

LIFT is a free 2-day workshop that brings financial teachings through an Indigenous lens.

It is made for all Indigenous Women and Two-Spirited.

Learn to **Decolonize Your Money Mindset**, Debt & Credit, **Personal Budgeting**, & Investing In Yourself.



**LIFT Your Future by
Empowering Your Finances!**

LIFT is completely FREE – including **lunch, snacks, and resources**. Plus, there are **amazing prizes** drawn throughout the event—including a chance to **win an iPad!**

REGISTER NOW



LEARN MORE

CONTACT US



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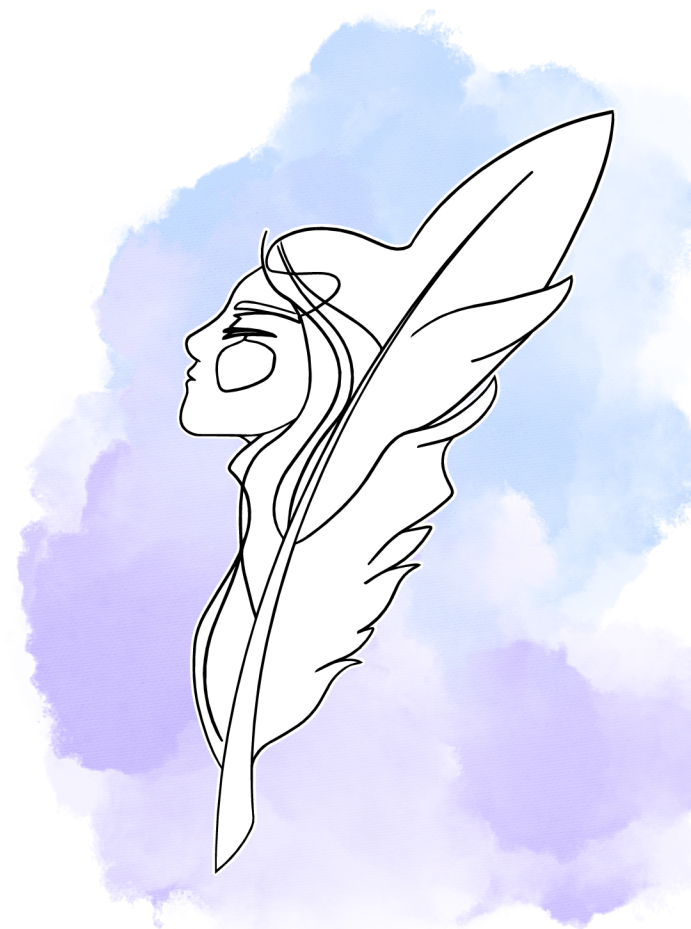
**Community
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**NORTHERN LAKES
COLLEGE**

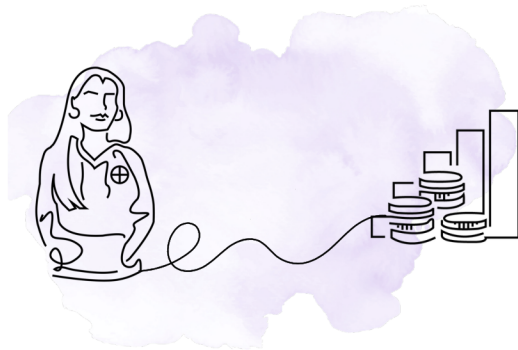
LIFT **LEARNING
INDIGENOUS
FINANCIAL
TEACHINGS**



**Made by Indigenous people
for Indigenous people**

WHAT IS LIFT?

The LIFT Program is a **free financial empowerment workshop** designed specifically for **Indigenous Women, Girls, and 2-Spirited peoples** ages 16+ in the Lesser Slave Lake Region. **Rooted in Indigenous values and teachings**, LIFT helps participants build financial confidence, reclaim their independence, and decolonize their money mindset.



LIFT is here to help us reclaim our financial power, reconnect with our cultural strengths, and build a future of financial wellness and security.



No prior financial knowledge is needed- LIFT is for everyone, whether you're just starting out or looking to grow your financial confidence.

WHAT WILL I LEARN?

Decolonize Your Money Mindset

Understanding the impact of colonization on financial wellness & reclaiming Indigenous financial independence

Budgeting & Money Mangement

Learning how to manage money, track income & expenses, and plan for the future. Every participant leaves with a personal budget

Debt & Credit Card Planning

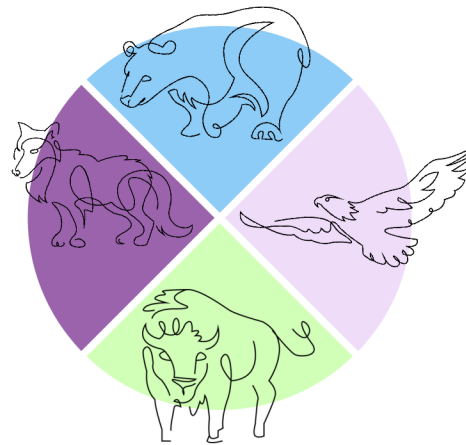
Breaking down credit scores, borrowing options, and debt repayment strategies

Investing In Yourself

Exploring career development, entrepreneurship, and educational opportunities

Community & Support

Connecting with local financial experts, mental health professionals, and Indigenous business leaders



LIFT is more than a workshop - it's a movement towards Indigenous financial independence and rebuilding our future together.



YOU WILL LEAVE WITH

A Stronger Money Mindset

and tools to take control of your financial future

A Custom Personal Budget

Custom made to your financial goals

A Network of Support

That will continue beyond the workshop