



LIFE SKILLS

DEVELOPMENT PROJECT

2013 REPORT SUMMARY

What are Life Skills? - According to UNICEF, life skills can be defined as “psychosocial abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life”. These are the skills that allow us to successfully socialize, maintain employment, achieve personal development and remain housed.

How did the Project come to be? - Through the continued work of Changing the Face of Poverty and the Kamloops Homelessness Action Plan, it has been identified that key factors of homelessness in Kamloops are access to affordable housing, support services and financial freedom. Of these 3 pillars, support services include the training to develop and maintain life skills. Building Life Skills is an important goal of the Homelessness Action Plan, and vital sponsorships from Teck - Highland Valley Industries, HRSDC Homelessness Partnering Strategy, the Vancouver Foundation, and the Tula Community Fund support this endeavor.

Why are Life Skills important? - Ending homelessness means people must stay housed, and maintaining housing requires Life Skills. From house cleaning, cooking & home maintenance, to self-esteem, emotional control & conflict resolution, the range of Life Skills necessary to achieve housing stability is complex. Life Skills training is crucial to help people transition from homelessness and poverty to an empowered and independent life.

How will the Project impact lives? - While many people have been taught these skill sets by parents, mentors, teachers or community members, some are not afforded these learning opportunities. The objective of this project is to improve Life Skill training in Kamloops, by working with service providers and community members to identify gaps, limitations, and opportunities for improvement or collaboration.

The capacity of service providers is enhanced by training them to evaluate their programming and effectively deal with their client’s mental health challenges. The resulting Life Skills Network of professionals promotes information sharing in order to increase community knowledge and improve service referrals within the network. The whole community is strengthened by bringing together the key stakeholders to work together.

Who does the Project’s success depend on? - Relying on stakeholder expertise and community input to form and carry out realistic recommendations, the Project depends on community engagement. By participating in existing groups or at community tables, marketing to the community at large, meeting service users and collaborating with local life skills professionals, the Project can coordinate the efforts of the community. The success of the Project and the strength of its outcomes depend on the fervor of the community and the commitment of the Project’s stakeholders.

What does the future of the Project look like? - Based on the needs of both service users and service providers, the recommendations of the Project focus on the delivery of a new Life Skills training workshop series and the enhancement of service navigation. The Project seeks to improve access to training by removing barriers and improving service navigation for both clients and professionals.

The Life Skills Development Project
is building skills, building lives.



United Way



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