



EXECUTIVE SUMMARY

WORKSHOPS AND SEMINARS

Bigstone Education Authority would like to host several workshops or seminars that are geared toward helping the student deal with the daily struggles and barriers they face as Post-Secondary students. Some issues that our workshops will assist our students with are as follows:

1. Dealing with Stress: Stress can make us feel rushed and unproductive.
2. Changing Environmental factors which can influence our daily lives.
3. Communication ~ developing communications skills and working as a team
4. Learn about the concept of managing work and personal life.

We need to support our students with the skills they need manage stress and time. These workshop provides those skills in a dynamic and supportive format, designed to build a strong team environment and support between participants. This workshop will also teach students how to develop perspective and self-talk to support resiliency, mental wellbeing and become successful in whatever task they take on



Bigstone Housing
P.O. Box 428
Wabasca AB, T0G 2K0
Ph (780) 891-2422 Fax (780) 891-2155

Executive Summary

Mission:

The Bigstone Cree Nation protects and strengthens the spirit and intent of the Treaties and the Traditional Lands for today and tomorrow's future.

"...committed to the pursuit of the highest quality of life for all its members..."

Bigstone Housing is dedicated to improve the quality of life for Bigstone Cree Nation and its membership.

Bigstone Housing consists of:

- Management Team administering housing programs with in the Nation.**
- New Housing, Housing inventory, Renovation program, CMHC Rental Program, Emergency service calls and repair program.**