

# About Us

Wasa-Nabin promotes cultural identity, self-esteem, educational values, and career goals to enhance healthy choices for youth.

We encourage leadership by example, and build a positive atmosphere for other youth to follow.



## Contact

Wasa-Nabin Coordinator

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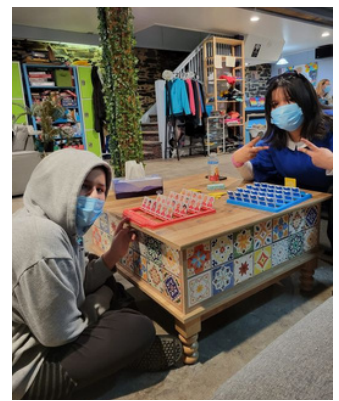
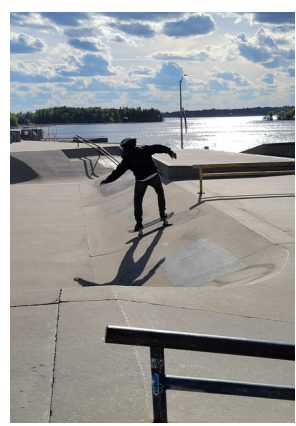
# WASA-NABIN YOUTH PROGRAM



# What We Can Do For You

Wasa-Nabin is a self-development program for Indigenous youth between the ages of 13 - 18 years.

The program incorporates traditional cultural teachings and values to encourage healthy lifestyle choices, foster responsible decision making and influence critical thinking. Program clients will increase their skills, knowledge, and value, and will have the ability to make positive personal choices, leading to healthier lifestyles.



# Programming We Offer

- One-to-one sessions
- Personalized programming
- Recreational activities
- Sports
- Life skills
- Confidence building

Participants in the program will complete an Action Plan and have access to one-to-one sessions to help develop personalized programming that caters to each individual.