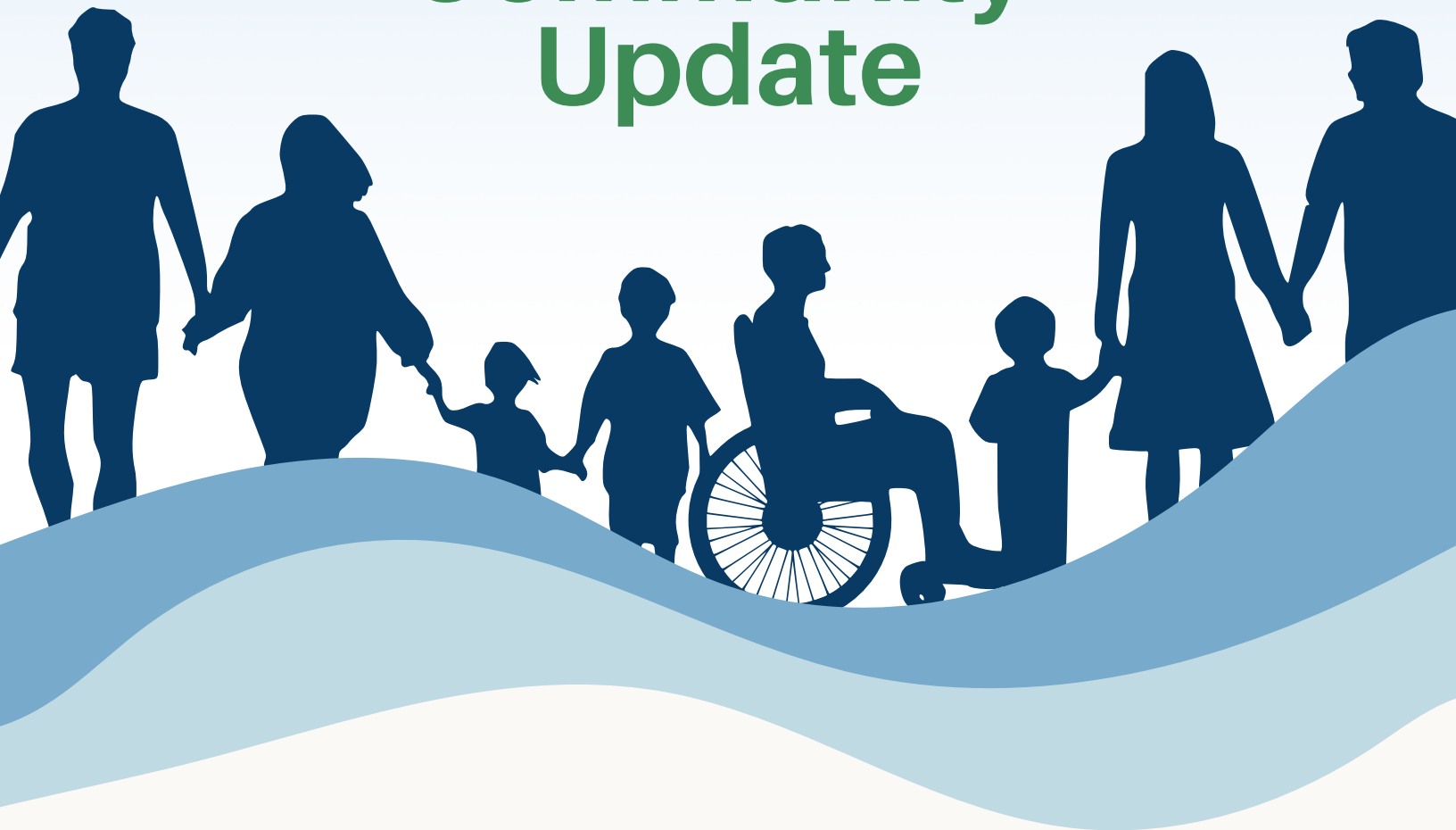


Nepisulti'kul



Eskasoni  
Healing Our Community

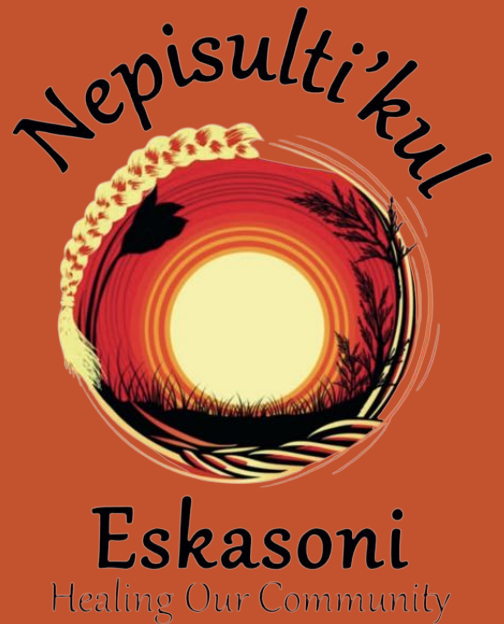
# Community Update



# ABOUT

The purpose of Nepisulti'kul is to strengthen the foundations of wellness and healing for Eskasoni's diverse population including single/dual parent household, blended families, multi-generational households, 2SLGBTQ+ families, through collaboration and partnerships with our own community's agencies' departments and prevention programs.

The work of Eskasoni Nepisulti'kul embraces the spirit of Mi'kmaq culture, language, and the re-emergence of ceremony with a focus on compassion and understanding to help assist our families strengthen their foundations; emotionally, physically, mentally, and spiritually for continued wellness and healing.



# BACKGROUND

Nepisulti'kul offers a range of equitable services guided by the goals of the Eskasoni Prevention Strategic Planning Committee, which includes four focus areas: No'kmaq Services, Disability Support Services, Post Majority Support Services, and the Band Designate Program.

We are committed to a culturally grounded approach that prioritizes the rights and cultural needs of our First Nations community members. Our department is built on the principles of cultural humility, respect, and empathy, and we are dedicated to working in partnership with community members, families, and service providers to ensure the best possible outcomes for children and families.

# PROGRAMS

## Disability Support Services

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The Disability Support Services Program provides compassionate support to families and individuals with disabilities. Our program delivers person-centered support, empowering individuals to thrive in their community while staying connected to their Mi'kmaw language, culture, and community. We offer referrals, coordination of services, collaboration with community organizations, and promotion of disability awareness and inclusion, all tailored to meet the unique needs of each individual and family.

## Band Designate

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The Band Designate Program advocates for the rights and cultural needs of Eskasoni First Nation's community members, particularly children, involved with child and well-being services. We ensure children receive culturally appropriate support, stay connected to their community, and maintain cultural connections. Our services include advocacy, cultural guidance, family support, and collaboration with community organizations to provide culturally grounded support.

## No'kmaq Care Services

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The No'kmaq Family Care Services Program at Nepisulti'kul provides culturally grounded support to families, prioritizing their well-being, and promoting healthy relationships. Our services focus on strengthening family bonds, fostering a supportive community, and connecting families with resources to address their unique needs, while honoring Mi'kmaw culture, language, and traditions.

## Post Majority Support Services

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The Post-Majority Support Services Program supports young adults (19-26) transitioning out of Child & Well Being Services, providing guidance, resources, and connections to promote independence, self-sufficiency, and empowerment. Our services include one-on-one mentoring, education and employment support, access to community resources, and group workshops focused on life skills and goal-setting.

# KEY UPDATES

- Department renamed from Healing Our Community to Nepisulti'kul (October 2024)
- New Nepisulti'kul logo created
- Previously existing program (Band Designate) continued under new structure
- Launched 4 core programs:
  - No'kmaq (Kepmite'tasultijik) Services
  - Disability Support Services
  - Post-Majority Support Services
  - Band Designate Program
- Hired 4 new staff members:
  - Louisa Young – Admin Assistant
  - Anne Basque – Disability Services Coordinator
  - Brianna Paul – No'kmaq Support
  - Vanessa Toney – Band Designate
- Created Nepisulti'kul Work Plan, Terms of Reference (TOR), and Intake Forms



Nepisulti'kul



# KEY UPDATES

- Completed Disability Access Audits for:
  - Eskasoni Band Office
  - Sarah Denny Cultural Centre
  - Elder Center
  - Eskasoni Foodland
  - Gaming Center
  - Fitness Center
- Hosted 3 Community Engagement Sessions:
  - 2 for Community Programs (September, November)
  - 1 for Disability Services (March)
- Supported Midewewin Lodge presence in Eskasoni
- Hosted Mawi-Apoqnmatiultinej monthly meetings with local agencies and departments
- Purchased new wheelchair accessible vehicle for community transport



# COMMUNITY PROGRAMS AND EVENTS

- Cultural Events:
  - Muiu'alkit Tia'm Cultural Camp (October)
  - Youth Boys Cultural Camp
  - Youth Girls Cultural Camp
  - Maple Tapping with EFWC Land Guardians
  - Apiksiktuaqn / Wi'k~paltultimk – Community Feast
- Youth & Wellness Programming:
  - 10-Week Youth Waltes Program
  - Two completed Amalekita'mk Community Walking Programs
  - Upcoming Amalekita'mk program starting April 22: "Learn to Run" with Rhenelda Sylliboy & Molly Cremo
  - Silent Disco (April 5) for youth with sensory sensitivities
  - Staff support for various community youth excursions
  - Basket making with Lynn Battiste for Band Designate Program clients





# UPCOMING

- No'kmaq Services:
  - Baby Clothes & Item Swap
  - Family "Learn to Camp" program
- Disability Support:
  - Sensory Tool Kits in public spaces
  - 10-Week L'nu Dance for children/youth with special needs
  - Chair Yoga for Elders
- Goals for 2025:
  - Medicine planting at cultural area
  - Family Healing Circles
  - "Nobody's Perfect" Parenting Program
  - Presence at National Child & Welfare Conference (Edmonton)
  - Begin 4-Year Rites of Passage Youth Program
  - 5-10km Family Race and Community Feast
  - Castle Bay Beach wheelchair accessibility project
  - Create Family/Community Bundles
  - Hire Post-Majority Support Worker
  - Hire Cultural Activities Coordinator



Nepisulti'kul

# OUR STAFF

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