



FOR IMMEDIATE RELEASE

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Adult Coaching Program launches January 2022 thanks to funding from Westoba Credit Union.

Brandon, MB – The Brandon & District Chapter Learning Disabilities Association of Manitoba Inc. (BDNLDAM) is pleased to announce the launch of an 'Adult Coaching Program' thanks to support from Westoba Credit Union and Brandon Area Community Foundation.

"The Adult Coaching Program' is designed for adults 18-59 that have been diagnosed with a learning disability or suspect they may have a learning disability," said Executive Director, Jacqueline Goods. "Healthy habits are a learned behavior, having a learning disability can impact those habits and how we react to our daily lives; we are very thankful to Westoba for supporting this initiative and the opportunity it provides to our community."

This newly developed personalized coaching program will cover topics such as money management, confidence building strategies, understanding learning style and overall health and wellness. The program is tailored specific to the participant including weekly one-hour meetings with a program coach.

The goal of the program is to give participants an overall confidence to manage everyday challenges that may be accentuated by a learning disability. Branch Manager, Ksenia Zatvarskyi at the 34th & Victoria Westoba branch, said this program is a perfect fit for Westoba's aim of improving financial literacy.

"Learning to budget, saving, investing, as well as navigating the ever-changing landscape of banking technology takes the right skill and knowledge," said Zatvarskyi. "Your financial health is connected to so many other areas of your personal well-being; Westoba is proud to support this program and the practical skills and tools it provides."

Other program topics include building a support network, discovering employable skills and mental health basics. Registration for this program is on-going. If you know of someone who can use some coaching, please ask them to contact the BDNLDAM office at 204-727-4669.

About the Brandon & District Chapter Learning Disabilities Association of Manitoba Inc.

Brandon and District Chapter of the Learning Disabilities Association of Manitoba Inc. provides resources and various levels of programming and support to those individuals being Identified as having a learning disability and or Attention Deficit Hyperactivity Disorder (ADHD).

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