

***TEENS WELLNESS
PROGRAM
&
JUNIOR CANADIAN
RANGERS***



Teens Wellness Program

Community Health Educator
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TEENS WELLNESS PROGRAM 2017-2018

Our Teen Wellness program is promoting physical, mental, social and spiritual well-being through planned weekly activities.

Our activities build leadership skills, foster and make wiser , personal choices and promote healthy living habits.

These are some of the activities that we will provided.....

Life skill

- Staying in school
- Good Nutrition
- Drug and alcohol awareness
- Arts and crafts
- Physical wellness
- Injury prevention
- Protecting the Environment
- Health promotion

- Self-Identity/Esteem activities
- First-Aid
- Field trips

Traditional skills

- Fishing & Hunting
- Making shelters
- Cree Nutrition
- Traditional drumming & songs
- Cree Traditional ceremonies
- Cree medicine



Junior Canadian Rangers Skills

- Navigation Skills
- Firearm safety
- Camping Skills
- Phase/leadership
- Okpiapik Summer Camp
- Target Shooting
- Archery

***"It takes courage to
grow up and
become who you re-
ally are "***

***Age : 12 years old on June 1st 2018
to 19 th birthday (sometimes we ac-
cept pre-teens if they are 11 years
old by December 31st)***