



First Steps 2019



Providing education, supports, and childcare for young mothers and their children

Programming

Academic courses

- Graduation requirements
- Group and 1 to 1 support
- Cultural Programming

Parenting supports

- Child development
- Mentoring
- Group and 1 to 1 support

Community referrals

- Housing
- Mental Health
- Addictions
- Legal & Financial
- Food security

Health and wellness

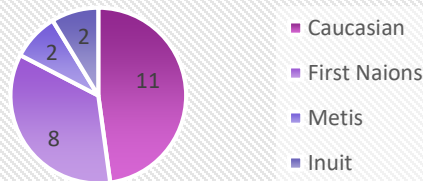
- Public Health
- Nutrition
- Fitness
- Cultural Support

Life Skills

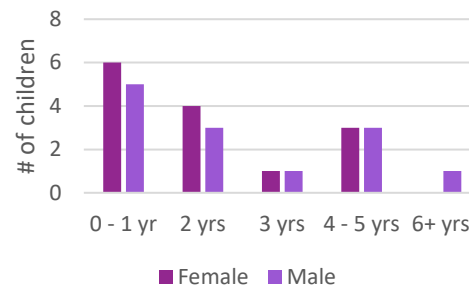
- Communication skills
- Finances
- Cooking/menu planning
- Career planning
- Self-Awareness



Cultural Background



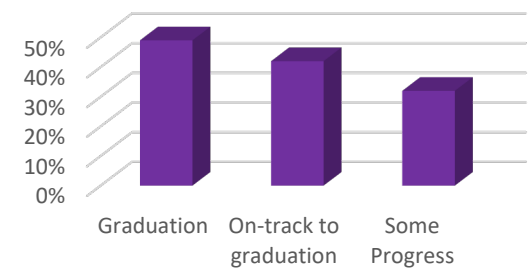
First Steps Children Receiving Services



Student Identified Barriers to Success

- 98% Low income
- 57% Addictions
- 64% Mental Health
- 80% Violence/Abuse in all forms

Academic progress



2020 Program Goals

Increase opportunities for new learning and understanding of indigenous culture and traditions.

Prepare graduating students for moving on from First Steps and gaining employment, or continuing their education at a post-secondary level.

Increase student awareness and utilization of community resources and supports.

"First Steps is invaluable to the community. It is the only supportive, safe, reliable, judgement free education program for pregnant and young mothers." - SD 73 Counsellor

"First Steps has not only taught me academics, it has also helped me with my mental health. I have been able to access and learn about community resources." - Student

Congratulations to our young moms and graduates for showing their strengths in overcoming barriers and reaching their goals!