

Eligibility Criteria:

Men and Women 16 years of age or older struggling with

- Meeting their basic needs
- Mental Health
- Addictions
- Poverty / Homelessness
- Unemployment / Underemployment

Mattawa

Tuesdays

Algonquin First Nation Office

318 Main Street

Support Services 10am to 12pm

Workshop 1pm to 3pm

Sturgeon Falls

Thursdays

West Nipissing Woodland Metis

Community Center

94 King Street

Support Services 10am to 12pm

Workshop 1pm to 3pm



**EMPOWERING INDIVIDUALS
TO
DISCOVER THEIR
TRUE PATHS
TO
NEW BEGINNINGS
&
PROSPEROUS FUTURES**

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Funded by

District of Nipissing
Social Services
Administration Board



Conseil d'administration
des services sociaux
du district de Nipissing



Employment & Training



TRUE PATHS

Is a project directed at youth and adult, women and men in Mattawa and Sturgeon Falls who have experienced trauma or are struggling with mental health, addiction or financial issues

True Paths will introduce the ABC's to Heal Your Life Workshop which offers techniques and tools to support individuals in building their self-confidence and lead them to economic independence ***in their own community*** and in a safe environment.

It focuses on providing services to those struggling to meet their basic needs because we know until our basic needs are met, it is difficult to move forward.

SERVICES

Build:

- Effective communication
- Conflict resolution
- Community involvement
- Volunteerism
- Networking
- Commitment
- Wellness development
- Self-help
- Mind, Body Spirit
- Positivity Thinking

PROJECT GOALS

True Self's goal is to provide streamlined access to services that promote the safety, self-sufficiency and well-being of women and their families by fostering a structured collaborative community response in one central location. This project will enhance that goal by:

- Offering support services one day a week in Mattawa and Sturgeon Falls.
- Linking individuals with the services available in their community.
- Providing connections and tools to support meeting basic needs.
- Giving men and women in outlying communities an opportunity to experience True Self's holistic healing approaches.
- Empowering individuals to move forward with educational or employment goals.

Access:

- Community agencies
- Peer Support
- Employment Advisors
- Workshops
- Referrals
- Computer Training
- Market research

"I learned a lot about myself, and how to better protect myself and my family. The best was learning and accepting that I am the only one who has and had control over my life, no one else."

WORKSHOP

**ABC Workshop: Acknowledge Your Past
Believe In Yourself
Create Your Future**

This workshop is a vital part of what True Self offers, and it is essential to those wanting to make a change in order to become job or education ready. Offering workshops in Mattawa and Sturgeon Falls allows individuals to participate in beneficial workshops even if distance, children and work are all a factor.

1. Spirituality / Culture
2. Lateral Violence
3. Stress Management
4. Self-Esteem
5. Recognizing Abuse
6. Addictions
7. Co-Dependency/Boundaries
8. Healthy Relationships
9. Emotional Awareness
10. Betrayal & Trust
11. Forgiveness
12. Communication /Conflict Resolution
13. Anxiety/Panic
14. Employment Services