

Money Matters: 2nd - 9th December

Dealing with money can make us feel anxious and this affects our well-being. These workshops will help you feel more in control of money and as a result less anxious.

The three sessions will:

- Show you how to check you are receiving all the income you are entitled to
- Share ways of dealing with debts, as well as organisations that provide free help
- Give budgeting tips to help keep your finances under control in the future

During these workshops we will be sharing information and organisations who provide free support with money matters. After each session Compass will send you our handout, giving the key points and links to the organisations and websites we talk about in the sessions.

2 weekly sessions

Starts Thursday 2nd December

Online

11.00 - 12.30

Enrol with us, free to join



0118 937 3945

compass.opportunities@reading.gov.uk