

Building financial wellness with the *Managing your money* resource

About *Managing your money*

The *Managing your money* financial workbook uses traditional and land-based teaching that draws on nature to manage our resources. The workbook offers a series of seven worksheets, each featuring artwork by Simon Brascoupé paired with a teaching from the animal world, to help Indigenous individuals and families set and work towards money goals. Each worksheet focuses on a specific financial area.

This resource was developed in partnership with **AFOA Canada** and funded in part by the **Ontario Trillium Foundation**. Through generous support from **The Lawson Foundation**, copies of *Managing your money* are being offered free of charge to non-profit organizations supporting Indigenous communities, and is now available in Plains Cree, in addition to English and French.

Using *Managing your money*

Frontline practitioners can use *Managing your money* to enhance your financial wellness programs, by helping your community build healthy money habits. The resource is designed to facilitate one-on-one money conversations or be used in financial education workshops. Indigenous communities can plan and practice with interactive worksheets on how to set goals, budget, and save.

Accessing '*Managing your money*'

- Hard copy booklets are available for **free** to Indigenous communities and Indigenous organizations.
- Digital worksheets are available for print or download.

Please go to our website at *Managing your money*: [Tools and tips to help you meet your goals](https://learninghub.prospercanada.org/knowledge/managing-your-money/) [https://learninghub.prospercanada.org/knowledge/managing-your-money/]. The worksheets are available in English, French and Plains Cree.

Your feedback

Thank you for using *Managing your money* to help people in your community build financial wellness.

We welcome hearing your feedback at any time on this resource. Please feel free to contact us to tell us how you are using it, what other topics might be helpful in a future version, or any other suggestions on how to improve the content.

Thank you!

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