



Embedded Financial Coaching

West Neighbourhood House (West NH) offers free financial coaching. This initiative recognizes that managing finances is an important aspect of overall wellness.

Combining job skills and employment training with financial coaching can lead to positive outcomes for participants.

As your earning potential increases, we are here to help increase your financial literacy and grow your confidence managing your personal finances.

The program includes workshops covering various financial topics and one-on-one financial coaching sessions. These resources will help you understand and build your budget, manage income fluctuations, navigate the Canadian banking, credit, and tax systems, and set and achieve financial goals. Your financial coach will assist you in understanding your current financial position, creating a plan to address financial challenges, developing positive financial habits, and planning for your financial future.

A Quality-of-Life Platform is used to measure success through outcomes and a self-assessment survey to gauge how you feel about your finances in relation to your overall wellbeing. Multiple appointments with your financial coach may be necessary to establish a plan that suits your needs. The relationship between you and your coach is intended to be long-term, typically lasting up to 18 months and often extending beyond the completion of job skills or employment training. Your coach will check in regularly to track progress, provide encouragement, and assist with any questions or concerns by appointment throughout the coaching relationship.

Contact Information

For inquiries, please reach out to Rebekah Smylie, Manager of Financial Empowerment, at rebekahsm@westnh.org or 647-643-2794.