



First Nations Financial Fitness

Workshop goals & topics

First Nations citizens face complex financial issues and need knowledge, skills and confidence to make informed decisions.

AFOA BC has developed a workshop and handbook—*Financial Fitness: Your Guide for Getting Healthy, Wealthy and Wise*—to empower First Nations to become financially literate. The two-day program reviews key areas of financial knowledge and management. Participants will learn about:

- **Financial literacy** – Learn how being financially fit supports informed financial choices to meet basic needs and plan for the future
 - **Managing money** – Find out about potential income sources, expenses, and how to save money
 - **Budgets and banking** – Discover the difference between needs and wants, how to create a budget, how to organize and track spending, and how to use different bank accounts
 - **Family matters** – Review how to talk to your partner and family about money
 - **Credit** – Learn what’s good and bad about credit cards, how to get out of credit card debt, and how prepaid credit cards work
 - **Tax returns** – Discover how to file a tax return, tax credits and benefits
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