

## Western Cree Tribal Council

Child, Youth &amp; Family Enhancement Agency

## PREVENTION PROGRAMMING

NOVEMBER

**CYFE Prevention Program**

Promoting family and community well-being. Working with families who may be at risk of having child intervention involvement on preventative measures. Providing programming, activities and information sessions to families which is inclusive of parents, children, grandparents and caregivers. Our goal is to help families gain skills and information that may be of benefit to them



Office: 780-532-3009

Email: [fsprevention@westerncree.ca](mailto:fsprevention@westerncree.ca)[www.westerncree.ca](http://www.westerncree.ca)

Scan Here to Download the WCTC App



# NOVEMBER



## PREVENTION PROGRAMMING



2023

SUN	MON	TUE	WED	THU	FRI	SAT
<b>ONLINE PREVENTION PROGRAMMING ONLY</b> <b>IN PERSON SESSIONS TBA</b> <b>Prevention in the Nations</b> HLFN Tuesdays - Wellness Centre DFN Thursdays - Admin Building			1 <b>How to Stop Bullying for YOUTH</b> 7:00pm Faith Wood	2 <b>Managing Stress</b> 12:00pm AHS	3	4
5	6 <b>Father's/Men Circle</b> 7:00pm Adrian Lachance	7 <b>Newborns &amp; Adjusting to Parenthood</b> 12:00pm AHS	8 <b>Mindfulness for YOUTH</b> 7:00pm Faith Wood	9 <b>Active Parenting</b> 7:00pm <b>Relaxation Techniques for Stress</b> 12:00pm AHS	10	11
12	13	14 <b>Intimate Partner Violence Session</b> 7:00pm Odyssey House	15 <b>Youth Support Circle</b> 7:00pm CYFE Prevention	16 <b>Active Parenting - First 5 Years</b> 7:00pm CYFE Prevention	17	18
19	20 <b>Tobacco Protocol</b> 6:00pm Bent Arrow	21 <b>Building Resiliency in Today's Youth</b> 5:30pm Juno House	22 <b>Treaty 8 Caregiver Relief Program</b> 7:00pm Treaty 8 Urban Child Services	23 <b>Active Parenting - First 5 Years</b> 7:00pm CYFE Prevention	24	25
26	27 <b>6 Most Common Injury Hazards</b> 7:00pm GP Safe Communities	28 <b>10 Financial Habits to Help Save Money</b> 7:00pm Money Mentors	29 <b>Signs of Decline</b> 7:00pm Suicide Prevention Resource Centre	30 <b>Active Parenting</b> 7:00pm <b>Healthy Balance</b> 12:00pm AHS	Prevention Coordinator 780-524-9370 Family Support 780-524-9533 Youth Support 780-524-9377	

Prevention Programming



## Father's/Men's Circle

with Adrian Lachance

Open to Men, Father Figures, Fathers (18+)

November 6, 2023

7:00pm

Zoom Session

Meeting ID: 865 8517 0481

*Must be affiliated with the WCTC Nations to Participate*

## Newborns

### FEEDING & ADJUSTING TO PARENTHOOD


7th November 2023 at 12:00pm

Zoom ID: 507 338 8764

Alberta Health Services

- Newborns: appearance, general daily care, health, safe sleep, normal sleep (what to expect), comfort / crying
- Feeding baby: all methods, warning signs to seek help
- Adjusting to parenthood: self-care, support, prenatal and postpartum mood and anxiety disorders, healthy relationships





# MINDFULNESS YOUTH ZOOM SESSION

Presented by: Faith Wood

**NOV 8  
7:00 PM**

**Zoom ID:  
873 7354 0194**

**Log on and learn about  
SELF-AWARENESS, emotional  
REGULATION, and RESILIENCE!**

**Must be a Youth (10-25) from the WCTC  
Nations to participate**

**Contact (780) 524-9377 with any questions**




## ACTIVE PARENTING 0-5 YEARS

November 9, 2023 7:00pm  
November 16, 2023 7:00pm  
November 23, 2023 7:00pm  
November 30, 2023 7:00pm

ZOOM SESSIONS  
MEETING ID: 865 8517 0481



Must be Affiliated with WCTC Nations to Participate  
Will Receive Certificate if Complete all 4 Sessions



CYFE Prevention

## RELAXATION TECHNIQUES FOR STRESS



**November 9, 2023  
12:00pm  
Zoom ID:  
865 8517 0481**

Must be Affiliated with the WCTC Nations to Participate



**OdysseyHouse**  
Equality and Empowerment



## Intimate Partner Violence Session

**November 14th, 2023  
at 7:00pm  
Zoom ID: 507 338 8764**

*Must be Affiliated with  
WCTC nations to  
Participate!*







# YOUTH SUPPORT CIRCLE

**NOV 15  
7:00 PM**

**Meeting ID: 834 6679 8492**

**Come log on and discuss different topics  
and get support from your peers!**

**Open to youth ages 10 - 25 from the  
WCTC Nations**

**Questions? Contact Heather Hamelin!  
(780) 524-9370**



## Tobacco Protocols

*Come learn and ask questions about Tobacco  
Protocols with Bent Arrow!*

**November 20th, 2023 at  
6:00pm**

**Zoom ID: 507 338 8764**



**Building Resiliency in**

## TODAYS YOUTH

Perspective

Emotional  
Intelligence

Purpose,  
Values &  
Strengths

Energy  
Management

Connections

**November 21st, 2023**

**5:30pm-7:00pm**

**Zoom ID: 507 338  
8764**

**The workshop will provide participants with:**

- Basic introduction of interpersonal neurobiology,
- Where emotions live in our brains,
- The essential role emotions play in mental well being,
- How to identify emotions in youth,
- How to become an emotional coach in only five steps



## Treaty 8 Caregiver Relief Info Session



**Must be Affiliated with the WCTC  
Nations to Participate**



**Big Incentives to be Won!**

**November 22, 2023**

**7:00PM**

**Zoom ID: 865 8517 0481**



**Learn about the following topics:**

- How one qualifies for the program/Streams.
- How they would go about getting into the caregiving program and the intake process.
- What documents are required etc.
- Letting members know what Tribal Council's treaty 8 covers.
- Know what we will support them with as far as completing forms and accessing documents etc.
- Discuss payments dates & timesheets.

**Information on the 3 streams:**

- Stream 1-Medical Disability Care
- Stream 2A-Extended Family Care
- Stream 2B-Extended Family Care w/Disability Care
- Combination of both stream 1 & 2A.





safe communities  
grande prairie  
& area



6 MOST COMMON



# INJURY HAZARDS

For Ages 0 -6 years old

- Burns and Scalds
- Drowning
- Poisonings
- Falls
- Suffocation
- Motor Vehicle Collisions
- Prevention tips

November 27th, 2023  
at 7:00pm  
Zoom ID:  
507 338 8764

*Must be Affiliated with the WCTC Nations to Participate*

## 10 FINANCIAL HABITS TO HELP SAVE MONEY

Come learn how to  
save money!

November 28th  
at 7:00pm  
Zoom Id:  
507 338 8764

money  
mentors

Must be Affiliated with the WCTC Nations to  
Participate



## SIGNS OF DECLINE

Youth Information Session

**NOV 29**  
**7:00 PM**  
**Zoom ID:**  
**814 7746 8695**

*What are some signs of declining mental wellness? When should you reach out for help? How do you help someone that are showing the signs? Log on and find out some tips*

*Must be a Youth (10-25) from the WCTC Nations to participate*

*Call or Text (780) 524-9377 with any questions*



## Healthy Balance

November 30, 2023  
12:00pm  
Zoom ID: 865 8517 0481



BALANCE IS KEY



Must be affiliated with the WCTC Nations to  
Participate