



**Me and Money – Financial Literacy workshops for women
Elizabeth Fry Society of Edmonton
10523-100Ave.**

**Sept 13 to Oct 27 Mondays and Wednesdays
9:30 a.m. – 11:30 a.m.**

This program helps women to become financially sufficient. These workshops increase women's self-esteem and help them to make healthy decisions according to their values when managing money. When you pay attention to money and respect money, you are better able to transform your financial situation. After participating in this program, women will be able to keep track of their spending habits, pay their bills, reduce debt, achieve financial goals, and save money.

This groups starts on Mondays and Wednesdays from 9:30 a.m. - 11:30 a.m. September 13th to October 27th at Elizabeth Fry Society of Edmonton. Each workshop has components on creativity through art and journaling, self esteem and stress management.

For more information or to register please give me, Tara, a call at (780) 784-2203.