



Life Skills Coach Program provides you with:

Short and Long Term In-Home Support with a one on one family or single support by:

- Helping families to identify needs and provide access to various resources and other programs that will reduce stress and improve your overall wellbeing in your lives.
- There are 30, 60 or 90 day wellness plans to achieve your goals.
- Referrals to other support services in a professional and confidential manner.

Certified Life Skills Coach

About Me:

It brings me great gratitude and thanks that I am able to assist you in achieving your goals in moving forward in a positive and loving environment. This is a new program for Mississauga First Nation members, community members, youth and our elderly in accepting and becoming more independently aware of their personal future needs. Life is everyday changing and I'm with you on this new journey to accomplish your goals. Chii-Miigwetch

Contact Us

Phone: 705-356-1621 #

Cell #: 705-987-5070

Email: Nanette.Boyer@mississaugi.com

Web: www.mississaugi.com



LIFE SKILLS COACH PROGRAM

44 Park Rd – Child and Youth Centre
Mississauga First Nation



LIFE SKILLS COACH PROGRAM

*HEALTH & SOCIAL SERVICES
UNIT – Mississauga First Nation*



Nobody's Perfect we live and learn!

What is a Goal?

We Shoot We Score

A Goal is something you desire to achieve in your lifetime. Each individual will have different goals depending on their life situations or circumstances. A few common areas that people like to set goals for are:

- ❖ Personal Goals
- ❖ Relationship Goals
- ❖ Employment Goals
- ❖ Educational Goals
- ❖ Social Goals
- ❖ Health Goals
- ❖ Nutritional Goals
- ❖ Time Management Goals
- ❖ Budgeting Goals

Let's Get Started – A Plan to Succeed

Planning and Setting Goals can be a start to make all your wants and needs in your lives.

Life throws us many curveballs, many tall mountains to climb, everyday is a different journey that we walk upon, only you can make that change, make your own destiny, make your happiness and make your own life!

Why Set Goals?

- ❖ To take control of your life.
- ❖ Focus on what is important to you.
- ❖ To gain confidence and structure in our daily lives.
- ❖ You will be able to see results when you stay on track.
- ❖ Feel a sense of accomplishment daily.
- ❖ Enhance your personal strengths in positive light



We are All Important, We Matter!

Mississauga First Nation cares about you offering a new program:

“Life Skills Program”

This program will open your minds and eyes with a sense of belonging. Keep a positive and vibrant way of thinking and learning new skills. We will work independently with band members, community members, youth and our elders who want to make positive changes in their daily lives.

We will provide One on One support and guidance to our youth, elders and members of the Mississauga First Nation, who may be struggling with life barriers and issues that affect their lives. We will also work closely with you and provide referrals to treatment programs, family support, counselling services, parenting programs and services to improve your family's finances or housing situations.

