

Living with Less Money



This series of free workshops offers tools, resources, and skill building that can help you thrive. We can help explore ways to...

- ◆ Manage your finances
- ◆ Deal with debt and understand credit
- ◆ Find a career you love
- ◆ Feed your family affordable, healthy food



- ◆ Reduce your transportation, clothing, and communications costs
- ◆ Make difficult decisions with confidence
- ◆ Put your skills and talents to good work
- ◆ Budget without feeling deprived

Workshops in October

Orientation Session

An overview of all Living with Less Money workshops that we will be offering
Friday, October 9 from 10:30am to 12pm

Finance and Budgeting

Part 1 - Insights and Strategies
Tuesday, October 13 from 1pm to 2:30pm

Transportation

Bike Maintenance Part 2 - V, Cantilever, and Caliper Type Brakes
Wednesday, October 21 at 6:30pm

Reducing Technology Expenses

Explores ways to keep technology and communication expenses under control
Wednesday, October 14 at 7pm

Living Out the Choices

This series offers an in depth look at choices we trade off in our lives and work. What really counts? What do we cherish most in our lives? Private writing exercises, a quiet reflective method called a card sort, and visual tools help participants study the major turning points of life, bringing fresh light to old dilemmas.
Wednesdays, October 7, 14, and 21 from 2pm to 4pm

Work Options

The world of work is changing. Traditional forms of work such as permanent jobs with a 40-hour work week are disappearing. These workshops will explore what we can do to find meaningful work and meet our needs in such a climate.
Tuesdays, October 14, 21, and 28 from 11am to 12:30pm

Call for more information or see www.theworkingcentre.org/less

For more information, contact Nathan at 519-743-1151 x168, Yvette at x103, or e-mail livesimply@theworkingcentre.org.

