

First Steps Impact Statement 2025

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



Programming

Academic courses

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

Health and wellness

- Public Health
- Nutrition
- Cultural Support

Parenting supports

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

Life Skills

- Communication skills
- Self-Awareness
- Career planning
- Financial Literacy
- Post-Secondary Planning
- Leadership

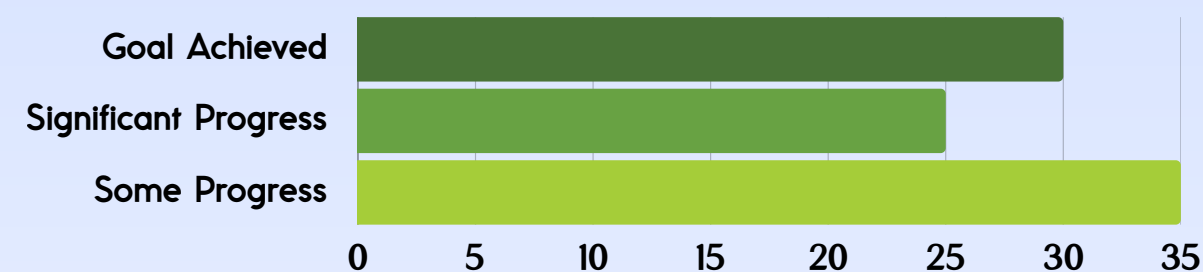
Community referrals

- Housing
- Metal Health
- Addictions
- Family Support
- Food security

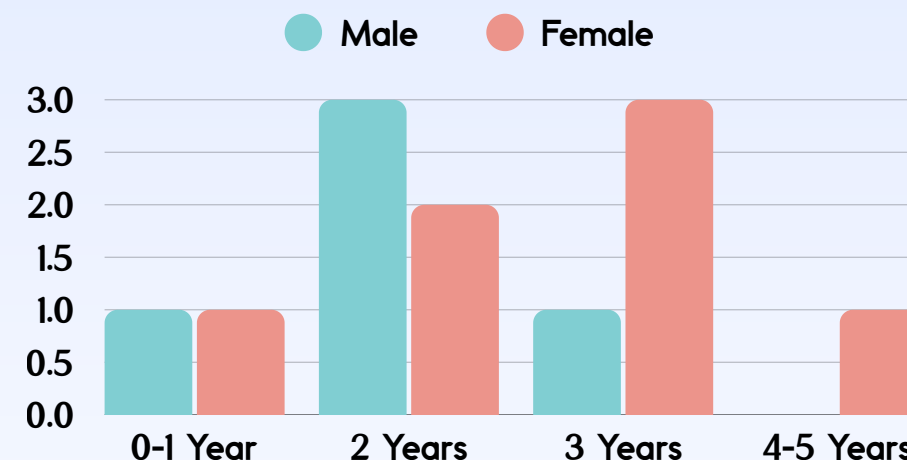
Program Goals

- Increase young parent knowledge and skills in building and maintaining healthy personal relationships.
- Continue to increase contact between First Steps and possible referral sources.
- Provide learning opportunities to increase awareness of how healthy living choices can lead to improved mental, emotional and physical health.

Academic Progress



Ages of Children Receiving Services



Student Identified Barriers to Success

Low Income	100%
Anxiety/Depression	89%
Addiction Issues within Family	89%
Violence/Abuse in all Forms	67%

Cultural Background

