

Reduce the stress of MONEY!

Saturday sessions to help create an action plan to reduce the stress about money in your life:

How money works

Ways to cope with cost of living

Plan your use of money

Live with less

Where to go for help

Get back in control

Come to any or all of the workshops.

For more information, contact:

Alana Trotman 07586 316 731

Sue Bell 020 7274 0234

suebell@LIFEjourneys.co.uk

**Saturdays
11am–2pm**

- **21 September**
- **19 October**
- **16 November**
- **7 December**

**Community Arts
C.A.F.E.**

London SW9 8RU

Find a better relationship with money!

Does your money lead you a merry dance?

Do you want to come and join us and find out how to take charge of your money and your life?

Saturday sessions to help create an action plan to reduce the stress about money in your life.

21 September · 19 October · 16 November · 7 December 2013

At Community Arts C.A.F.E at Studio 5, 209A Coldharbour Lane (under the arches opposite Loughborough Junction station)

Ideas that will be considered:

- **Budgeting money**
- **Borrowing money**
- **Where to get free understanding advice**
- **Who creates money?**
- **How does the money system work for you?**
- **How to create your own money**
- **Anything that you want to know about how money works for you**

Come to any or all of the workshops.

For more information or to book contact

Alana Trotman 07586 316 731

Sue Bell 020 7274 0234

suebell@LIFEjourneys.co.uk

Organised with assistance from



www.moneyaande.co.uk

