

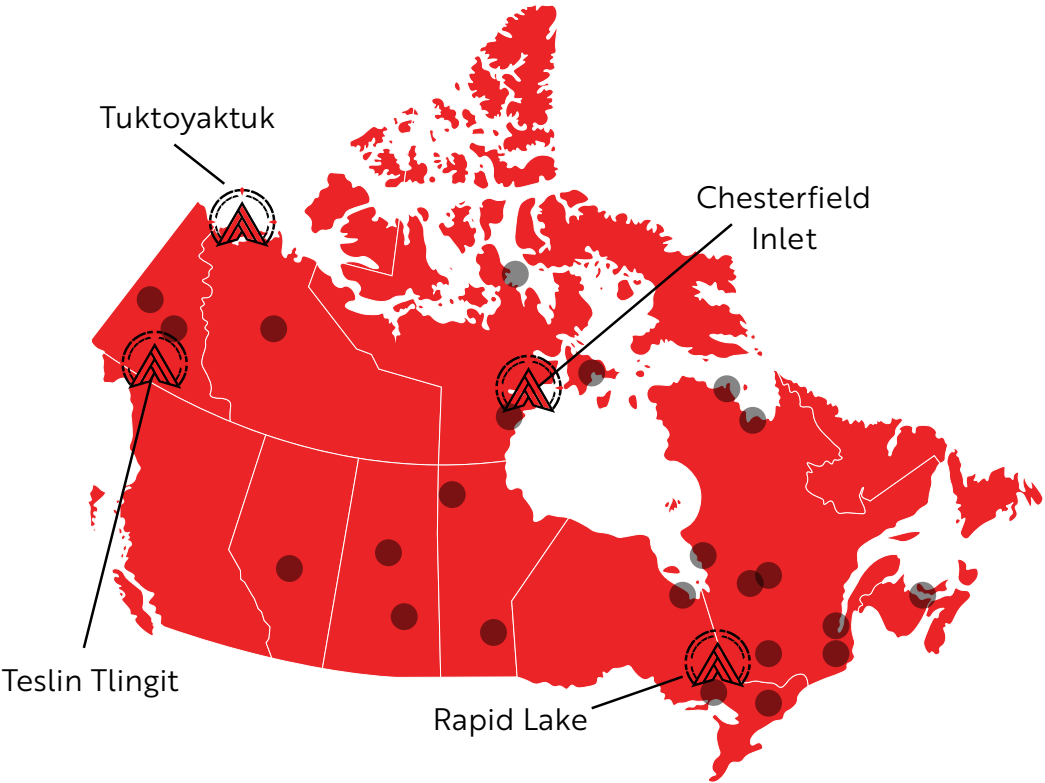




**First Assist is changing
the lives of Indigenous
youth one at a time.**



We focus on hard-to-access Indigenous communities,

the ones that are often left behind, but where there is a desire for education and opportunities for their youth. We currently work in four communities, and have a long list of communities who would like to partner with us.



	Current First Assist Programs
	Communities who would like us to partner

We are rooted in community.

Founded by Indigenous NHLer John Chabot, First Assist received charitable status in 2021 to continue and build on the work John has been doing over the past decades. With long-standing relationships with leaders and staff in partner communities, we pride ourselves on

being rooted in community and 100% responsive to their needs. The vast majority of our funding to date has been un-restricted, so we can be fully responsive to the particular needs of our partners.





Tuktoyaktuk

Tuktoyaktuk was First Assist's first official partner community, and our programming is a collaboration involving the local MLA, mayor and school principal. The local RCMP officer is also a long-time ally and regular participant on the ice with us.

First Assist spends 10 days per month in the community, running after-school programs and spending time with the youth in their classrooms and in their gym. Our goals are to instill values of hard work, discipline and healthy bodies while bringing joy and play.

Cost of the program: \$45,500, which we split evenly with the community.





Tuktoyaktuk is a small Inuit community of around 1000 on the Arctic Ocean, with a small but enthusiastic group of youth.





Chesterfield Inlet

Our founder, John Chabot, first visited Chesterfield Inlet in 2011, and has been back nearly a dozen times since. In 2023, First Assist launched its program here in partnership with the town's mayor and principal, running after-school programs for youth, mentoring local coaches and supporting the principal and teachers at the local school. This year the hockey team won a regional tournament for the first time ever, bringing a huge amount of pride and joy to the community.

**Cost of Chesterfield
Inlet program: \$27,900
(community provides
in-kind support)**

“The programs are based around hockey but promote healthy living, mental health and educational achievement.”





Jerry Aggark, grade 4 student in Chesterfield Inlet, is extremely proud that, with First Assist's help, his hockey team won a regional hockey tournament this year for the first time ever, and says about our in- and after-school programming, "It makes me want to go to school if we do things like that."



Paige Sammutok-Amarok, grade 8 student in Chesterfield Inlet: "Doing these things motivates me to go to school. ... It gets me up and out of bed. If not, I would probably still be lying in bed. It'll help me get stronger and get my body in shape."





Rapid Lake

First Assist has been working with Rapid Lake since 2021, in response to a youth suicide crisis in the community. Our program has evolved and adapted to meet the community's needs, first focussing on mental health support and now providing an after- school program based on wellness and the 7 Grandfather teachings.

**Cost of Rapid Lake program:
\$38,000 annually (covered
entirely by First Assist)**





Our instructor in Rapid Lake is Mike Diabo, a traditional knowledge keeper and educator from the neighbouring community of Kitigan Zibi who has strong roots in the region. He described one of his sessions:

“We started the session continuing the discussion on the Seven Grandfather Teachings and this time we focussed on Honesty; not just in communicating with others but within yourself. The questions were posed: ‘When doing school work, participating in class or even participation in sports – do you give an honest effort?’



Are you honestly doing your best?’

We talked about individual challenges and the benefits of hard work – in school and sports. To support this, we began basic fitness testing in our sport training session – so the kids could have some baseline data to track their progress and hard work over the next months.

In addition, we listed possible ways we could demonstrate improvements in school; ... reading challenges, Indigenous Science projects and math fluency challenges.”



Teslin Tlingit

Hockey Without Borders is an ally and partner of First Assist, and has been promoting hockey development in all corners of the world since its inception. It places hockey coaches in communities which need support, from eastern Europe to the Indian subcontinent. One of the earliest participants in HWB's work is now a coach himself, and spent the 2023-24 winter season with our partner, Teslin Tlingit First Nation.

**Cost of Teslin program to First Assist:
\$15,020 (Teslin provides significant
in-kind support)**



Aleksanvar Kolaric is a Serbian hockey player who was coached by Hockey without Borders' first coaches in his youth. Now a coach and father himself, he is helping to develop the hockey program in Teslin Tlingit First Nation.

"During my time in Teslin, Yukon, as a hockey coach for First Assist program, I was thoroughly impressed. The community's enthusiasm for the sport was inspiring, and the players dedication was remarkable. Each day brought new opportunities for growth and learning, both for the team and for myself. Overall, my experience in Teslin was incredibly rewarding, and I am grateful for the memories made and the bonds formed during my stay." - Aleks

One day, we hope that graduates of First Assist's programs will have opportunities to serve as coaches in HWB's global coaching network.



Our Cost

Our existing programs have small annual budgets:

- Tuktoyaktuk (cost-sharing with community): \$45,500 total
- Chesterfield Inlet (community provides in-kind support): \$27,900
- Rapid Lake: \$38,000 (First Assist pays full cost)
- Teslin Tlingit (community provides in-kind support): \$15,020

We are planning to commit to and expand these programs so that an instructor/educator is in the community full time, for a winter season or full year.

We are also looking to expand to 3-4 more communities over the next five years.





Our Ask

\$50,000 would fund a First Assist program for an entire winter season in one of our partner communities, such as:

St. Theresa Point Ansininiw Nation:

"This program will be a great boost in our community. We are undergoing a transition from the residential school era and coming out of the pandemic where many children are challenged in many ways socially and academically due to long school closures. Many families are still in recovery as well as our children.

Our intentions are to run before and after school programs for our youth, to train and organize local coaches, assist parents, and work with the school to make this venture successful. The programs are focused on the sport of hockey but promote team spirit, healing, healthy lifestyles, mental health as well as educational and personal achievement."

—Freddie Wood, Education Director

Lac Brochet Denesuline First Nation:

"The last few years, our community has been struggling with school attendance and finding a way to keep our youth motivated and inspired during and after school. With structured programming, we know that First Assist will provide them with the tools they need to build healthy habits that they can carry on throughout their lifetime."

— Andrew Antsanen, Lac Brochet Denesuline First Nation (and star of *Shoresy*)





Please join us!

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FIRST ASSIST

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