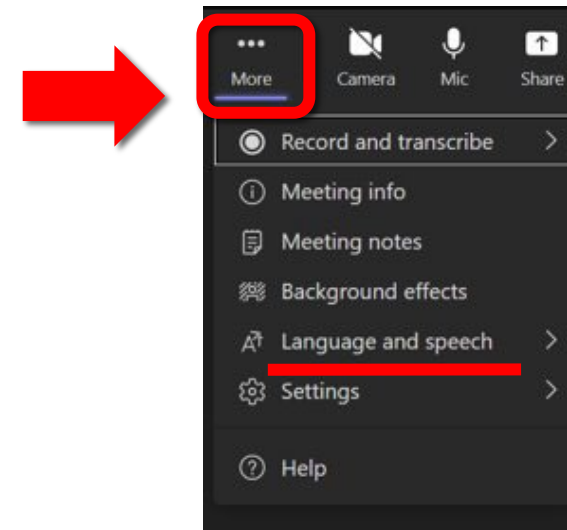
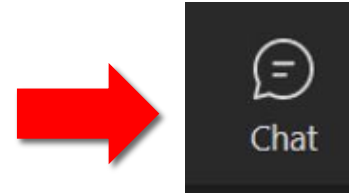


Technology requirements

- Audience members have all been put on “mute” for this webinar.
- Please share any questions you have using the “chat box” (located in the menu bar at the top of your screen).
- For closed captioning, on the top right menu bar, click the three dots with the word ‘More’ under it, then select ‘Language and Speech’ and then ‘Turn on Live Captions’.
- We will share webinar slides with all participants and post a recording of the session within a few days.





Braiding Mind, Body and Spirit

A Financial Wellness Bundle
October 7, 2025





Land acknowledgement

Agenda

1. Welcome and introductions
2. Warm-up activity
3. Project background
4. Importance of resources for Indigenous audiences
5. Activity: Preparing the Mind
6. Activity: Protecting Yourself
7. Activity: Supporting Health and Well Being
8. Thank you & questions



Who we are and our impact



Prosper Canada – Who we are and our impact

Founded in 1986, **Prosper Canada is a national charity dedicated to expanding economic opportunity for Canadians living in poverty** through program and policy innovation.

As **Canada's leading national champion of financial empowerment**, we work with government, business and community partners to develop and promote financial policies, programs and resources that transform lives and foster the prosperity of all Canadians.



AFOA – Who we are and our impact

AFOA Canada was founded as a not-for-profit association in 1999 to help Indigenous people better manage and govern their communities and organizations through a **focus on enhancing management, finance and governance practices and skills.**

AFOA Canada's premise is that one of the keys to successful self-determination, **creating a better life for Canada's Indigenous people and a better future for the next generation** lies in improving the management skills of those responsible for the stewardship of Indigenous resources.



AFOA CANADA

Building a Community of Professionals

Bâtir une communauté de professionnels

Presenters



Simon Brascoupé
Project Lead &
AFOA Member



Crystal Michaud
Special Projects
Administrator
AFOA Canada



Pam Quart-McNabb
Vice President,
Education and
Training
AFOA Canada

Images and Illustrations

Claire Brascoupé, Kitigan Zibi Anishinabeg

Claire provided the design and illustrations featured in this bundle. Her visual work reflects cultural strength, identity, and intergenerational knowledge, helping to bring the teachings of this bundle to life in a meaningful and accessible way.

Clayton Brascoupé, Kitigan Zibi Anishinabeg

Clayton provided the photo of Simon's traditional bundle, which inspired the illustration featured on the front cover.



Braiding
**Mind, Body,
and Spirit:**

A Financial Wellness Bundle

Warm up!

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Let's begin by getting to know everyone. Scan this QR code and submit your responses on Menti.com

Please share your name, where you are joining us from and one thing you love about where you live.

e.g. "Jenni, Toronto, I love the many parks in my area."



Project Background



Project background

Expanding Consumer Education and Protection for Financially Vulnerable Canadians is a three-year project (2024-2027) led by Prosper Canada to support two key objectives:

- Build the capacity of community service providers to deliver financial education and consumer protection services to financially vulnerable Canadians.
- Develop and disseminate tailored consumer protection resources for Indigenous audiences in partnership with AFOA Canada, with an emphasis on supporting settlement recipients harmed by discrimination in the First Nations Child and Family Services Program and failure to apply Jordan's Principle
- Funding from **Canadian Investment Regulatory Organization (CIRO)** and **Financial Services Regulatory Authority of Ontario (FSRA)**
- Project partnership and resource co-development with **AFOA Canada**

Important to the work

- **Honour the six Rs of Indigenous research framework** (Tsosie et al.) and consider the themes of respect, relationship, relevance, reciprocity, responsibility, and representation in our work.
- **Build agile methods into our processes** to enable ongoing collaboration and communication when working with Indigenous partners and stakeholders, and to incorporate continuous reflection throughout this project.
- **Apply the First Nations principles of OCAP[®]** (ownership, control, access and possession) to First Nations' data and information collection, protection, usage, and sharing.
- **Acknowledge, and minimize where possible, the potential for harm** that could be caused to our Indigenous partners and participants in this project. The topic of settlement payments may be triggering or traumatic to individuals and communities affected by discrimination through the First Nations Child and Family Services Program.

Thank you to for contributing to this valuable resource

- Simon Brascoupé, Project Lead and AFOA Member
- Amy Black, Program Coordinator, Financial Wellness in First Nations Communities, Community Financial Counselling Services
- Anna Jordan, Financial Empowerment Facilitator, Momentum
- Crystal Michaud, Special Projects Administrator, AFOA Canada
- Helen Bobiwash, FCPA, CAFM
- John Cockburn, Financial Empowerment, Coordinator, Sudbury Community Service Centre
- Millie Acuna, Manager, Asset, Building Programs, SEED Winnipeg
- Natalie Wynn-Dempsey, Indigenous Engagement Coordinator, Momentum
- Pam Quart-McNabb, Vice President, Education and Training, AFOA Canada
- Sam Dill, Independent consultant

Resources for Indigenous Audiences



Resources for Indigenous audiences

Braiding Mind, Body, and Spirit: A Financial Wellness Bundle

- A resource that financial educators—non-Indigenous and Indigenous—can use to teach and support learners on their financial wellness journey.

Why Culturally Relevant Materials Matter

- Financial tools are most effective when they reflect the values, experiences, and realities of the communities that use them.

The Bundle: Evolution and Collaboration

- Developed through a working group that combined diverse knowledge and expertise.

A Step Forward in Financial Empowerment

- It strengthens financial wellness by combining cultural relevance with practical tools

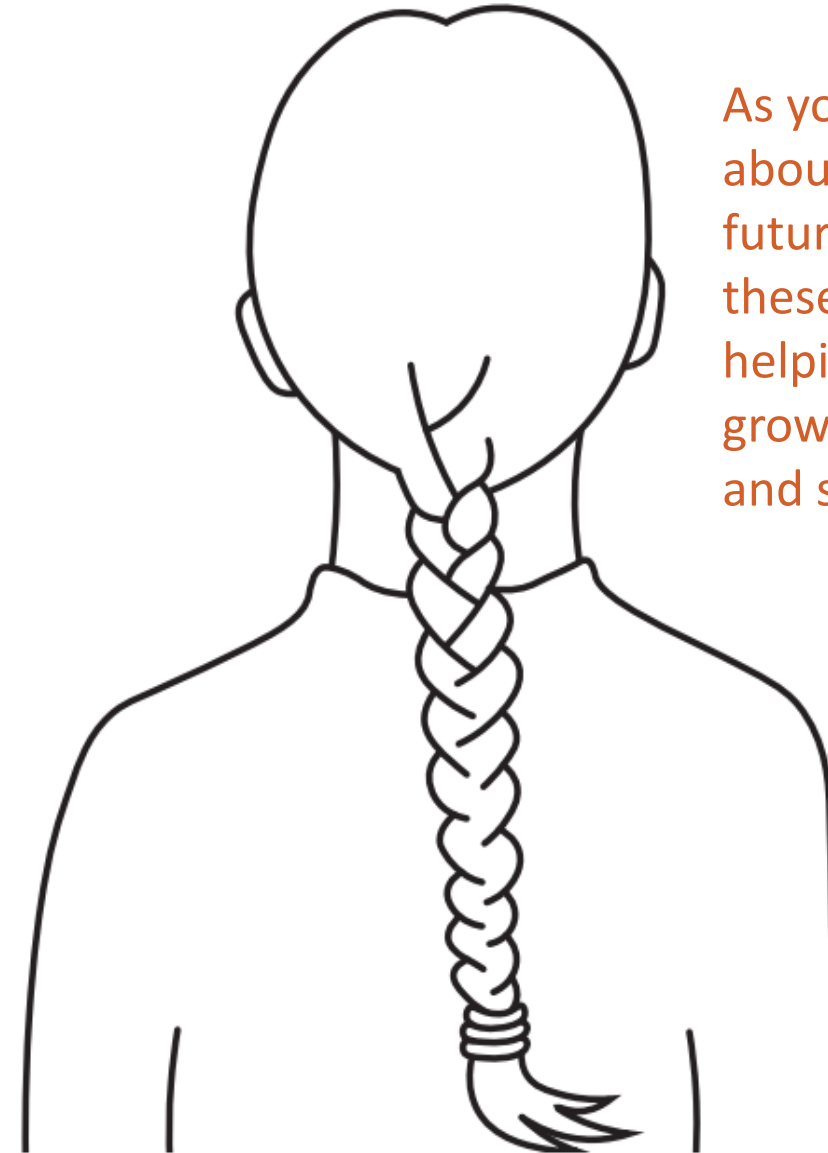
Braiding Mind, Body, and Spirit



Braiding the first strand: Preparing the mind

Imagine someone is braiding your hair, and each strand of the braid represents a special part of you: your mind, body, and spirit. The first strand, for your mind, is all about preparing and planning for what's ahead. The second strand, for your body, represents the people and things that support you, like your family and friends. The third strand, for your spirit, is your path to managing money wisely.

This activity will help you get creative. As you colour in the picture, reflect on your hopes and dreams.



As you think about your future, picture these braids helping you grow strong and smart.

Braiding the first strand: Preparing the mind

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Word Cloud: What is most important to you, from this reflection?



Braiding the second strand: Protecting yourself

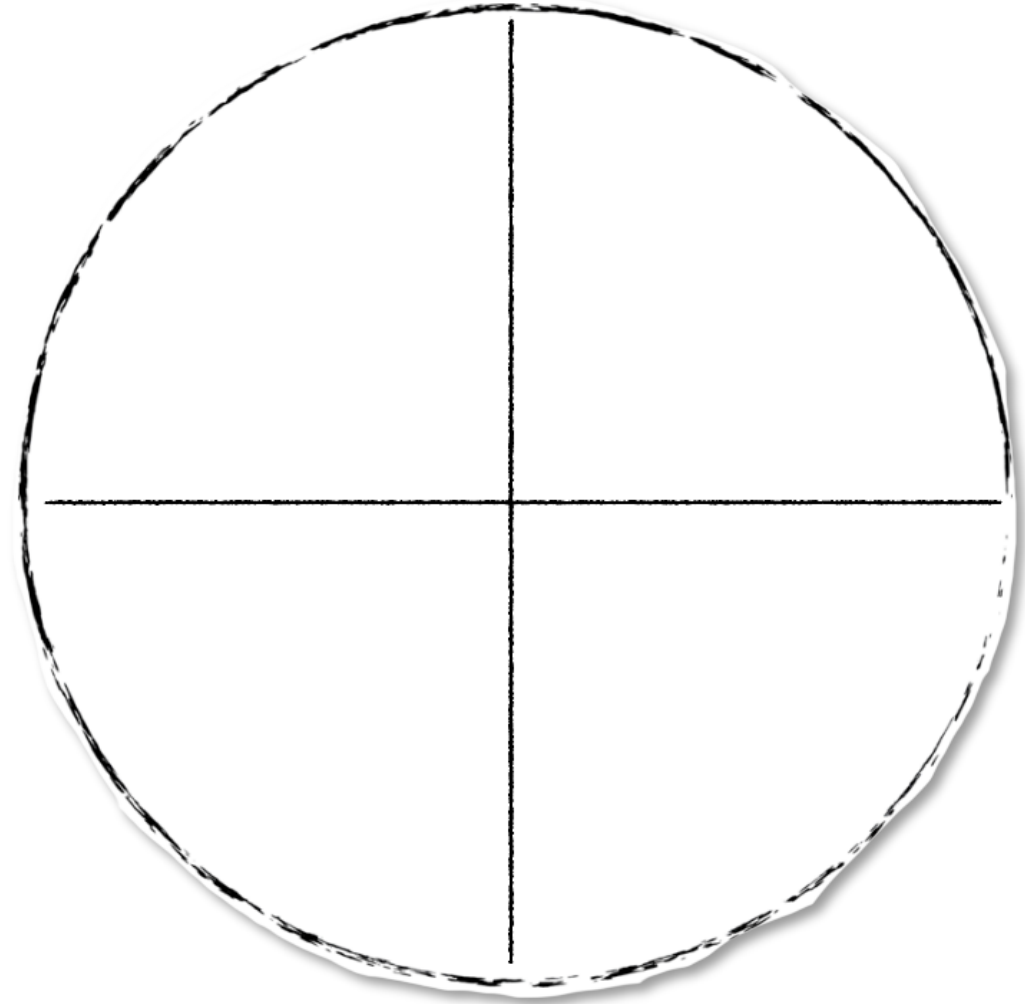
“I want to remind you to always be wise with your money, just like our ancestors taught us. Let’s keep sharing what we know and look out for each other, making sure everyone in our community does well money-wise.”



“Our ancestors taught us that true wealth is not just in what we have, but in how we care for each other – so always walk with wisdom and help protect those around you from harm.”

Braiding the second strand: Protecting yourself

Step 1: Draw your Medicine Wheel



Braiding the second strand: Protecting yourself

Step 2: Label Each Section

Observation & Gratitude

- What gifts do I have right now that I need to be grateful for?

Planning & Saving

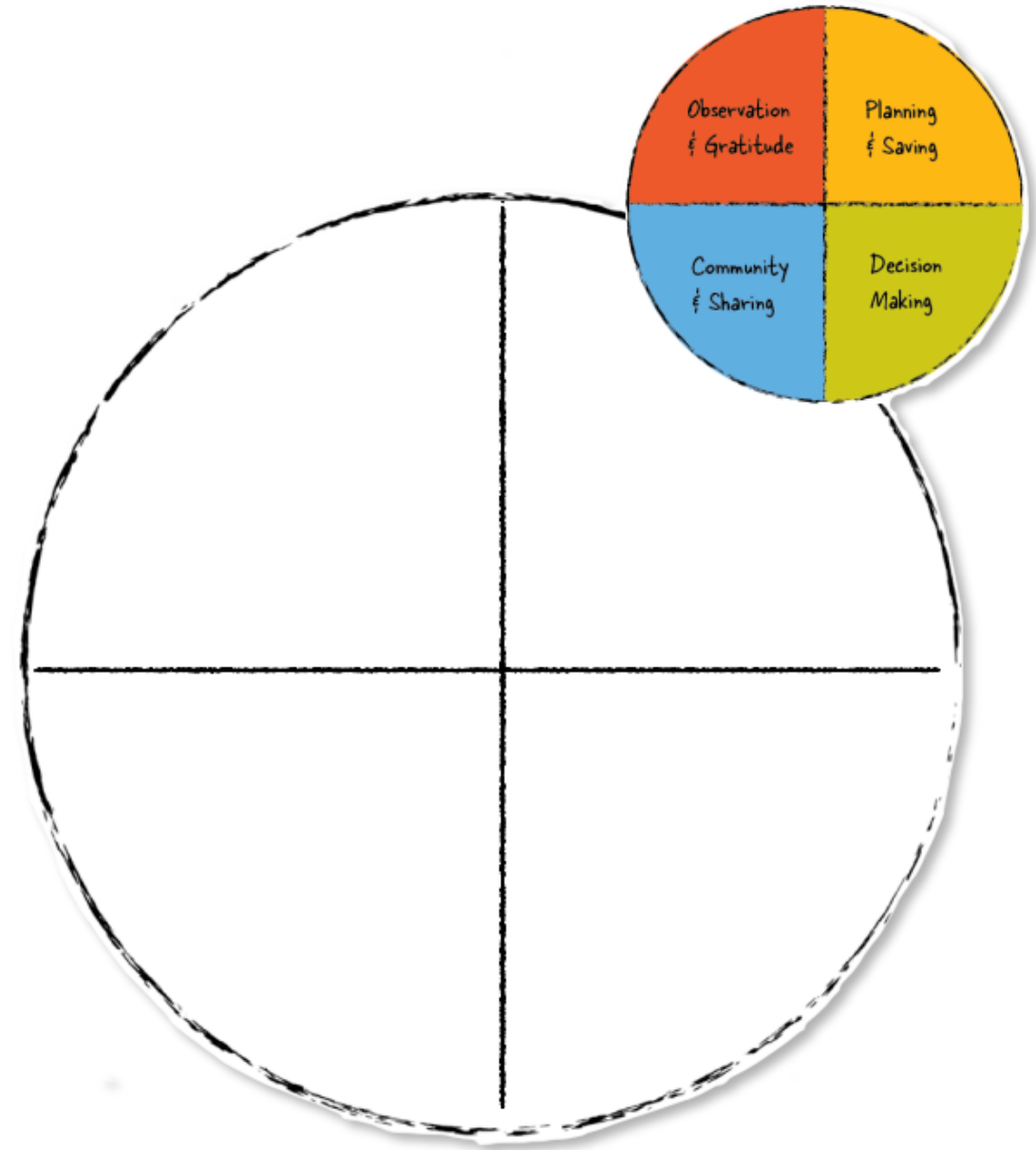
- Where do I need to be better prepared for the future?

Decision Making

- Who can I ask for financial support or wisdom? How can I give back?

Community & Sharing

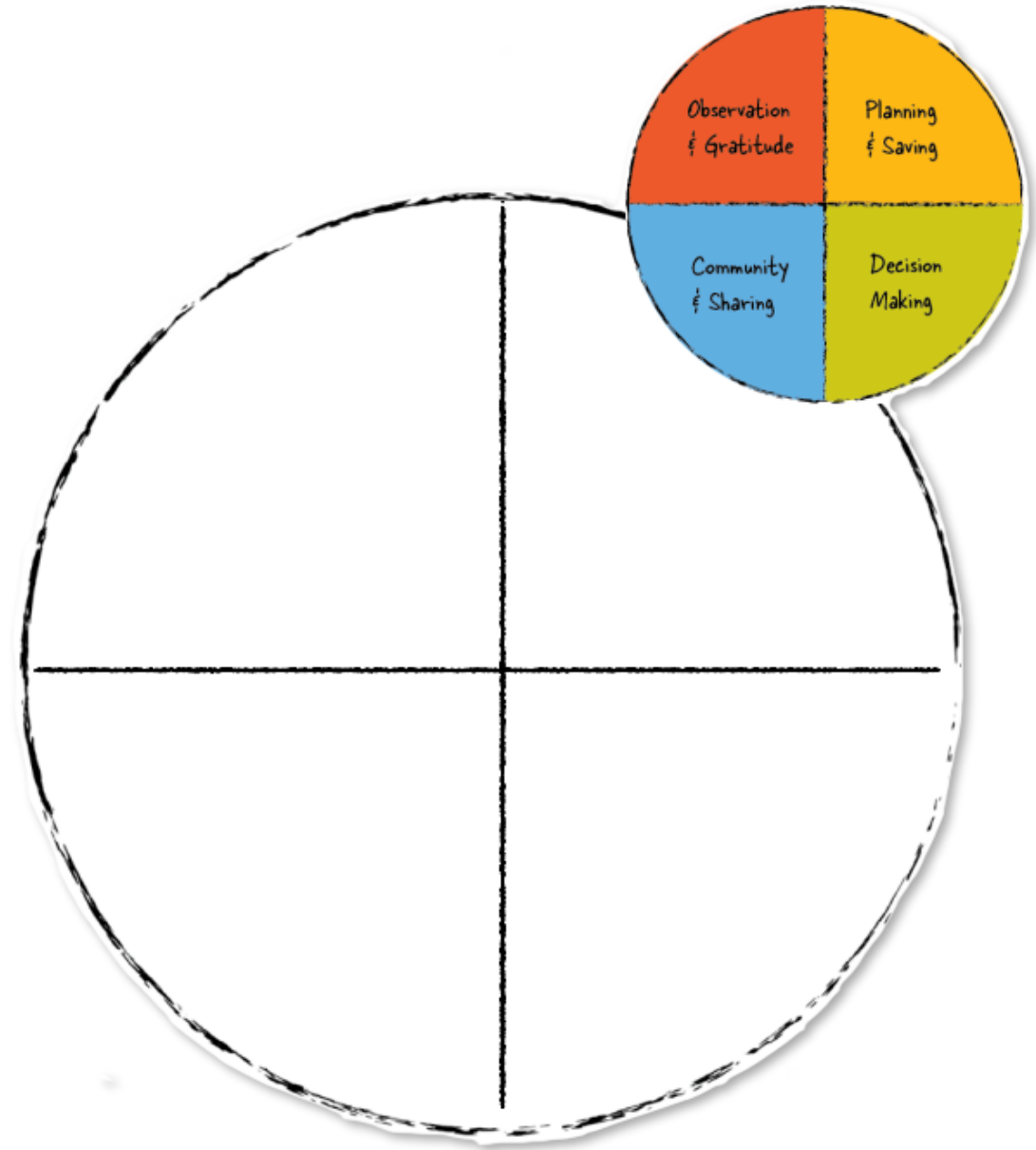
- How can I slow down and be more patient with my money choices?



Braiding the second strand: Protecting yourself

Step 3: Fill in one of the four directions that resonates with you.

Use the Teachings from our Elders (posted in the chat). Write or draw how you will action them to achieve balance in your financial wellness plan.



Sharing Back

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What is an insight from the Medicine Wheel that resonates most deeply for you?



Braiding the third strand: Supporting health and well-being

Money can be a tool for healing and balance. Keeping a money medicine bundle can help to remind you of your journey and how you can stay focused on your dreams and goals.



Step 1: Find a Bundle

Get a small pouch, envelope, or container. This will hold symbols of your financial healing journey.

Step 2: Reflect and collect

Choose a small item, drawing, or note to place in your bundle for each of the Seven Steps of Healing.

The **Seven Steps** are inspired by **Edgar Villanueva (Lumbee)**, who uses these steps to bring healing and restore balance, showing how money can be used as medicine.



The Seven Steps of Healing

Edgar Villanueva (Lumbee)

1. **Grieve** – Write down a past money struggle and place it in your bundle to acknowledge and let it go.
2. **Apologize** – Write a letter to yourself or someone else to forgive past financial choices.
3. **Listen** – Find a quote or teaching from an Elder or mentor about money and add it.



4. **Relate** – Draw or find a picture that shows a healthy relationship with money.
5. **Represent** – Write down the name of an Indigenous business or cause you want to support.
6. **Invest** – Set a financial goal (like saving or starting a business) and place it in your bundle. (Refer to Activity 2: My goals)
7. **Repair** – Write down one way you can give back to your community and help others.

Money can become medicine when it weaves our paths together.

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Word Cloud: What is a collective goal that brings healing and support to your family or community?



Question & Answer



Thank You!



Thank you to our funders



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des investissements

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