

**CHD Counseling & Resources  
for  
Emotional Support Program  
(C.A.R.E.S. Program)**



## **Virtual Group:**

### **Finances & Budgeting During the Pandemic**

In this 4 week group counseling program, individuals will come together virtually over the course to:

- Discuss Elements of a budget
- Steps to preparing a budget
- Balancing your budget with current financial hardships due to COVID19
- Maintaining a budget

**Limit of 8 participants**

**Dates: December 8th– December 29th**

**Time: 1:00 pm– 2:00 pm**

**Facilitated by: Antoinette Bell, LIMHP**

This virtual group will be held over Zoom.

Paperwork in order to participate will be emailed to you after you register with the provided link. This must be completed and sent back to proceed.

**Paperwork is due back 24hrs before the groups start date.**

### **Sign up with the following link:**

<https://www.eventbrite.com/e/finances-budgeting-during-the-pandemic-tickets-130314246419>

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