

# CIF FEATURE STORY:

## North Central Vibe Program



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### Feature Story: *Vibe Program, North Central Community Association*

The [North Central Vibe Program](#) engages and empowers residents to become active and involved in their community through weekly arts, culture, and fitness programming. The program offers five hours a week of structured youth and family programming in North Central, totaling 250 programming hours a year. Louise BigEagle is the Family Recreation Coordinator who organizes and plans activities for the Vibe program. Programming content is driven by community residents through feedback from participants. The program is divided seasonally and is offered after-school and in the evening. Programming includes arts and crafts, sports and fitness, and cultural activities including beading, dance fitness, painting, and ribbon skirt classes which were well attended and well received by community members.

“North Central has the highest instances of low-income, prostitution, violence, and property crime of any neighborhood in Regina and has high rates of obesity, diabetes, addictions, and other mental health issues. We believe the core cause of these issues are born out of an economic, social, educational, and cultural poverty that many of our residents experience. The Vibe Program takes an upstream preventative approach that can support families that are at-risk of crisis rather than already in crisis. The project is intended to address social and cultural poverty and complements our existing programming,” shares Louise BigEagle, Family Recreation Coordinator.

“Our programming is free of charge for residents as most people cannot afford to pay for programs of similar capacities. Participants have the opportunity to channel their creativity through arts, culture, and fitness that they may not have access to at home. We provide a safe environment for people of the community to come and have a chance to interact with other community members in a positive way,” shares Louise.

“The craft nights are great for all ages! My grandchildren learned how to make beaded earrings and medallions. They learned how to use a beading needle, how to thread it and how to pick up bead using the beading needle. All sounds quite easy but not to the ones that are just learning. They also learned several ways to do stitches and also how to use one or two needle methods. Also, the smaller grand children had a great time in learning how to make a quick snack. We are very grateful.”

- North Central Community Member

Photo credit: Louise BigEagle



Community members and youth participating the Ribbon Skirt Class facilitated by Aboriginal designer Tracey George Heese of Timeless Shadows Apparel.