

# PECSF in the Cariboo Region

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FS0328



*Heart and Stroke  
Foundation*

**Heart Smart Kids**

Unique classroom resource that combines the train-a-trainer approach with hard copy comprehensive student activity books for children to use in the school and home environment. It addresses all facets of cardiovascular health from a prevention perspective with a focus on direct engagement of children that is all about learning by doing.

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FS0227



*Spinal Cord Injury BC*

**Peer Support Program**

Our Peer Support Program gives people with a spinal cord injury, their family and friends the opportunity to connect with others in similar situations, try activities they never imagined possible and continue learning about living well with an injury. There is no other organization that provides the kind of dedicated service we offer.

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FS0330



*WITS Foundation*

**Program Delivery in Schools**

WITS (Walk away, Ignore, Talk it out, Seek help) is a literacy-based bully prevention/problem-solving program that runs year round in elementary schools. Children are taught to 'use their WITS' when confronted with peer aggression. Similar to 'stop, drop and roll' for when you are on fire, the easy-to-remember WITS strategies come to mind quickly when a child is panicked. The more advanced WITS LEADS Program teaches older children a more complex problem solving strategy that helps them become leaders on the playground. It should be noted, in 2016, researchers from Dalhousie University analyzed the effectiveness of seven bullying prevention programs from across Canada and only WITS programs was worthy of being recommended due to its long-term benefits and promotion of healthy relationships.

Fund Supported (FS) Pool 2017-2019

Supporting one or more of these programs/projects in your region is simple!  
**Take note of the FS number provided to find it easily in *Employee Self Service*.**