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FOOTPRINTS CENTRE



Navigating with Strength

**Elders &
Elders in “Training”**



Penticton Indian Band



**Gouvernement
du Canada**

**Government
of Canada**

This project is funded by Government of
Canada's New Horizons for Seniors
Program.

Creating Positive Changes

Elders Program



- Discover interests, values & skills
- Learn how to help others
- Connect to community services
- Increase self-confidence
- Focus on your gifts

What is a Navigator?

The Navigator program is a peer helper training course.

- Become more independent
- Increase self-confidence
- Free Training
- Help community
- Help family members

Who should come?

- Elders (as you define it)
- Be willing to help others
- Attend 20 days of training (one day per week)

Navigating with Strength

Benefits to being a Navigator:

- Learn about your own strengths
- Give back to your community
- Get support from others
- Mileage/daycare subsidy during training
- Share your experience
- Find a new career path
- Navigators will have access to and assistance with computers or access technology in order to help their peers.

