

## BENEFITS OF PREVENTION SERVICES

Strategies that support people to lead healthier lives are demonstrated to have long-lasting benefits.

Here are some ideas:

- *Talk with youth & teens about unhealthy behavior and ask how you can support them.*
- *Incorporate and make healthy choices together within your household.*
- *Be active and help advise community and school decision-makers.*
- *Promote respect and empathy with family, friends, peers, and elders.*
- *Teach teens skills to navigate social and emotional challenges.*
- *Connect youth to various health and mental health services.*
- *Build strong bonds between staff and students to improve connectedness to our local schools in the community.*
- *Be active and attend education events, activities, community programs being offered throughout Akwesasne which focus on building self-esteem, healthy lifestyles, responsible decision-making, and interpersonal growth.*

### CONTACT US



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*Reach out to  
our program!*



**WHOLISTIC HEALTH & WELLNESS**

TEKANIKONRAHWA:KON

## PREVENTION SERVICES



## WHAT IS PREVENTION?

Prevention – also called preventive health – is any action taken to keep people healthy and well, and prevent or avoid the risk of poor health, illness, injury, and early death.

The World Health Organization (WHO) defines prevention as: *“approaches and activities aimed at reducing the likelihood that a disease or disorder will affect an individual, interrupting or slowing the progress of the disorder or reducing disability.”*

Prevention aims to increase the likelihood that people will stay healthy for as long as possible.

## WHY IS PREVENTION IMPORTANT?

Effective prevention and early intervention strategies that both reduce risk factors and promote protective factors are vital to preventing harm and health risks for all Akwesasronon.

Protective factors are conditions in families and communities that, when present, increase the health and well-being of children and families. They are attributes that serve as buffers, helping parents who might otherwise be at risk of abusing or neglecting their children to find resources, support, or coping strategies that allow them to parent effectively, even under stress.

## OUR STAFF



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**“AN OUNCE OF PREVENTION  
IS WORTH A POUND OF CURE.”**

— Benjamin Franklin

