



# WOMEN'S FINANCIAL EMPOWERMENT PROGRAM - FREE WORKSHOP SERIES

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. In addition to our one-on-one financial and credit counselling sessions we are also running a series of workshops to support financial empowerment and education.

Below are some of our upcoming workshop topics and dates. All workshops are FREE to attend and take place over a secure video platform. More information and registration is available online:

[www.familyservicesottawa.org/womens-financial-empowerment](http://www.familyservicesottawa.org/womens-financial-empowerment)

## BUDGETING TO MOVE FORWARD AND THRIVE

We will cover how to create and manage a budget that incorporates your financial goals and plans for the future. There will be worksheets provided to help you set up your own budget based on your needs and financial objectives.

**Upcoming Workshops: Monday May 17th at 6pm + Thursday May 27th at 1pm**

## UNDERSTANDING DEBT: RIGHTS, RESPONSIBILITIES, AND OPTIONS

We will take a practical look at understanding and managing debt. We will discuss the different types of debt and what happens when you have joint debt with a former partner. We will also cover some of the options available to deal with debt, such as refinancing, debt management programs, bankruptcy and consumer proposals.

**Upcoming Workshops: Thursday May 13th at 1pm + Tuesday May 25th at 6pm**

## REAL LIFE MONEY MANAGEMENT:

A great overview of all things "money", including: budgeting, setting financial goals, obtaining and using credit, types of credit, and interest rates. We will discuss options available to address debt and deal with collections agencies. Lastly, we will cover saving, RRSP's and RESP's.

**Upcoming Workshops: Wednesday May 19th at 1pm + Thursday June 3rd at 6pm**



**REGISTER AT:**  
<https://womens-financial-empowerment-program.eventbrite.ca>