



First Steps 2016 to 2018



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

Programming

Academic courses

- Graduation requirements
- Group and 1 to 1 support

Parenting supports

- Child development- ASQ
- Mentoring
- Attachment –Parent Child Mother Goose

Community referrals

- Housing
- Metal Health
- Addictions
- Legal & Financial

Health and wellness

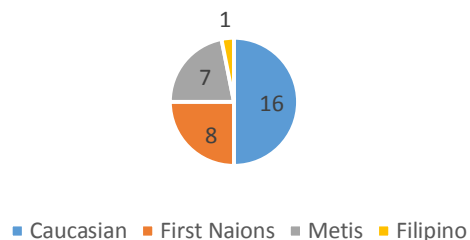
- Public Health
- Nutrition
- Fitness

Life Skills

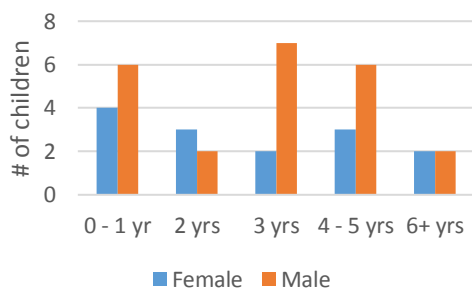
- Communication skills
- Finances
- Cooking/menu planning
- Gardening
- Career planning
- Self-Awareness
- 1 to 1 supports



Cultural Background



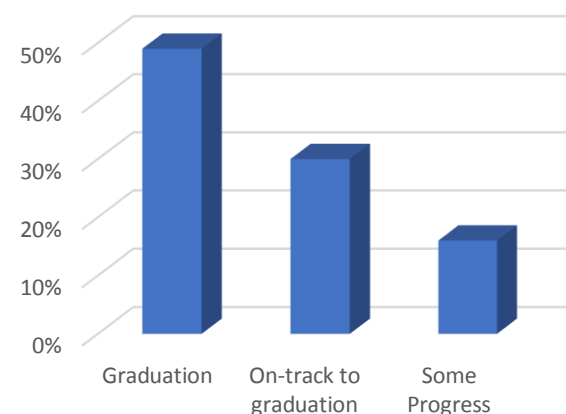
First Steps Children Receiving Services



Student Identified Barriers to Success

- 98%** Low income
- 72%** Addictions
- 75%** Mental health
- 53%** Violence within the home
- 65%** Abuse (emotional, financial, and/or sexual)

Academic progress



30 Year Program Results

(90 respondents from 1988 – 2018)

- 83%** Currently employed
- 42%** Working full time
- 42%** Graduated from post-secondary
- 95%** Believe their lives improved as a result of First Steps
- 76%** Were satisfied to extremely satisfied with current quality of life
- 87%** Felt First Steps improved their parenting

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