

PROGRAM MODULES



ALCOHOL



BULLYING



KINSHIP



media messages



COMMUNICATION SKILLS



CONFLICT



GRIEF & LOSS



COMMUNITY



ANGER



SELF-ESTEEM



SPIRITUALITY



SMOKING

OUR TEAM



LIFE SKILLS JOURNEY PROGRAM IMPACT REPORT 2014

7-10 YEAR OLDS

Buffalo Lake Métis Settlement

Life Skills Journey day camps were held in the summer 2014 at Buffalo Lake for youth aged 7-10. The purpose of this program is to help campers build skills so they can succeed in their lives. Youth participate in activities related to community, grief and loss, spirituality, alcohol awareness, and self-esteem. Life Skills Journey is focused on helping develop resiliency among kids. Resiliency is all about how well you can adapt to changes and challenges through internal strengths as well as a strong support network. This report shows positive changes in our campers!

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THE JOURNEY

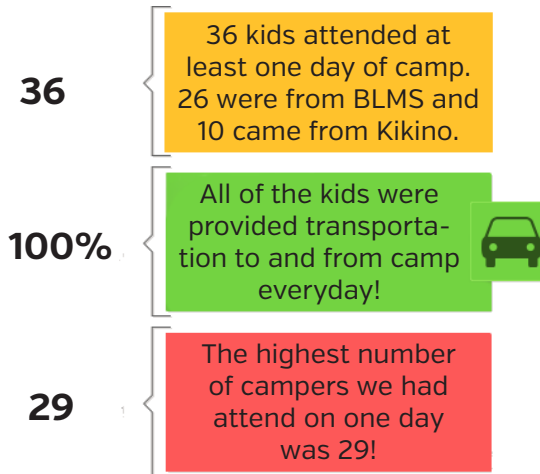


HOW CAMP RUNS

CAMP DAYS

JULY 2014

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1		



1 Facilitator/
5 Campers



PARTICIPANTS SAID:

"I'm really good at being a good friend"

"I made crafts!"

"The kids want to come back next year"

"I liked life skills camp because I made a lot of new friends"

"My favourite thing was playing"

"They're learning while they have some fun"

"I learned to eat nice, eat healthy, eat slowly"

"I learned not to smoke when you're an adult"

"It's a great camp, kids love it!"