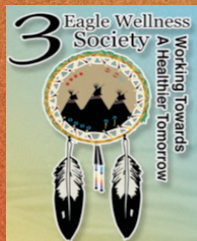


## What Are Holistic Life Skills?

**Holistic Wellness** life skills are problem-solving behaviours appropriately and responsibly used in the management of personal affairs.

**Holistic Wellness** teachings focus on how to set goals for positive change as well as changing unhelpful behaviours and developing the necessary community and coping skills for achieving goals.

**Holistic Wellness** teachings promote self-awareness necessary for change, and provide opportunities to practice new behaviours and skills to achieve goals in a measurable, visible way.



## Holistic Wellness Program Design

### Trained Coaches

Holistic Wellness coaches receive extensive training as and act as guides and mentors throughout the program.

### Comprehensive Support

Holistic Wellness coaches ensure people are ready for the program and provide resources and support to ensure participants are able to commit to its completion.

### Community Engagement

Referrals to the Holistic Wellness Program are welcomed from community partners including Child Welfare, Social Development, HRD, Health Services, and NNADAP as well as interested participants.

Program developed and sponsored by:

**3 Eagle Wellness Society**  
Box 3578  
High Prairie Alberta T0G 1E0  
(780) 523-9928

*Together, Working Towards a Healthy Community!*

# Holistic Wellness Program

A comprehensive community based prevention, treatment and aftercare program designed to improve self-esteem, and promote effective job preparedness, problem solving and communication skills.



*Everyone deserves a life filled with promise, balance and opportunity.*

*The Holistic Wellness program transforms lives in unimaginable ways, and provides the tools to fulfill dreams!*



# What to Expect

## Adult Program

- Monday - Thursday
- 9:00 - 3:00
- 16 weeks
- 2-week job placement
- Assistance with childcare

## Youth Program

- Monday - Thursday
- 9:00 - 3:00
- 4 weeks
- Summer program
- Assistance with childcare

## Holistic Life Skills

Develop competence in the use of problem solving skills to manage personal affairs in the areas of self, family, leisure, community and job/education.

## Holistic Life Skills

Learn how to become more effective by recognizing behaviours and practicing new skills on a daily basis in all areas of life including areas affected by addiction, trauma, grief and loss.

## Practical Skills

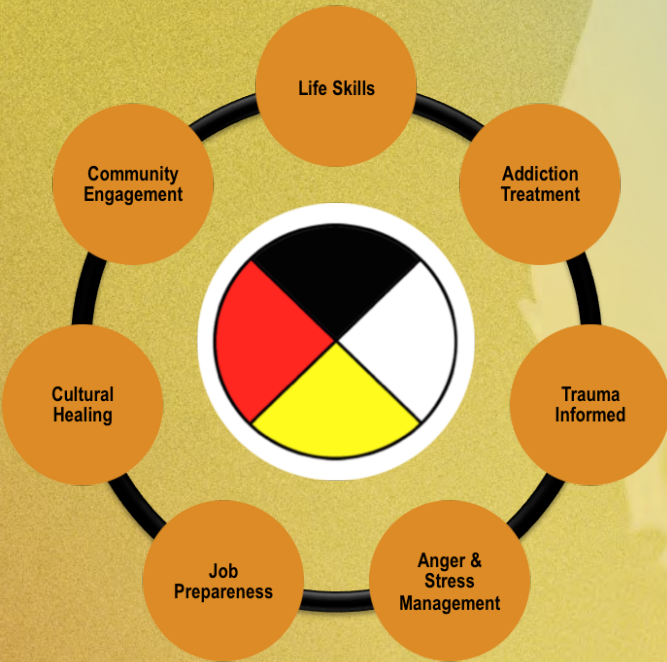
Nutrition, cooking, home improvement, job preparedness, job practice, education readiness...as well as numerous other practical and useable skills are taught in the program.

## Cultural Identity

The program is rich with opportunities to experience diverse cultural teachings and practices.

Adult Holistic Wellness Program Activities		
Personal Growth	Relationships	Practical Skill
Self-Awareness	Anger Management	Job Preparedness
Personal Motivation	Effective Communication	2-week Job Placement
Emotional Regulation	Parenting Skills	Home Improvement
Addictions	Safe Sexual Health	Nutrition & Cooking
Trauma Healing	Addictions and the Family	Education Readiness
Stress Management	Setting Boundaries	Maternal Health
First Nations Identity	Problem Solving	Leisure
Youth Holistic Wellness Program Activities		
Personal Growth	Wellness	Practical Skill
Self-Awareness	Communication	Nutrition
Personal Growth	Anger Management	Social Media
Emotional Regulation	Safe Sexual Health	Leisure

## The Holistic Wellness Model



## Emotional Regulation

So often emotions 'get in our way' and interfere with relationships. The Holistic Wellness Program teaches ways to communicate effectively with loved ones, manage angry and unpleasant feelings and responses, while learning positive and effective approaches to having healthy relationships.



Balance is not better time management, but better boundary management.

Balance means making choices and enjoying those choices.

The Holistic Wellness program is a journey of balance and personal discovery!