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here is a simple truth: everyone wants to live a good life each of us imagines our good life a little differently and none of us takes the same path to get there but we can all agree that a good life is one where we are at peace with ourselves healthy emotionally spiritually physically and mentally and moving in the direction of our dreams.

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Mino Bimaadizidaa means to live a good life, and this is the path our program will help you find. Mino Bimaadizidaa is a holistic healing program with four cycles.

Each cycle takes as long as you need so that you can build on your new skills and have all the tools you need for success. By the time you complete this program, you'll understand who you are where you are headed to achieve a good life, and the steps you will take to get there.

In the first cycle, you will find the hunger to make changes in your life gain the confidence that you can succeed and start awakening the spirit. By the end of cycle one you will ask Who am I and know the answer.

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In the second cycle you will learn the roots of your desires your unfulfilled needs and the challenges you will face as you heal the spirit. By the end of cycle 2 you will understand where you have come from, which will rebuild your vision of yourself and your future.

In the third cycle you will focus on where you are going next and carrying the spirit forward. You will take the first steps to achieve financial independence through navigating towards finding a career path or starting your own business.

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in the fourth cycle you, will learn how to achieve your goals and free the spirit. You'll move towards financial stability through creating your own income with your own business or by following your career path. We know it can be hard to change your life when there's so much standing in your way. This program was developed by individuals in our communities. These people face the same struggles you are facing now and had the same barriers holding them back.

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80% of those who have entered into this program have left with the foundational skills and confidence to create new goals and achieve them. Some of the graduates of this program have gone on to work at Air Canada, Hydro Ontario, or have become entrepreneurs. At the end of their education with us, they had a plan for providing for their families and gain self-confidence. They understood their history had stabilized their spirit and rediscovered their passions. They are finally at peace with their true selves and that is how we will all find our good life.

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(Anishinaabemowin)Join us. We're with you, every step of the way. Visit us at [www.niigaaniin.com](http://www.niigaaniin.com) and choose the Mino Bimaadizidaa tab to join us.