



First Steps 2021



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

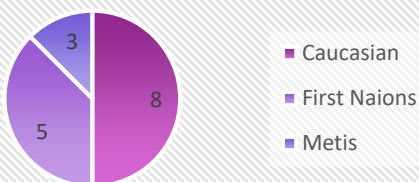
- Public Health
- Nutrition
- Fitness
- Cultural Support

Life Skills

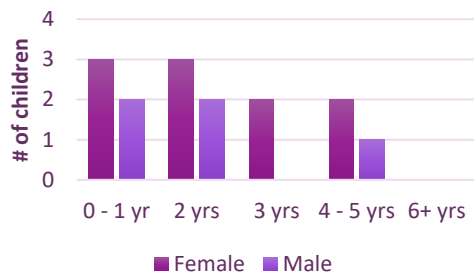
- Communication skills
- Self-Awareness
- Career planning
- Finances
- Post-Secondary Planning
- Leadership



Cultural Background



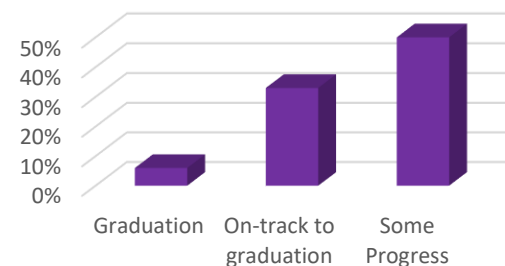
First Steps Children Receiving Services



Student Identified Barriers to Success

- 100% Low income
- 33% Addictions
- 99% Mental Health
- 44% Violence/Abuse in all forms

Academic progress



2022 Program Goals

Increase opportunities for new learning and understanding of mental health issues and coping strategies.

Increase contact between First Steps and possible referral sources.

Provide opportunities that increase student knowledge of social and interpersonal skills.

"First Steps not only inspired me to pursue post-secondary, they gave me the resources to do so. They collaborated with my support team and helped me create a plan." - Student

"The personal supports are amazing here. They go above and beyond!" - Student

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