

# Note for communities and organizations

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**We all strive to achieve a good life or *Miyupimaatisiun*. To achieve financial wellness we have to look at the big picture; a balance between the physical, emotional, mental and spiritual aspects of our life.**

The *Managing your money* worksheets have been designed to support financial wellness efforts by pairing land based teachings with financial topics and activities, to help Indigenous individuals and families in managing their money.

The information, activities and resources here are designed to help community staff and volunteers:

- Have one-on-one money conversations
- Deliver money management workshops
- Assist community members with their monthly budgets
- Assist community members to set and achieve money goals

Think of each worksheet as a specific topic and tool that members of your community can use, depending on their situation. We encourage you to use worksheets on their own or as a complete booklet.

When we think of the journey to financial wellness, Elders and community support workers play a key role in supporting individuals and families to realize their greatest potential and goals. This booklet was created to support Indigenous communities and organizations in their efforts to promote financial wellness for the individuals and families they serve.



# Ordering information: For community organizations

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**We hope ‘Managing your money’ will be a valuable resource to support financial conversations in your work.**

Additional copies of this booklet may be ordered at cost from Prosper Canada.

Digital copies of individual worksheets are available for free download at <https://learninghub.prospercanada.org>.

For more information about this resource, please contact [info@prospercanada.org](mailto:info@prospercanada.org) with ‘Managing Your Money’ in the subject line.

