishing and seal hunting camp since ancient times. Kugluktuk is an Inuinaqtun term, meaning “place of rapids.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● hired a Brighter Futures Coordinator to organize wellness initiatives in the community and to assist agencies in working together ● organized cultural activities with the elders for the community ● offered a Parenting Workshop to provide information for parents on FAS, healthy babies and parenting skills
Community Action Fund	<ul style="list-style-type: none"> ● elders taught traditional arts, crafts and other traditional skills to youth ● offered elders and youth literacy in English and Innuinaqtun ● purchased supplies for elder programs ● funded the Kids Club, which ran for nine weeks with 42 children participating in activities which included games, arts and crafts, and story telling ● ran a series of wellness workshops on anger management, suicide prevention and intervention and self-esteem for women
Building Healthy Communities	<ul style="list-style-type: none"> ● held an Elder/Youth Camp where elders shared traditional knowledge, values and skills with the youth ● provided assistance in the coordination of the Community Support Workers Program through the regional home nursing coordinator

1995-96 Wellness Funding in Kugluktuk

\$166,246.00

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
Brighter Futures	<ul style="list-style-type: none"> ● organized a project to build gun lockers in residences where firearms are kept to help prevent injuries ● established a Parent and Child Centre to provide a head start program for at-risk preschoolers and to provide workshops and support around parenting issues ● hired two staff to run the Parent and Child Centre
Community Action Fund	<ul style="list-style-type: none"> ● provided funding support for the day care ● built secure gun lockers in homes (cost-shared with Brighter Futures) ● offered a traditional summer camp for youth ● organized a community muskox and caribou hunt
Building Healthy Communities	<ul style="list-style-type: none"> ● the Alcohol and Drug Worker and volunteer teachers organized a Youth and Elders Drop-in Centre to bring youth and elders of Gjoa Haven together

1995-96 Wellness Funding in Gjoa Haven

\$131,853.56

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 *Uluqsauqtuuq*, 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	<ul style="list-style-type: none"> ● hired a family life counsellor to provide one-on-one counselling, family and group counselling, crisis intervention, and to organize awareness workshops and give presentations on issues of concern in the community ● provided funding for community members to attend a Drum Dance Workshop
Community Action Fund	<ul style="list-style-type: none"> ● provided assistance to offer carving and sled building classes in school, the program’s success has resulted in expanding the program to all age levels ● 23 youth participated in traditional land skills courses ● built three emergency cabins in different locations ● 28 elders and youth participated in an on-the-land trip to Minto Inlet ● held weekly sewing classes to teach traditional sewing techniques
Building Healthy Communities	<ul style="list-style-type: none"> ● hired a Wellness Programs Facilitator ● organized informational wellness and healing workshops ● operated a drop-in centre for community youth

1995-96 Wellness Funding in Holman

\$61,299.97

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	<ul style="list-style-type: none">● hired a Mental Health Worker who provides one-on-one counselling and crisis intervention● re-introduced community youth to traditional knowledge, values and skills
Community Action Fund	<ul style="list-style-type: none">● taught traditional sewing techniques, hide/skin preparations to young women, included discussions on parenting
Building Healthy Communities	<ul style="list-style-type: none">● funded an investigation of adolescent and youth anger in the community to provide a basis for suicide prevention in the community

1995-96 Wellness Funding in Taloyoak

\$119,622.00

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 seal and whaling. *Arviliqjuat*, the traditional Inuit name for Pelly Bay means “lots of bowhead whales.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none">● offered a Parent/Child Program and provided training for parents who delivered the preschool program● developed a children’s preschool program to provide activities that develop communication, social, and motor skills
Community Action Fund	<ul style="list-style-type: none">● hired a Family Counsellor to work with youth, parents and elders — the Family Counsellor focussed on spousal abuse issues
Building Healthy Communities	<ul style="list-style-type: none">● held a Suicide Prevention Workshop for the youth in the community

1995-96 Wellness Funding in Pelly Bay

\$70,761.00

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	<ul style="list-style-type: none"> ● organized and operated a community preschool, which ran three days a week with good participation from parents and children — activities included games, storytelling and crafts
Building Healthy Communities	<ul style="list-style-type: none"> ● no proposals were submitted

1995-96 Wellness Funding in Umingmaktok

\$6,919.00

Baffin Region

1995-96 Wellness Funding

Arctic Bay	\$ 96,699.00
Broughton Island	\$82,482.46
Cape Dorset	\$166,553.70
Clyde River	\$100,586.40
Grise Fiord	\$26,926.59
Hall Beach	\$93,623.19
Igloolik	\$165,153.81
Iqaluit	\$472,021.00
Lake Harbour (Kimmirut)	\$65,787.89
Pangnirtung	\$196,885.19
Pond Inlet	\$168,728.75
Resolute Bay	\$27,447.23
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Baffin Region	\$1,662,895.21

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
Brighter Futures	<ul style="list-style-type: none">● trained community members to take over the recreation program● sent one person to the Challenged Persons Training Program● raised awareness of the special needs of these individuals in the community
Community Action Fund	<ul style="list-style-type: none">● offered a suicide prevention workshop which was attended by students from the Northern Lights Theatre Group (now known as the Kicking Caribou Theatre Company) a group of high school students with an interest in drama
Building Healthy Communities	<ul style="list-style-type: none">● students developed a plot and play scenarios about suicide and wrote the play <i>This House Has Many Rooms</i>● produced and performed <i>This House Has Many Rooms</i> twice, (one of which was aired on CBC's Northbeat), students also travelled to Igloolik to perform their play● held weekly sessions to teach young parents about nutrition and cooking using traditional foods

1995-96 Wellness Funding in Arctic Bay

\$96,699.00

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
Brighter Futures	<ul style="list-style-type: none"> ● offered a workshop on parenting skills called Catch Them Being Good ● provided funding toward hiring an Alcohol and Drug Worker to provide one-on-one and group counselling sessions ● provided funding support to a water safety project
Community Action Fund	<ul style="list-style-type: none"> ● elders worked with students to pass on traditional knowledge, value and skills needed to improve and enhance students’ self-esteem
Building Healthy Communities	<ul style="list-style-type: none"> ● held a health and nutrition fair with activities centred around the preparation of snacks and healthy meals ● students prepared nutritious snacks with the Regional Nutritionist ● conducted cooking classes with prenatal women using traditional and non-traditional foods

1995-96 Wellness Funding in Broughton Island

\$82,482.46

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
Brighter Futures	<ul style="list-style-type: none">● offered an on-the-land cultural program through the Youth Justice Committee which continued through the winter● established a Community Parent Group which centres itself around the school and day care centre and offers activities that include traditional sewing and skin preparation, throat singing and enhanced Inuktitut language skills
Community Action Fund	<ul style="list-style-type: none">● held a training and healing workshop for community caregivers
Building Healthy Communities	<ul style="list-style-type: none">● no proposals were submitted

1995-96 Wellness Funding in Cape Dorset

\$166,553.70

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
Brighter Futures	<ul style="list-style-type: none"> ● offered a hot breakfast program in the school ● delivered a workshop for parents of preschool children ● organized a library program for preschool children ● developed a summer program to train youth and elders in delivering spiritual programs ● purchased counselling materials for use by trained community members
Community Action Fund	<ul style="list-style-type: none"> ● established a framework to educate young people in traditional knowledge, values and skills ● developed a program for high-school drop outs to teach survival skills out on the land ● organized a forum on life skills strategies for young people who were at-risk within the community ● held a workshop for community leaders in problem solving techniques
Building Healthy Communities	<ul style="list-style-type: none"> ● participated in a series of workshops offered by the Baffin Regional Health Board, which focused on three main areas: self esteem, suicide assessment by counsellors, and crisis Intervention — the workshop was videotaped and a CD-ROM called <i>Health and Well-being in Nunavut</i> was produced for use as a training tool and will be available in both English and Inuktitut

1995-96 Wellness Funding in Clyde River

\$100,586.40

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, *Aujuittuq*, means “place that never melts.” Grise Fiord is Canada’s most northerly Inuit community.

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● attended the Healing Workshop in Resolute Bay, for people who were relocated from Inukjuaq to Grise Fiord and Resolute Bay. ● operated a nutritional snack program at the school ● supported youth participation in the Baffin Summer Youth Camp which focused on developing youth identity and self-esteem, the camp was run by the Baffin Regional Inuit Association
Community Action Fund	<ul style="list-style-type: none"> ● provided training in grief support services ● organized hunting trips out on the land to teach youth hunting and camping techniques ● organized week long trips out on the land for students
Building Healthy Communities	<ul style="list-style-type: none"> ● no proposals were submitted

1995-95 Wellness Funding in Grise Fiord

\$26,926.59

Hall Beach

Population 580

The community of Hall Beach is located on the east shore of the Melville Peninsula, 840 kilometres northwest of Iqaluit. It is an area of flat to gently rolling terrain of raised sand and gravel beaches dotted with numerous lakes and ponds. 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 “land.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● brought elders into the classroom to teach students traditional skills ● offered information on modern parenting skills ● taught traditional land skills and survival techniques to fourteen students
Community Action Fund	<ul style="list-style-type: none"> ● established a land skills program for youth ● provided funding to establish a branch of the Canadian Mental Health Association ● provided funding to the Alcohol Committee to provide counselling, offer activities focusing on traditional life skills and hold a community feast ● established a home care program ● funded a program to teach young people traditional life skills to raise their self-esteem
Building Healthy Communities	<ul style="list-style-type: none"> ● held a Caregivers Workshop, where elders made presentations about traditional ways of counselling and participants were encouraged to share their experiences, counselling approaches and techniques — the workshop helped develop closer working relationship between caregivers in the community

1995-96 Wellness Funding in Hall Beach

\$93,623.19

Igloolik

Population 1175

The community of Igloolik is located on Igloolik Island, 362 kilometres northeast of Repulse Bay. It is an area of limestone lowlands covered with muskeg and ponds. Igloolik is unique in the Canadian Arctic in providing an unbroken record of Inuit habitation. The traditional Inuktitut name for the community, *Iglulik*, means “place of houses.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● shared the costs of running the swimming pool where swimming and water safety courses are offered (MACA/Health Canada) ● offered a summer Land Skills Camp where traditional hunting of caribou and walrus is taught. Young adults who would not normally have an opportunity to go on the land or who have been in trouble with the law received priority for the program. Participants learned modern and traditional navigational techniques, harvesting and skinning, discipline, safety, judgement and general survival skills on the land
Community Action Fund	<ul style="list-style-type: none"> ● delivered a language project to enhance the daily use of spoken and written Inuktitut ● continued the survival and land skills program which had begun the previous year ● offered a life skills program to adolescents and adults to reduce the anger and violence ● organized community workshops to raise awareness and promote healing ● provided funding to expand the early intervention program for children with special needs and to assist and support parents in delivering these programs at home ● delivered a pilot project to allow teen parents to practice their skills and become aware and enthusiastic about good child-rearing practices ● provided intensive training in the techniques of play therapy for counsellors, teachers and health care workers ● established a toy lending library for the parents and children in the community
Building Healthy Communities	<ul style="list-style-type: none"> ● no proposals were submitted

1995-96 Wellness Funding in Igloolik

\$165,153.81

Iqaluit

Population 3475

The community of Iqaluit is located near the northeast head of Frobisher Bay on southern Baffin Island. It is situated on a rocky lowland area and is framed by an irregular rocky coastline and surrounded by mountains on the northeast and southwest. Iqaluit's population is over half Inuit. 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	<ul style="list-style-type: none">● funded the Healthy Bodies Calendar and Hot Lunch Program - First Steps● purchased life jackets and flotation suits for a community lending program
Community Action Fund	<ul style="list-style-type: none">● held a training workshop for facilitators using the Dark to Light Program● funded travel to the facilitators training workshop● translated research and counselling materials into Inuktitut● provided funding to reconstruct the existing qamaq which is one of the counselling tools used in the client healing process● provided funding for a residential retreat for women● delivered a land-based program to teach the skills required for living on the land● developed methods to help people who are illiterate and who have poor language skills to solve personal problems● held a workshop on community development which included skill development in writing objectives, proposal writing, consultation, evaluation and problem solving● taught basic carving skills to at-risk teenagers● funded the medical and traditional knowledge retreat● hired a wellness coordinator to draft a community wellness strategy

Iqaluit — continued

Funding	Community Wellness Initiatives
Building Healthy Communities	<ul style="list-style-type: none"> ● funded the operation and promotion of Kamatsiaqtut, the Baffin Crisis Line, a 1-800 counselling service available to people across the Baffin ● funded attendance at the Canadian Association for Suicide Prevention Conference held in Banff ● produced fridge magnets in English and Inuktitut to advertise the phone number for the crisis line ● produced bilingual posters and brochures explaining the purpose of the crisis line, held a contest for school children to provide the interpretation for the new poster ● hired a project manager for the Sailivik Community Centre ● produced an Inuktitut version of the children's book <i>Pukkik's First Seal</i> ● offered a training and treatment program to families in Iqaluit for the chemically dependent family ● held a Building the Circle healing workshop ● ran the Baffin Prenatal Project to encourage prenatal women to choose healthy foods and provide support ● held a workshop on solvent abuse and prevention ● funded travel to Yellowknife to study the solvent abuse program ● developed a training and treatment program for the chemically dependent family

1995-96 Wellness Funding in Iqaluit

\$472,021.00

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.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● funded travel to the Dreamcatchers Conference ● organized a cadet program for the youth in the community
Community Action Fund	<ul style="list-style-type: none"> ● held community feasts ● provided dance and accordion lessons ● provided volunteer counsellors with training in healing circle techniques ● provided funding to the men’s support group
Building Healthy Communities	<ul style="list-style-type: none"> ● no proposals were submitted

Wellness Funding in Kimmirut

\$65,787.89

Pangnirtung

Population 1241

The Inuit community of Pangnirtung is located on the southeastern shore of Baffin Island and is 298 kilometres north of Iqaluit. It is framed by fiords to the north and west, steep hills to the south and the Kolik River to the east. The traditional Inuktitut name for the community, *Panniqtuuq*, means “lots of caribou.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● Mental Health Committee provided counselling to women and sexually abused children ● provided nutritional education and supplies, environmental information, parenting skills and self-esteem development ● initiated work on a community cookbook ● organized facilitators to provide local Alcohol and Drug Education Programs ● Mamisaijiit Healing Services held two healing workshops ● supported Alookie School Nutrition Program ● community men’s group organized an igloo building project with youth, provided the traditional/hunting program components of the program and provided counselling and worked with the youth as required ● developed the Northern Striders to assist youth in personal growth, through different programs that encourage peer interaction and leadership ● Youth Council offered counselling, special day’s celebration, recreational and sports activities, and workshops ● supported the Adult Judicial Committee which provides assistance to people who are getting out of the correctional system
Community Action Fund	<ul style="list-style-type: none"> ● hired a community wellness coordinator ● delivered a language project to enhance the daily use of spoken and written Inuktitut
Building Healthy Communities	<ul style="list-style-type: none"> ● no proposals were submitted

1995-96 Wellness Funding in Pangnirtung

\$196,885.19

Pond Inlet

Population 1163

The Inuit community of Pond Inlet is located on the north Baffin Island, 525 kilometres southeast of Resolute. It is situated on a loamy, sand terrace, near high glaciated mountains. Pond Inlet is the ancestral homeland of the North Baffin Inuit. The traditional Inuktitut name for the community, *Mittimatalik*, means “place where Mittima rests.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● purchased health resource material, to be located at the Health Centre, on topics such as family violence, teen pregnancy, mental health and parenting skills ● funded participation of youth to attend a summer camp sponsored by Baffin Regional Inuit Association focused on personal growth for youth ● offered a training workshop for youth and parents that focused on issues involved in adjusting to present day community living
Community Action Fund	<ul style="list-style-type: none"> ● started a program at the school to offer nutritious snacks to students ● delivered a language project to enhance the daily use of spoken and written Inuktitut ● conducted research which will be used by the community in the development of a strategy
Building Healthy Communities	<ul style="list-style-type: none"> ● no proposals were submitted

1995-96 Wellness Funding in Pond Inlet

\$168,728.75

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
Brighter Futures	<ul style="list-style-type: none">● hosted a healing workshop for people who relocated from Inukjuaq to Grise Fiord and Resolute Bay, residents from Grise Fiord also attended this workshop
Community Action Fund	<ul style="list-style-type: none">● no proposals were submitted
Building Healthy Communities	<ul style="list-style-type: none">● no proposals were submitted

Wellness Funding in Resolute

\$27,447.23

Keewatin Region

1995-96 Wellness Funding

Arviat	\$235,755.38
Baker Lake	\$210,668.85
Chesterfield Inlet	\$38,876.85
Coral Harbour	\$111,642.53
Rankin Inlet	\$277,672.97
Repulse Bay	\$88,572.69
Sanikiluaq	\$97,024.79
Whale Cove	\$45,876.61
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Keewatin Region	\$1,106,090.67

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 town site is situated on a narrow, sandy, peninsular beach ridge with muskeg covered marshes to the south. The name Arviat is Inuktitut for “bowhead whale.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● cost shared Small Steps Early Intervention Program ● offered a Nobody's Perfect Parenting Workshop ● organized a Healthy Moms, Healthy Babies Nutrition Program ● offered a Youth Activity Program at the Mikilaaq Centre ● elders taught traditional skills and pride in culture to students in Elders Classroom in the Igloo ● offered the Lifestyle Literacy Project which was aimed at older youth who have left school
Building Healthy Communities	<ul style="list-style-type: none"> ● provided training to Mikilaaq staff on how to run sharing and healing circles ● carried out home visits and sewing/cooking classes for prenatals ● provided funding for youth to attend Probe 96 Youth Retreat ● hired a student on a part-time basis to survey local agencies to identify and purchase educational and instructional resources needed for the Mikilaaq Community Centre ● purchased musical instruments and materials for the Mikilaaq Centre, for youth to come together and play as a group ● offered music lessons to groups and individuals in the community ● funded fourteen people to attend two sessions of leadership training in Winnipeg ● carried out home visits to pregnant women ● provided meals and snacks during prenatal days at the Health Centre ● offered classes in sewing and cooking for mothers and provided activities for their children ● hired someone to hunt for, and provide food to, single mothers in the community

1995-96 Wellness Funding in Arviat

\$235,755.38

Baker Lake

Population 1410

The community of Baker Lake is located at the northwest end of Baker Lake at the approximate geographic centre of Canada, 257 kilometres northwest of Rankin Inlet. The community of Baker Lake is the only inland Inuit community in the Northwest Territories. The traditional Inuktitut name for the community, *Qamanittuaq*, means “far inland.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● hired a school librarian to keep the library open and help children with their homework ● provided a hot lunch program in the school ● hired a part time tutor/counsellor ● provided funding for community member to attend counselling conference ● sponsored a youth gathering ● organized a prenatal nutrition project to help expectant mothers make healthy choices ● offered a skating program for youth
Community Action Fund	<ul style="list-style-type: none"> ● developed a program offering land skills training for youth
Building Healthy Communities	<ul style="list-style-type: none"> ● produced an educational pamphlet and poster through the Child's Smile Project to illustrate the problem of baby bottle tooth decay to be used in an educational campaign in the Keewatin about the risk of tooth decay in young children ● provided funding for youth attendance at a Suicide Prevention Workshop in Rankin Inlet ● hosted a workshop on prenatal nutrition for women from the Keewatin region ● funded attendance at the Keewatin Regional Solvent Abuse Workshop in Coral Harbour which covered solvent abuse, its physical effects; effects on other family members, how to deal with solvent abusing clients and information on types of solvents

1995-96 Wellness Funding in Baker Lake

\$210,668.85

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	<ul style="list-style-type: none">● the local Search and Rescue Committee conducted a course on traditional land skills and survival techniques including skills such as igloo building
Building Healthy Communities	<ul style="list-style-type: none">● no proposal submitted

1995-96 Wellness Funding in Chesterfield Inlet

\$38,876.85

Coral Harbour

Population 659

The Inuit community of Coral Harbour is located on the south shore of Southampton Island, 720 kilometres west of Iqaluit. Coral Harbour is the original home of the Sallirmiut Inuit. The Inuktitut name for the community, *Salliq*, means “islands in the south.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● organized a traditional skills, on-the-land camp for youth ● cost-share a community hot lunch program at the school ● organized a Playdays Program, an early intervention program for parents and their children ● elders shared traditional parenting skills activities
Building Healthy Communities	<ul style="list-style-type: none"> ● hired consultants from Four Worlds International, to facilitate a community consultation and planning exercise, and to demonstrate healing circles ● produced a report on the consultation process, which is now being used as the basis of the community’s wellness plan ● hosted the Keewatin Regional Solvent Abuse Workshop which discussed solvent abuse, its physical effects, effects on other family members, how to deal with solvent abusing clients and information on types of solvents

1995-96 Wellness Funding in Coral Harbour

\$111,642.53

Rankin Inlet

Population 2013

The community of Rankin Inlet is located on the west coast of Hudson Bay between Whale Cove to the southwest and Chesterfield Inlet to the northeast. It is an area of low rolling hills and rocky terrain with sand and gravel ridges, sparse vegetation and no trees. The Inuktitut name for the community, *Kangiqtinq* means “inlet.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none">● offered on-the-land program for high risk youth to teach traditional knowledge and values● organized a children’s playgroup program● ran a breakfast program in school● established a kids and elders drop-in centre● developed a Child Development Creative Arts Program
Community Action Fund	<ul style="list-style-type: none">● organized a community dance series for all ages● offered traditional sewing skill lessons● organized youth sports events● developed traditional Inuit games clinics
Building Healthy Communities	<ul style="list-style-type: none">● acquired resource material to work with high risk youth● organized and hosted a Regional Wellness Conference● funding was used to operate a traditional foods and nutrition program as well as the upkeep of the safe shelter and the purchase of office supplies● acquired access to the Internet for staff of the Aqsaaraq Addictions Project to research addictions information, and network with other wellness agencies● provided funding for the Victim Support Services Program Coordinator who provides assistance, counselling and referral services to victims of assault● delivered three suicide prevention workshops, the first two directed at front line workers, focussing on suicide intervention and counselling the bereaved, and the third workshop was offered for anyone in the community

Rankin Inlet – Continued

Funding	Community Wellness Initiatives
Building Healthy Communities	<ul style="list-style-type: none">● funded attendance at the Suicide Prevention Training Program in Calgary● organized an opportunity for adults with intellectual disabilities at the Rankin Inlet Training Centre to work with artists from the Matchbox Gallery to explore the medium of pottery● purchased a number of resources including audio-visual materials, resource books, pamphlets, poster materials and instructional resource packages, for use in educational and promotional programs at the elementary and high schools in Rankin Inlet

1995-96 Wellness Funding in Rankin Inlet

\$277,672.97

Repulse Bay

Population 569

The Inuit community of Repulse Bay is located on the northern shore of Repulse Bay, 443 kilometres southeast of Taloyoak. It is situated on a steeply cliffed coastline with hills and valleys carved from bedrock. 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
Brighter Futures	<ul style="list-style-type: none"> ● hired a Brighter Futures Coordinator to help with planning
Community Action Fund	<ul style="list-style-type: none"> ● helped transport disabled to school ● contributed toward operation of community radio station ● helped elders with chores ● helped fund community support group
Building Healthy Communities	<ul style="list-style-type: none"> ● provided funding to operate the community radio station to offer daily radio programming ● hired an Inuktitut Language Instructor for the school to initiate a program to increase the use of Inuktitut ● provided stipends to individuals offering assistance to community nurses ● provided funding for drivers, (fuel and vehicle maintenance) to transport children to school, attendance increased during the operation of the program ● funding was used to start a home care program for elders in the community

1995-96 Wellness Funding in Repulse Bay

\$88,572.69

Sanikiluaq

Population 581

The Inuit community of Sanikiluaq is located in the Belcher Islands in southeastern Hudson Bay. The Belcher Islands are in the territory of the Ungava Inuit who were known to be expert kayakers. The Inuktitut name for the community, Sanikiluaq, is the name of a person.

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● elders taught traditional knowledge and values to troubled youth ● hired a facilitator to provide training sessions for the community on family violence and health issues ● developed a cultural/language component for the schools ● provided school breakfast program ● provided information on parenting skills
Community Action Fund	<ul style="list-style-type: none"> ● established a healing centre
Building Healthy Communities	<ul style="list-style-type: none"> ● provided partial funding to hire a coordinator for the Suyurgingiituuq Group to organize projects in the community ● organized a healing and support group for men ● delivered a healing workshop ● broadcast radio phone-in shows focussing on parenting skills and raising healthy babies ● offered instruction on traditional methods for sealskin preparation ● organized cooking lessons and sewing classes

1995-96 Wellness Funding in Sanikiluaq

\$97,024.79

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 a sheltered cove on a large sandy-gravel area with rocky outcrops, low hills and tundra vegetational. The Inuktitut name for the community, *Tikirarjuaq*, means “where many people arrive.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none">● enforced a children’s curfew● elders taught youth traditional skills and values● purchased materials for a games area to be set up for use by children in the evenings● provided funding support to the school breakfast programs
Community Action Fund	<ul style="list-style-type: none">● no proposal submitted
Building Healthy Communities	<ul style="list-style-type: none">● provided funding to acquire 10 husky dogs, and to build komatiks to teach youth responsibility and methods in caring for animals

1995-96 Wellness Funding in Whale Cove

\$45,876.61

Fort Smith Region

1995-96 Wellness Funding

Fort Liard	\$96,953.58
Fort Providence	\$144,041.63
Fort Resolution	\$94,697.58
Fort Simpson	\$178,820.59
Fort Smith	\$220,774.16
Hay River (<i>including Hay River Reserve</i>)	\$217,374.19
Jean Marie River	\$27,013.38
Kakisa	\$16,528.60
Lutsel K'e	\$54,592.31
Nahanni Butte	\$43,781.00
Rae	\$324,935.44
Rae Lakes	\$41,974.11
Snare Lake	\$27,070.12
Trout Lake	\$24,285.12
Wha Ti	\$83,708.51
Wrigley	\$51,510.44
Yellowknife (<i>including Ndilo and Dettah</i>)	\$376,226.35
Fort Smith Region	\$2,024,287.11

Fort Liard

Population 546

The Dene community of Fort Liard is located on the south bank of the Liard River near its junction with the Petitot River. The town site and the surrounding area, is thought to be one of the oldest, continuously occupied, aboriginal sites in the NWT. The community is known for the birch bark and porcupine quill baskets. The traditional South Slavey name means “people from the land of giants.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● established the Acho Dene Koe Well-Being Authority to oversee all social programs within the community ● provided funding for the drop-in and activity centre to deliver programs on tobacco, youth and parenting ● provided support funding for a seniors’ care facility
Community Action Fund	<ul style="list-style-type: none"> ● provided funding to a community justice project ● provided support to the Alcohol and Drug Program
Building Healthy Communities	<ul style="list-style-type: none"> ● initiated development of a youth council ● purchased materials and supplies for youth centre ● funded travel costs for an individual to receive additional training in the alcohol and drug abuse field ● offered a workshop focusing on the traditional and non-traditional uses of tobacco ● purchased education and promotional materials

1995-96 Wellness Funding in Fort Liard

\$96,953.58

Fort Providence

Population 800

The Dene community of Fort Providence is located on the steep northeast bank of the Mackenzie River, west of the Mackenzie River ferry crossing. Surrounded by flat swamp and muskeg terrain, it is situated on a raised clay and sand terrace. The traditional South Slavey name, *Zhathi Kúé* means “mission house.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● completed a community wellness assessment ● youth and elders organized a traditional caribou hunt for Christmas to teach youth hunting skills and techniques in butchering and meat preparation ● offered a healing workshop for students ● provided funding for youth attendance at the Dreamcatchers Conference in Edmonton ● made a funding contribution to the wellness centre
Community Action Fund	<ul style="list-style-type: none"> ● organized and coordinated a youth/elders camp ● offered training in homecare
Building Healthy Communities	<ul style="list-style-type: none"> ● provided Internet access to make additional resources available to students ● sent ten women to attend the Women Wellness Conference

1995-96 Wellness Funding in Fort Providence

\$144,041.63

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 town site is situated on a thickly forested peninsula along the northeastern shore of Resolution Bay. The South Slavey name for Fort Resolution, *Denínu Kúé*, means “moose island.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● held a Youth Cultural Workshop to raise youth awareness regarding culture and heritage ● employed a part-time wellness coordinator and coordinator/facilitator
Community Action Fund	<ul style="list-style-type: none"> ● supported the elders on a spiritual pilgrimage ● held spiritual healing workshop ● held workshop on traditional and spiritual healing ● funded travel for attendance at Women and Wellness Conference
Building Healthy Communities	<ul style="list-style-type: none"> ● held youth cultural awareness to learn traditional methods of providing and preserving food ● supported a healing assessment workshop ● held an aftercare workshop to help clients and counsellors prepare aftercare plans ● held a training and education consultative workshop ● conducted a community needs assessment ● developed northern anti-tobacco posters

1995-96 Wellness Funding in Fort Resolution

\$94,697.58

Fort Simpson

Population 1278

The community of Fort Simpson is located on an island at the confluence of the Mackenzie and the Liard Rivers. Built in 1804 by the Northwest Company, Fort Simpson is the oldest, continuously occupied trading post on the Mackenzie River. The South Slavey name, *Líidli Kúé*, means “place where rivers come together.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none">● funded a community coordinator to organize and coordinate wellness activities● held parenting workshops from a traditional perspective● supported youth self-awareness workshops● funded the Slavey Camp where culture, language and bush skills were emphasized
Community Action Fund	<ul style="list-style-type: none">● held six workshops on child sexual abuse, family violence, sexual abuse, healthy relationships, men's support, and crisis intervention
Building Healthy Communities	<ul style="list-style-type: none">● conducted a base line needs assessment survey, results will be used to refine wellness programs and target future funding to areas of greatest need● made repairs at the cultural camp

1995-96 Wellness Funding in Fort Simpson

\$178,820.59

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 a third of the population being Métis and a fifth Dene. The traditional name, *Thebacha*, means “along the rapids.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● hired a coordinator to organize, coordinate and oversee the programs ● assisted with the youth symposium ● held drumming and hand games ● delivered a healing and team building workshop ● funded travel costs for Community Health Representative to attend a conference on diabetes in aboriginal people ● research into Early Childhood Education Program ● funded attendance at Aboriginal Health Services Conference in Calgary ● funded attendance at Aboriginal Well Women’s Conference in Victoria
Community Action Fund	<ul style="list-style-type: none"> ● hired a community mental health worker ● conducted a community needs assessment ● held a mobile treatment program for alcohol and drug addiction ● purchased equipment and supplies for seniors society ● purchased education materials for daycare ● pre- and post-natal and teen smoking video ● held a workshop for students on self esteem and healing ● supported family violence education and awareness ● held a teen suicide awareness workshop ● held an education and forum on prenatal and maternal health care services ● held a multi-culturalism workshop ● held a traditional medicine workshop ● funded a spiritual pilgrimage ● delivered a pool safety program

Fort Smith — continued

Funding	Community Wellness Initiatives
Building Healthy Communities	<ul style="list-style-type: none">● designed community based mental health program● delivered parenting modules to train local people to facilitate parenting workshop● held a facilitation workshop● supported a youth conference

1995-96 Wellness Funding in Fort Smith

\$220,774.16

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 Dene village (Hay River Reserve) now stands.

Funding	Community Wellness Initiatives
Community Action Fund	<ul style="list-style-type: none">● funded start up costs for the Soup Kitchen● transportation for disabled persons● peer counselling training for students● purchased resources for community library● education program for zero tolerance for violence in youth● contribution to the youth centre● contribution to Women's Resource Centre to publish handbooks● contribution to Alcohol and Drug Program to deliver three projects

1995-96 Wellness Funding in Hay River

\$147,383.00

Hay River Reserve

Population 216

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

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● held a community gathering which focused on healing ● funded a Youth Worker Trainee and a Home School Counsellor at the Chief Sunrise Education Centre ● held a Youth Development Workshop ● held a traditional knowledge and skills camp at West Point ● funded a gun safety project with RCMP, Renewable Resources and elders
Community Action Fund	<ul style="list-style-type: none"> ● funded a Youth Worker Trainee and a Home School Counsellor at the Chief Sunrise Education Centre
Building Healthy Communities	<ul style="list-style-type: none"> ● funded a Home School Counsellor who provided one-on-one counselling to students ● organized stay-in-school promotional activities and activities that initiated and enhanced parental involvement ● developed a monthly newsletter on school activities, future plans and children's work to increase awareness and communication ● wellness planning workshop

1995-96 Wellness Funding in Hay River Reserve

\$69,991.19

Jean Marie River

Population 59

The community of Jean Marie River is located along the southwest shore of the Mackenzie River at the junction of the Jean Marie and Mackenzie Rivers, 64 kilometres southeast of Fort Simpson. The small Dene community sits above the river bank in a forested area. The South Slavey name, *Tthek'ehdeli*, means “water flowing over rocks.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● organized the Brownies, Guides and Scouts programs ● provided funding support for Youth and Elder's Club ● purchased educational materials on alcohol and drug abuse, solvent abuse and physical, mental and sexual abuse ● brought a counsellor into the community to help the community deal with a suicide ● sponsored two youth to attend a youth conference
Community Action Fund	<ul style="list-style-type: none"> ● held a suicide awareness workshop ● organized a grieving workshop ● held a community planning workshop
Building Healthy Communities	<ul style="list-style-type: none"> ● offered a three day healing workshop where participants continued to meet once a week as a support group ● provided funding for people to attend the Healing and Spiritual Gathering in Wrigley

1995-96 Wellness Funding in Jean Marie River

\$27,013.38

Kakisa

Population 42

The community of Kakisa is located on the west bank of the Kakisa Lake by the Kakisa River 13 kilometres from the Mackenzie Highway. The small Dene community is situated in a flat woodland area with a few bedrock outcrops. The area is known for its good fishing. *K'áágee Tu*, the South Slavey name for the community, means “between the willows.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● provided funding for women to attend a Northern Women and Well-Being Conference in High Level, Alberta ● provided funding for five youth and four adults to attend the Dreamcatchers Conference in Edmonton
Community Action Fund	<ul style="list-style-type: none"> ● purchased self-esteem resource packages for school ● funded travel for youth and a supervisor to attend the Youth Leadership Conference in Fort Simpson ● provided funding for women to attend the Northern Women and Well-Being conference in High Level
Building Healthy Communities	<ul style="list-style-type: none"> ● conducted a wellness workshop

1995-96 Wellness Funding in Kakisa

\$17,528.60

Lutsel K'e

Population 305

The community of Lutsel K'e is located on 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
Brighter Futures	<ul style="list-style-type: none"> ● hired a part-time coordinator to oversee the running of the Brighter Futures Program and other health programs in the community ● funded the Lutsel K'e Family Learning Centre which operates daily cultural and recreation programs ● held workshops on stress management, child development, CPR, breast feeding, contraception, addictions awareness ● youth and elders brought together to share traditional knowledge and values ● held a First Aid/CPR course
Community Action Fund	<ul style="list-style-type: none"> ● funded a mobile treatment program for alcohol and drug addiction ● spiritual gathering for youth ● provided alcohol and drug counselling to youth incorporating traditional knowledge and values
Building Healthy Communities	<ul style="list-style-type: none"> ● held a training and education workshop to provide an intervention process to address crisis situations involving youth and children and to provide a care for the caregiver intervention process for front-line workers

1995-96 Wellness Funding in Lutsel K'e

\$54,592.31

Nahanni Butte

Population 85

Nahanni Butte is located on the south side of the South Nahanni River, near its junction with the Liard River approximately 142 kilometres southwest of Fort Simpson. It is situated on flat-lying sand and silt with a butte to the north in a wooded and mountainous area. The traditional name *Tthenaagoo* means “strong rock.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none">● established a cultural camp to bring elders and youth together to transmit traditional knowledge and values
Community Action Fund	<ul style="list-style-type: none">● held a workshop on alcohol and drug abuse
Building Healthy Communities	<ul style="list-style-type: none">● started a Special Need Program to assist students experiencing difficulties with their school work

1995-96 Wellness Funding in Nahanni Butte

\$43,781.00

Ndilo and Dettah (see also Yellowknife)

Population 366

Ndilo is located on the North Arm of Great Slave Lake. Ndilo’s population is mostly aboriginal. The aboriginal name for the community, *Sòmbak’è* means “money place.” Dettah is located on the east side of Yellowknife Bay.

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● hired a Community Wellness Coordinator ● researched and gathered information on program resources ● provided computer training for the coordinator ● contracted a consultant to write a funding proposal for a crisis shelter in Ndilo ● held several workshops on spirituality and healing
Community Action Fund	<ul style="list-style-type: none"> ● offered a New Beginnings Workshop in Ndilo
Building Healthy Communities	<ul style="list-style-type: none"> ● hired a community wellness coordinator ● cost-share office and supplies for two wellness coordinators and program manager ● a healing workshop was held ● support was provided to adult upgrading students

1995-96 Wellness Funding in Ndilo and Dettah **\$151,226.35**

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 which is located on the east shore of the West Channel, which flows between Marion Lake and the North Arm of Great Slave Lake. The topography of the Rae area is one of hilly outcrops and lowlands of silty clay like sediments. 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	<ul style="list-style-type: none"> ● provided wages and benefits for coordinator to organize and coordinate wellness projects ● funded travel costs to the Yukon to research a home care project and share information on community alcohol and drug programs ● established a cultural camp to raise youth awareness about their culture and also on topics such as gun safety, fur and trapping ● held workshops on FAS/FAE, AIDS awareness, suicide prevention, injury prevention, parenting and anger management — workshops were open to other Dogrib communities
Community Action Fund	<ul style="list-style-type: none"> ● funded training and professional development for the Community Wellness Action Committee ● held a Métis youth conference
Building Healthy Communities	<ul style="list-style-type: none"> ● sponsored a high school youth development strategy ● provided caregiver crisis intervention training ● conducted a safe house feasibility study ● held an intervention program at the elementary school with on-the-land camps ● provided security project intervention training ● held an alcohol and drug role model seminar ● organized a men's health workshop on aftercare, healing issues and anger management ● held a parenting workshop ● conducted a wellness survey on nutrition, smoking and self-esteem ● held a Wellness Fair focussing on health, healthy relationships and fitness ● a peer counselling network was established

1995-96 Wellness Funding in Rae

\$324,935.44

Rae Lakes

Population 265

The Dene community of Rae Lakes is located on Rae Lake, midway on the interior chain of lakes between Great Slave Lake and Great Bear Lakes, 177 kilometres northwest of Yellowknife. The community is situated in the traditional hunting grounds of the Dogrib Dene and the Sahtu Dene. The Dogrib name for the community, *Gametì*, means “rabbit net lake.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● funded grieving ceremony to help community deal with the death of a community member ● funded travel costs for seven people to attend the Déline Spiritual Gathering ● supported healing workshops ● a cultural pride workshop was held ● a survey conducted which will be used for community planning
Community Action Fund	<ul style="list-style-type: none"> ● held family day activities ● assistance was provided to run a youth summer camp ● traditional trail trip was carried out
Building Healthy Communities	<ul style="list-style-type: none"> ● delegates travelled to a spiritual healing workshop in Rae which covered topics on FAS, parenting and alcohol, anger management, personal recovery, community support

1995-96 Wellness Funding in Rae Lakes

\$41,974.11

Snare Lakes

Population 129

The Dene community of Snare Lakes is located 195 kilometres north of Yellowknife in a wooded area of rocky outcrops and rolling hills. Snare Lakes, considered an outpost hunting camp until recent years, has traditionally been part of the Dogrib hunting territory. The Dogrib name for the community, *Wekwetì*, means “rock lake.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● healing workshops on wellness were held in the community ● support was provided to hold community feasts ● a community planning workshop was held ● funding was provided to run a drug and alcohol workshop ● a workshop was organized to assist people who are dealing with grief
Community Action Fund	<ul style="list-style-type: none"> ● no proposals submitted
Building Healthy Communities	<ul style="list-style-type: none"> ● no proposals submitted

1995-96 Wellness Funding in Snare Lakes

\$27,070.12

Trout Lake

Population 69

The small Dene community of Trout Lake is located on the south shore of Trout Lake, 161 kilometres south of Fort Simpson. The town site is located immediately west of where the Island River flows into Trout Lake, on flat, sandy ground in a thickly wooded area. The South Slavey name for the community, *Sambaa K'e*, means “trout lake.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● funding was provided to hold an arts and crafts and Slavey workshop to teach traditional skills and promote their language ● an on-the-land survival skills workshop was offered
Community Action Fund	<ul style="list-style-type: none"> ● held a healing and communication workshop ● funded travel for four people to attend a community agencies workshop ● organized activities such as drum dances, recreational tournaments and community feasts for National Addictions Awareness Week
Building Healthy Communities	<ul style="list-style-type: none"> ● two traditional healing workshops were held ● assistance was made available to send elders outside of community for treatment by traditional healer

1995-96 Wellness Funding in Trout Lake

\$24,285.12

Wha Ti

Population 428

The Dene community of Wha Ti, is located on the southeast shore of Lac La Martre, 164 kilometres northwest of Yellowknife. The community has seasonal access to the Mackenzie Highway via a winter road connecting to the highway at Rae. The Dogrib name for the community, Wha Ti, means “marten lake.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● assistance was provided to operate outpost camps where elders taught youth traditional skills and values ● workshops on grieving, alcohol, drugs, anger management, problem solving were offered
Community Action Fund	<ul style="list-style-type: none"> ● organized a youth/elder program to share traditional knowledge and values ● established an outpost healing camp ● held a series of workshops and meetings on planning
Building Healthy Communities	<ul style="list-style-type: none"> ● funding was made available to two outpost cultural camps for youth in Wha Ti ● a series of community workshops on drug and alcohol abuse, grieving, health issues and on planning for wellness were offered

1995-96 Wellness Funding in Wha Ti

\$83,708.51

Wrigley

Population 209

The community of Wrigley is located on the east bank of the Mackenzie River, below its junction with the Wrigley River. It is 193 kilometres north of Fort Simpson, and 466 kilometres northwest of Yellowknife. The South Slavey name, *Pedzeh Ki*, means “clay place.”

Funding	Community Wellness Initiatives
Brighter Futures	<ul style="list-style-type: none"> ● assistance was provided to hold a community healing workshop ● funded a spiritual gathering with cultural and spiritual events and support group meetings ● a youth drumming workshop was offered ● community hunt was sponsored to encourage traditional land use and to teach traditional hunting skills
Community Action Fund	<ul style="list-style-type: none"> ● established a healing camp
Building Healthy Communities	<ul style="list-style-type: none"> ● spiritual healing and youth group activities were carried out ● wellness planning workshops were held

1995-96 Wellness Funding in Wrigley

\$51,510.44

Yellowknife (See also Ndilo and Dettah)

Population 14,974

Yellowknife is located on the North Arm of Great Slave Lake. Yellowknife has been the capital of the Northwest Territories since 1967, and is named after the Yellowknife Dene who moved into the area in the early 1800s. The aboriginal name for the community, *Sòmbak'è* means “money place.”

Funding	Community Wellness Initiatives
Community Action Fund	<ul style="list-style-type: none">● organized a series of public forums for the purpose of planning● hired a consultant to draft future directions document● developed a peer mediation program for students● offered a course on regaining a caring community● produce an Early Intervention guide for daycare● established the Family Support Project● compiled a volunteer data base● offered a youth treatment program● offered Critical Incident Stress Debriefing training● organized a help youth drop-in centre● assisted Block Parents Program● assisted Avens Senior Centre with planning

1995-96 Wellness Funding in Yellowknife

\$225,000.00