



# YOUTH AND MONEY

## ABOUT

Our Youth and Money program is dedicated to empowering elementary and high school students in First Nation, Inuit, and Métis communities with essential financial skills.

Financial literacy is a critical foundation for young people, equipping them with the knowledge and tools they need to navigate the complexities of adulthood.

By introducing key concepts such as budgeting, saving, investing, and the responsible use of credit at an early age, we aim to help students develop healthy financial habits that can prevent debt and promote long-term financial independence.

## OUR COMMITMENT

**Empowering community members** with the necessary resources, skills, and knowledge to actively participate in shaping their lives and communities' future

## TOPICS COVERED

- **Budgeting:** Learning to track income and expenses to manage finances effectively
- **Fixed and Variable Expense:** Understanding the difference and finding savings and hidden costs
- **Savings:** Understanding the importance of setting aside money for short and long term goals.
- **Needs vs Wants:** Understanding the difference and making responsible choices
- **Investment Basics:** Building wealth through smart investments and understanding concepts like compound interest
- **Credit and Debt Management:** Using credit responsibly and avoiding unnecessary debt.
- **Financial Goal Setting:** Identifying and planning for personal and professional financial aspirations
- **Understanding Financial Tools:** Familiarity with bank accounts, digital payment systems, and other financial resources



# FINANCIAL LITERACY

## ABOUT

Our financial literacy program aims to provide members of First Nations, Inuit and Métis communities the skills to make informed financial decisions, build financial resilience, and secure their future prosperity. Understanding money management, budgeting, saving, and investing is crucial for building a stable and prosperous future, both for the individual and the community.

Teaching financial literacy to adults can have a ripple effect across generations. As adults apply their knowledge and share their experiences with family members, including children and elders, they improve financial well-being and resilience within the entire community.

## OUR COMMITMENT

**Empowering community members** with the necessary resources, skills, and knowledge to actively participate in shaping their lives and communities' future

## TOPICS COVERED

- **Budgeting:** Learn to develop and manage a personal and/or household budget effectively.
- **Fixed and Variable Expenses:** Understanding the difference and finding savings and hidden costs
- **Savings:** Understanding the importance of setting aside money for short and long term goals.
- **Needs vs Wants:** Understanding the difference and making responsible choices
- **Debt Management:** Gain knowledge of different types of debt, interest rates, and responsible debt management strategies.
- **Credit Scores and Reports:** Discover how credit scores are calculated and the importance of building and maintaining good credit
- **Responsible Credit Use:** Gain insights into using credit cards and Loans responsibly while avoiding predatory lending practices
- **Financial Goal Setting:** Identifying and planning for personal and professional financial aspirations



# FOOD FOR LIFE

## ABOUT

Our Food for Life program is designed to empower First Nation, Inuit, and Métis communities with vital culinary skills while celebrating creativity, and the joy of preparing wholesome, nutritious, and budget-friendly homemade meals.

This transformative program goes beyond cooking; it promotes health and wellness, cultivates independence, and strengthens the bonds within communities.

By empowering adults, youth, and children, Food for Life lays the foundation for vibrant, healthier generations and fosters resilience and pride in our shared future.

## OUR COMMITMENT

**Empowering community members** with the necessary resources, skills, and knowledge to actively participate in shaping their lives and communities' future

## TOPICS COVERED

- **Food Preparation and Cooking Techniques:** Mastering basic cooking techniques such as chopping, sautéing, boiling, baking, and grilling. Use of herbs, spices and flavorings
- **Nutrition and Health Education:** Gain valuable skills in reading and interpreting nutritional labels. Dive into the essentials of different food groups, recommended daily nutrient intake, and the critical role of balanced meals in promoting overall health and well-being. Special emphasis is placed on dietary guidance tailored to meet the needs of diabetic community members
- **Food Preservation:** Teach methods of food preservation, such as freezing, pickling and canning to extend the shelf life of perishable foods and reduce food waste
- **Transferable Life Skills:** Teach practical life skills that will benefit youth and family members beyond the kitchen, such as budgeting for groceries, meal planning, and time management



# URBAN TRANSITION PREPAREDNESS

## ABOUT

Recognizing the challenges many Indigenous youth face when transitioning from rural or remote communities to urban environments, this program equips them with practical tools and strategies to navigate these new landscapes with confidence. From understanding social dynamics and economic opportunities to accessing essential services, we provide the knowledge and support needed for a successful transition.

Through visits to universities, colleges, and trades programs, participants gain exposure to a wide range of educational and career pathways, inspiring them to envision new possibilities for their future, while exploring local Friendship Centres further strengthens their connection to Indigenous culture and community.

## OUR COMMITMENT

**Empowering community members** with the necessary resources, skills, and knowledge to actively participate in shaping their lives and communities' future

## TOPICS COVERED

- **Basic Life Skills:** Cooking basics, meal planning, grocery shopping, and simple recipe preparation
- **Cleaning and Housekeeping:** Learning to set cleaning and laundry schedules, safe use of cleaning products and organization tips
- **Budgeting Essentials & Money Management:** Understanding income, expenses, savings, bill payment and creating a personal budget
- **Home Maintenance:** Basic home repairs and maintenance
- **Safety Measures:** Fire safety, home security, and emergency preparedness
- **Being a Good Neighbor:** Respecting shared spaces and resources and creating a sense of trust and belonging
- **Urban Transportation:** Exploring subway and public transit systems
- **Time Management and Organization:** Time management techniques: Prioritization, scheduling, and goal setting
- **Education and Support Centres:** Tours of Post-Secondary Institutions and Friendship Centers



# ENTREPRENEURSHIP

## ABOUT

Our program is a catalyst for economic empowerment and cultural resilience, designed to support First Nation, Inuit, and Métis individuals in launching, managing, and growing thriving businesses within their communities.

By delivering customized resources, hands-on skills development, and opportunities to explore innovative business ventures, this program ignites the entrepreneurial spirit while driving sustainable economic growth. Rooted in respect for Indigenous cultures and values, it fosters self-reliance.

This is more than a business program—it's an investment in prosperity, cultural pride, and lasting change.

## OUR COMMITMENT

**Empowering community members** with the necessary resources, skills, and knowledge to actively participate in shaping their lives and communities' future

## TOPICS COVERED

- **Introduction to Entrepreneurship:** Definition, importance and impact of Indigenous entrepreneurship
- **Developing Business Ideas:** Sharing potential business ideas, brainstorming
- **Business Model Canvas:** Introduction to the components of the model and value proposition
- **Business Planning and Management:** Importance of a business plan, its components, and management principles
- **Business Financial Management:** Key principles and practices to effectively manage company finances
- **Marketing and Sales Strategies:** Target audiences, effective marketing and sales
- **Funding Opportunities and Resources:** Overview of funding options, start-up funds and networks
- **Community Inspiration:** Exploring how Indigenous led businesses inspire peers and communities, encouraging ambition and a mindset of possibility



# THE YOUNG ENTREPRENEUR

## ABOUT

Our program is dedicated to empowering First Nation, Inuit, and Métis youth to start, manage, and grow thriving businesses within their communities. Encouraging young entrepreneurship is essential for sparking innovation, driving economic growth, and shaping the future of industries while strengthening local economic development.

By embracing entrepreneurship early, young individuals bring fresh perspectives, creativity, and a boldness to take risks, often leading to transformative ideas and solutions that contribute to sustainable economic development. Moreover, they inspire their peers and communities, creating a ripple effect that encourages ambitious thinking, and drives meaningful change.

## OUR COMMITMENT

**Empowering community members** with the necessary resources, skills, and knowledge to actively participate in shaping their lives and communities' future

## TOPICS COVERED

- **Introduction to Entrepreneurship:** Definition, importance and impact of Indigenous entrepreneurship
- **Fresh Perspectives and Creativity:** Exploring how young entrepreneurs often introduce groundbreaking ideas and innovative solutions by thinking outside the box
- **Skill Development:** Gaining essential skills like problem-solving, and leadership
- **Business Planning and Management:** Importance of a business plan, it's components, and management principles
- **Business Financial Management:** Key principles and practices to effectively manage company finances
- **Community Inspiration:** Exploring how Youth-led businesses inspire peers and communities, encouraging ambition and a mindset of possibility
- **Funding Opportunities and Resources:** Overview of funding options, start-up funds and networks



# LIFESKILLS FOR YOUTH AND ADULTS WITH FASD

## ABOUT

Life skills are the foundation of independence, confidence, and resilience. For youth and adults with Fetal Alcohol Spectrum Disorder (FASD), these skills are not just beneficial—they are essential for navigating the complexities of daily life. In Indigenous communities, where historical and systemic challenges have created unique barriers, life skills education takes on an even greater importance.

By prioritizing life skills education, we are not just teaching people how to survive—we are empowering them to thrive, and in doing so, we honor the resilience, strength, and potential of every individual and every community.

## OUR COMMITMENT

**Empowering community members** with the necessary resources, skills, and knowledge to actively participate in shaping their lives and communities' future

## TOPICS COVERED

### **Understanding Myself & My Strengths:**

- Welcome, introductions and smudging
- Emotional regulation strategies (Calming tools, self-care routines)
- Building a daily routine (Visual schedules, checklists, timers)

### **Healthy Living & Self Care:**

- Easy meal prep, grocery shopping skills
- Cooking on a budget
- Personal Hygiene and self care habits
- Household skills (cleaning/organization)

### **Money & Shopping Skills:**

- Understanding money (Visual money guides, role-playing transactions)
- Budgeting basics (Needs vs. wants and making responsible financial choices)
- Smart shopping (make a list, compare costs)

### **Communication & Relationships:**

- Expressing needs & emotions
- Healthy relationships (recognizing safe & unsafe people)

### **Moving Forward:**

- Reflection & sharing circle (What I learned, my strengths, my goals)





# YOUTH LEADER'S SAVVY COOKING PROGRAM

## ABOUT

By equipping youth leaders with essential cooking skills, we are doing more than teaching them how to cook. We are fostering independence, strengthening connections, and nourishing both body and mind.

Our program builds confidence, encourages self-sufficiency, and empowers youth leaders to inspire those around them. By learning to prepare balanced, wholesome meals, they become advocates for healthy living and catalysts for change.

Through creativity, teamwork, and a deep appreciation for food as a unifying force, our mission is to spark a passion that extends far beyond the kitchen. The impact of these young leaders will ripple through generations.

## OUR COMMITMENT

**Empowering community members** with the necessary resources, skills, and knowledge to actively participate in shaping their lives and communities' future

## TOPICS COVERED

- **Introduction and Basics:** Introduction to the kitchen: safety, hygiene and equipment. Learn and practice knife skills and basic cooking techniques. Leadership mini-session: Delegating roles in the kitchen.
- **Exploring Ingredients and Meal Planning:** Understanding the importance of preparation, exploring fresh, local, and seasonal ingredients. Learning nutrition basics and balanced meals. Meal planning for small groups with a focus on time and cost-efficiency.
- **Recipe Reading:** Mastering recipe reading, decoding instructions, measuring accurately and modifying recipes with confidence. Encouraging creativity and problem-solving in the kitchen.
- **Baking:** Understanding basics of baking: ingredients and techniques (e.g., mixing, proofing, measurements).
- **Wrap Up and Review:** Reflection session: Lessons learned and personal growth. Setting goals for applying new skills as leaders.