Life Skill Workshop
As we gather here today, we acknowledge we are on Treaty 6 Territory and the Homeland of the Metis
OUTLINE

• Discussion
• Learning
• Activity
• Take-away
  • Goal Planning Template

There will be scheduled breaks throughout the workshop but if you need to get up to move your body, go to the washroom, grab a snack or some water please do.
How do we know what we want for our future?
FASD & Planning

- Impulse Control
- Abstract Concepts
- Perseveration
- Setting Goals
- Time

- Memory
- Living in the now
No two people are affected by FASD in the same way!
A goal is a plan for your future
GOALS ARE

- Related to personal, social, educational, spiritual, academic or employment based
- Long-term and/or short term
- Easy or challenging
ACTIVITY

Write down 5 of your goals
EXAMPLES

- First Aid training
- Opening a bank account
- Connecting with culture
- Get a Support Worker
- Live on my own
- Learn how to cook one meal
- Start working
- Make it to my appointments
- Learn about FASD
SMART GOALS

S - Specific
M - Measurable
A - Achievable
R - Relevant
T - Time Bound
GOAL
Opening a bank account
Specific: Who, What, when, and where

- I will open a bank account with Affinity Credit Union on 20th Street by July 31st
Measurable: How will I know my goal is complete?

- By July 31st I will have my own bank card from Affinity Credit Union
Achievable: Am I ready to do this? Will I need support?

• Ask support worker or trusted person to come with me
Relevant: Why is this important to me?

• To deposit my money and be able to direct pay rent, bills, cell phone.
Timebound: When am I going to do this?

• on July 22nd I will go to the bank.
## Set up bank account

<table>
<thead>
<tr>
<th>Steps</th>
<th>What resources do I need</th>
<th>Who can do it and how?</th>
<th>When should it be done by?</th>
<th>What’s good about this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Pick bank</td>
<td>Internet – look up local banks</td>
<td>Myself</td>
<td>Wednesday</td>
<td>I’ll pick the best bank for my needs</td>
</tr>
<tr>
<td>2) Look up bank hours</td>
<td>Internet – google when bank is open</td>
<td>Myself</td>
<td>Thursday</td>
<td>I’ll know what time to go to the bank</td>
</tr>
<tr>
<td>3) Go to bank and ask to open account</td>
<td>Transportation and ID</td>
<td>Myself</td>
<td>Friday</td>
<td>I’ll have a bank account</td>
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<td>4)</td>
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THE IMPORTANCE OF GOALS

• Makes you think about the future
• Setting smaller goals can help get to bigger life changes (example: Independent living, careers etc)
• Helps to identify who you are and what you want
• Builds confidence, skills and strengths
• Helps connect you with community
SETBACKS

- Somethings don’t go according to plan
- Your goals might shift or change over time
- Making mistakes is normal and okay, that could mean it’s time to reevaluate and try again, or try differently
Celebrate when you’ve reached a goal!
SUCCESS

• Looks different for everyone
• Easier to reach goals when it’s something you decide on and that you want (self-determination)
• Can involve risk-taking
This workshop discussed future planning and goal setting. We went over strategies for achieving goals and a Smart goal template.
Next Workshop: “Employment”

December 17th, 2019

In the next workshop we will discuss the work or employment strategies! Where to look for work, how to write up a resume, how to apply for a job, and once you’ve got the job, how to keep it!
CULTURAL RESOURCES

- White Buffalo Youth Lodge
- Saskatoon Tribal Council
- Saskatoon Indian and Metis Friendship Center
- Central Urban Metis Federation Inc.
SUPPORT

• One-on-one education
• Discuss your challenges and strengths
• Create strategies you can use in your daily life
• You can access for as long as needed
Riki
Call: 306-975-0843
Text: 306-221-7414
programs@fasdnetwork.ca

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