

MORE Money Skills:

A Free Financial Workshop for Adults Living with Mental Illness

Want to learn about money management and have *FUN* at the same time?

Join us for six hands-on and informative sessions on how to:

- \$ use bank accounts and bank services;
- \$ keep track of your spending;
- \$ reduce and avoid debt;
- \$ find money you didn't know was available; and
- \$ make the most out of every dollar you have.



The next Money Skills workshop is being held at the Canadian Mental Health Association, 1355 Bank St. Sessions will take place 1pm-3:30pm every Tuesday from Jan. 28th to Mar. 4th, 2014.

Register now to secure your spot.

Funded by



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Canadian Mental
Health Association
Ottawa
Mental health for all