

# WHAT IS YOU EMPOWERED STRONG?



The intergenerational effects of colonization normalized violence in our communities.

You Empowered Strong (YES) is a confidential, non-judgmental service that provides one-on-one support for Syilx Okanagan Nation individuals and families, of all genders and ages, that have been impacted by family violence and/or sexual harm.

## COMPONENTS OF YES

- 01 Integrated Case Management
- 02 Prevention Through Education, Outreach, Training & Capacity Building
- 03 Curriculum & Resource Development



### WELLNESS MANDATE

To support a holistic approach to health & social development which will promote self-sufficient Okanagan Nation communities by integrating our traditional & cultural approaches to community wellness



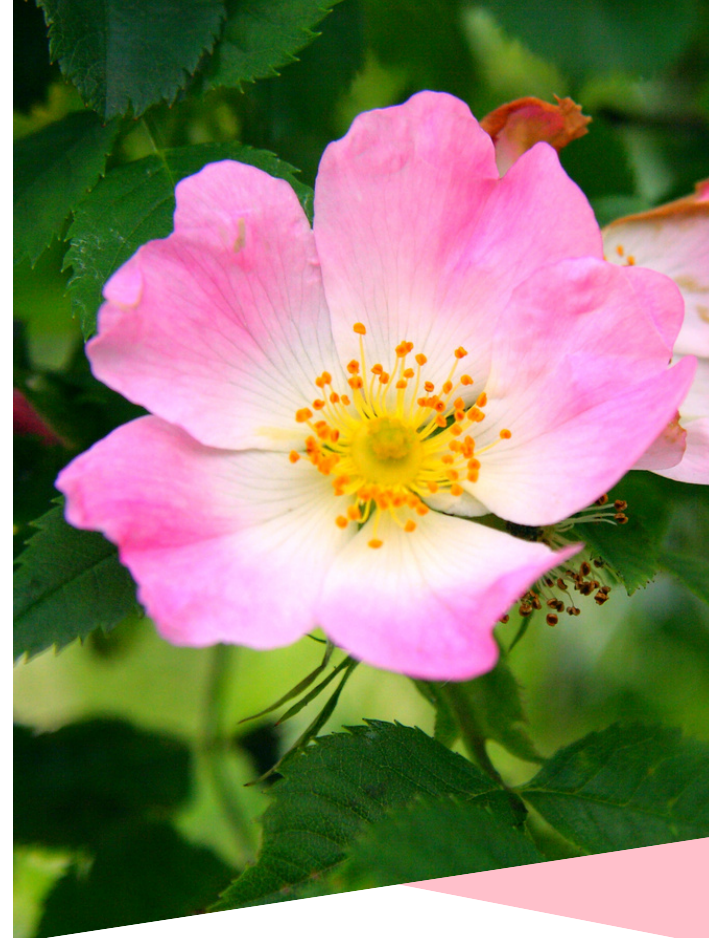
### FOR MORE INFORMATION, PLEASE CONTACT:

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### WELLNESS

# YOU EMPOWERED STRONG

## HOW WE CAN HELP

Services are confidential, non-judgmental that can range from:

- Emotional Support and Debriefing
- System Navigation
- Advocacy
- Justice System Support
- Safety and Care Planning
- Accompaniment
- Referrals to Other Programs and Services

## HOW TO ACCESS

To access services, you need to be a Syilx Okanagan Nation Member, or a partner/relative of a Nation Member, of any age or gender, who is facing family violence or sexual harm.

You can refer yourself, or you may be referred by family, friends, or an organization or Syilx Okanagan Nation member community.



*"We don't have to stand on a  
stage to state our power.  
There's this quiet power we have  
in our culture.  
We hold our families up.  
We hold people accountable  
within our communities for justice  
and for healing and for taking  
care of one another."*

*- Syilx Nation Member,  
Women's Wellness Gathering 2021*

## THE YES TEAM



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## PROGRAM OBJECTIVES

YES aims to promote empowerment and wellbeing through a sustainable model of support, utilizing Syilx knowledge and strength-based practice, for our families and communities.

As one of the key steps to create change and change behaviors, YES provides community awareness, education, capacity building and training, as well as resources on de-normalizing violence and sexual harms.