

Impact Statement

2023

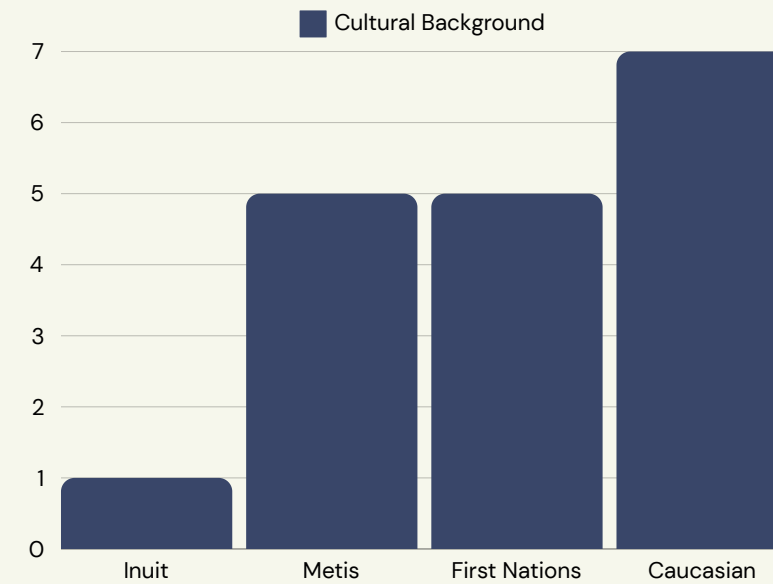
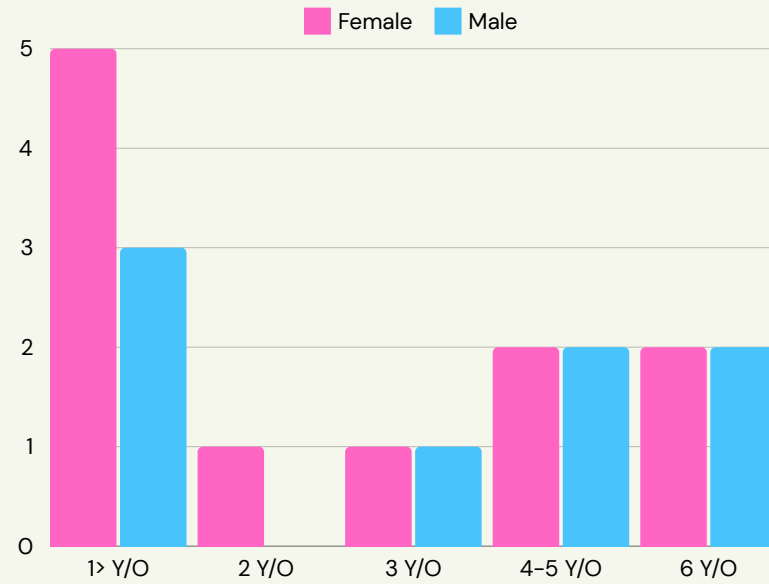
First Steps

Providing Education, Supports and childcare for young mothers and their Children



INTERIOR
COMMUNITY
SERVICES

ENRICHING LIVES, STRENGTHENING COMMUNITIES



Student Identified Barrier to success

- Low Income 100%
- Anxiety 88%
- Depression 88%
- Violence and Abuse 71%

Programming

- Academic Courses
 - Graduation Requirements
 - Group and 1 to 1 Support
 - Cultural Programing
- Parenting Supports
 - Child Development
 - Mentoring
 - Group and 1 to 1 Support
- Health and Wellness
 - Public Health
 - Nutrition
 - Fitness
 - Cultural Support
- Community Referrals
 - Housing
 - Mental Health
 - Addictions
 - Family Support
 - Food Security
- Life Skills
 - Communication Skills
 - Self-Awareness
 - Career Planning
 - Financial Literacy
 - Post-Secondary Planning
 - Leadership

Client Testimonials

“First Steps gave me insights into my children’s behavior and how to transition between stages which create healthy schedules for my family.” - Young Parent

“First Steps is very welcoming. I have learned a lot and I feel like I am growing more as a person and mother.” - Young Parent

2024 Program Goals

Incorporate learning opportunities and increase student knowledge of healthy coping skills in dealing with personal emotions and relationships

Increase the awareness of First Steps within the community and possible referral sources

