## FORT ALBANY CHOOSE LIFE FRAMEWORK

The Choose Life project will enhance community capacity as it develops a community workforce and provides relevant training opportunities and support to community members and workers. The program will be built and developed to work towards the goal of community autonomy.

Choose Life Programming will focus on impacting the child directly by providing activities and supports that will engage children and youth in a positive, healthy lifestyle. This programming will aim to steer youth away from unhealthy and risky behaviours, such as substance use and self-harm, and promote healthy relationships both with safe community members and other youth.

mprovinc self esteem and identity Capacity Building Children Natural Support System and Youth Lifeskills and Healthy Education Relationships and Lifestyle

activity based and cultural programming, will give youth opportunities to improve their self-esteem and establish a healthy, wholistic self-identity and reduce symptoms of anxiety and depression.

Access to mental health services, as well as recreational.

By improving the health of the entire Family system, the Choose Life program will aim to reduce family violence and trauma.

Educational workshops that focus on life skill development will be offered to children and youth, as well as adults, to ensure that parents and caregivers are also provided with the opportunity to develop skills that will empower and strengthen them both as caregivers and individuals.