

Financial Stress and Resilience Seminar

Money is one of the most frequently reported causes of stress. How can you, as a family member or caregiver, improve your relationship with money so that you not just survive but thrive?

July 12th, 6:00 to 7:00 pm

Virtual-live over Zoom

[**Click here to register!**](#)

Welcome to the Virtual World

This 6-session course for 18 – 21 year-old young adults includes how to be safe online, how to be a good digital citizen, online education opportunities, and using virtual tools to find a job.

Tuesdays starting July 12th, 4:00 to 5:00 pm

Virtual live over Zoom

[**Click here to register!**](#)

Sponsored by Developmental Pathways



EFI provides learning resources for people with DD and the organizations that support them, leading to improvements in their financial health and economic well-being.

These interactive learning sessions are part of a social environment that gives opportunity for inclusion and advances the quality of life for the entire DD community.

You can learn more at [our website](#).

You're invited to attend at no cost!

Cornerstone: Foundation in Financial Health

Fundamental tools for family members, caregivers and staff to stabilize your economic situation and improve your financial and health habits for the long-term through the choices you make. Reduce your financial stress and learn strategies for saving and money management, even when you have limited resources.

Four sessions, beginning August 2nd,

Tuesdays, 6:00 to 7:30

Virtual-live over Zoom

[**Click here to register!**](#)

Brought to you by

The Financial Health Institute

financialhealthinstitute.org

These events are available at no cost for residents of Adams, Arapahoe, Douglas and Elbert Counties, including the city of Aurora.

**To learn more about these events,
[click this link!](#)**

Please share this invitation with others!

For more information, contact Michael Kilgore
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