

Community Alliance Group, Inc. - Goals 2023



2023 Goals:

- Open a Community Wellness Center
 - Provide a collaborative space offering: fitness equipment, fitness classes, mental health professionals/counselor services, physical therapist services, massage therapist services, diabetes program services, and tribal opioid response team services
 - Create a Walk for Wellness or Relay Challenge event to promote teamwork to support a healthy lifestyle

- Offer various work opportunities between the Thrift, Resource and Wellness Centers
 - Work with the tribal workforce services and the state vocational rehabilitation program to provide work experience opportunities to area youth or adult participants to develop work skills and experience in real-life settings
 - Offer internships within our programs/facilities for Sitting Bull College programs
 - Offer social services programs (i.e. TANF) work site options for their eligible participants to meet volunteer hour requirements
 - Offer community service opportunities for community members with court ordered community service hour requirements

- Provide classes to the community
 - Wellness & Mental Health classes
 - Babysitting, Parenting
 - General Life Skills
 - Healthy Cooking (adults & kids), Cleaning/Hygiene, Household maintenance, Basic Money Management, Taxes & Budgeting
 - Quilting, sewing, beading, jewelry making
 - Basic Life Support, First Aid & CPR
 - Self-Defense

- Provide space and assistance to add local Support Groups for various needs
 - Addiction, Families Anonymous, Grief

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- Develop Peer Meet-Up Groups to help community members socialize in a safe environment meet others with similar interests to build new relationships that support healthy lifestyles
- “Wellness Relay Across Standing Rock” - competitive challenge with multiple events in the relay
- Create monthly “Sober Social” events - provide community members a safe environment to gather for various activities to support healthy lifestyles without exposure to triggers or poor influences
- Create fundraiser bingo nights to help raise funds regularly for CAG plus a team/group give opportunity to do food sale plus get 25% of the bingo proceeds
- Develop a ride program to provide transportation to the Thrift & Resource Center and Wellness Center
- Continue to host the following community events:
 - Easter celebration - community egg hunt, worship service and meal in city auditorium with bingo games and cake walk after meal
 - Prom Shop
 - Offer dresses, shoes, dress shirts & pants for girls and boys to borrow for Prom
 - Assist with doing prom hair and makeup at the school for students at no cost
 - Resource Fair
 - Create the space for service providers, educational facilities and employers to offer information about programs, services, assistance, college or trade school programs, employment opportunities
 - Game Nights - softball, kickball, soccer, laser tag, cornhole, cards/board games
 - Movie Nights - Movie in the Park as long as weather permits, then indoors of the Redeemer Lutheran Church in the community room
 - Arts in the Park
 - Create the opportunity for vendors/farmers/gardeners/artists to showcase their goods, handmade arts, crafts, produce, baked goods, etc.

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- Bring local musicians together to provide entertainment and showcase their talents
- Offer kids some fun with inflatable games, barrel cars and other games
- Halloween Parade
 - Host the parade to promote a safe opportunity for all to participate from their private residences as parade participants drive up and down the streets of the community to toss candy to the families in their yards versus trick-or-treating
- Fall Festival
 - Host a Thanksgiving feast offering a space of fellowship that is color-blind while enjoying a great meal, some music and games too
- Gratitude Gift Shop
 - Offer pre-school through 6th grade opportunity to select gifts for caregivers
 - partner with schools to set up field trips to bus grades to the gift shop where CAG volunteers help the kids wrap up gifts and help teach them about the 'gift of giving'.
- Christmas celebration and community concert
 - bring the community together with the gift of music showcasing the local Filipino friends choir, Lakota singers, and other musicians and vocalists from the community
- Winter Wonderland - create a fun experience offering photo opportunities with Santa & Mrs. Claus, show Christmas movies, have baked goodies and treat bags to give youth, plus karaoke.
- Create a "Culture Fest" - bring all cultures living on the reservation together for an outdoor festival to showcase various cultural foods, music, arts, crafts, etc. Create the opportunity to truly learn who our neighbors are. There are over a dozen cultures to be represented that we know of so far.
- Continue offering up to five \$1,000 scholarships to high school graduates to use towards attending post-secondary education - scholarship applications must include a written essay on the topic "Community" - winners will be published in the local newspapers as well as have the opportunity to read their essay on the local radio station KLND 89.5

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- Sponsor “Wreaths Across America” at the local veterans cemetery

- Work on collaborative efforts for developing or organizing various projects:
 - Youth camps
 - Learn about the outdoors and many cultural experiences
 - Vacation Bible School
 - Softball/Baseball camp w/previous MLB Player John Poff
 - Community Garden
 - Food pantry
 - Soup kitchen/hot meal site
 - Snow Queen contest - provide a local contest for participants to earn a spot to attend the state festival for chance to win scholarships
 - AED implementation and Public Access Defibrillation for increasing knowledge, awareness of AED & CPR to help improve the areas response to emergency needs with rural area limited access issues faced currently
 - National Night Out - help support all law enforcement agencies, emergency response units with a fun night of a community meal, games, and demonstrations
 - Giving Back Gala - generate an annual fundraising event by providing a night out for adults to dress up, enjoy a formal dinner with live music and dance while supporting Community Alliance Group (possibly host at Prairie Knights Casino event center)