



# WOMEN'S FINANCIAL EMPOWERMENT PROGRAM - FREE INDIVIDUAL FINANCIAL + CREDIT COUNSELLING

The Women's Financial Empowerment Program is a collaboration with Family Services Ottawa and Resolve Counselling Services Canada. Our goal is to support financial empowerment for women who have experienced gender-based violence in our community. We have one-on-one financial and credit counselling sessions available for women who have experienced intimate partner violence and are offering a series of workshops to support financial empowerment and education.

## ONE-ON-ONE FINANCIAL AND CREDIT COUNSELLING SESSIONS - FREE

We offer confidential advice on managing money and overcoming debt. First, our Certified Credit Counsellors will sit down with you to review and understand your personal financial situation. From there, our counsellors will help you explore all the options that are available to you to eliminate debt, manage money, and create a plan that leads to economic empowerment and independence.

Sessions can be booked by calling

**1-800-379-5556**

**Mention the Women's Financial Empowerment Program when booking**



## ECONOMIC EMPOWERMENT:

An individual's knowledge, skills, and confidence to address her own financial well-being.

These sessions are completely free and you may attend more than one session. Sessions will take place over a secure video platform or by telephone depending on your preference.

Find more information on our individual financial counselling or our Financial Empowerment Workshop Series at  
**[www.familyservicesottawa.org/womens-financial-empowerment](http://www.familyservicesottawa.org/womens-financial-empowerment)**

\*This program is funded by the Government of Canada and Women and Gender Equality Canada (WAGE) through the Canadian Women's Foundation.

\*Childcare financial support is available for women who require it to attend a session, please contact [bsmyth@familyservicesottawa.org](mailto:bsmyth@familyservicesottawa.org)