

## Classes and Workshops Available at SOS

**Budgeting Square Pegs into Round Holes:** Trying to pay Peter when you can't even pay Paul? Not sure where your money is going? This may help. This is an introductory course to personal financial management made simple. We will cover how to set up a budget, track your spending and save money, Prioritize your spending and take plan for those unpredictable events that can impact your financial stability.

**Reaching Your Financial Goals:** Are you between the ages of 20 and 55? Worrying about your financial future? Through this introductory class, you will gain tools and knowledge to help you take control of your finances and help you develop a plan toward financial security. *Sponsored and presented by Financial Beginnings.* Once you have completed this class and would like more one on one support in developing and managing a plan toward economic security, a second, more personalized course is available. This secondary course called **"The Life I Want"** is available through a referral by your advocate.

**Protecting Your Finances & Understanding Credit:** Concerned about identity theft? Are you curious how credit scores are established? Need help in improving your credit score? This may be the class for you. Through this course, you will gain a basic understanding how credit is established and ways to improve your score. You will also learn ways to reduce the risk of identity theft and some steps you should take if you fall victim to identity theft. *Sponsored and presented by Oregon Pacific Bank and Financial Beginnings*

**Employment Tips and Tricks:** Trouble finding work? Thinking about a career change? You have a work history or criminal record that makes finding work a challenge? This course is for you. This four-part class covers how to market yourself and find employment opportunities in Florence. You will learn techniques and strategies to get that foot in the door. You will also learn ways to make your work experience a little more enjoyable. Sponsored in part by Goodwill Industries.

**Managing Stress So it Doesn't Manage You** – This fun interactive class will give you some skills and techniques to help you prioritize what is important in your life, and handle those curve balls that life throws a little better.

**Tenant Tips (your basic rights and your responsibilities)** – This is an in-depth look at what it means to be a tenant (renter) in Florence. What am I allowed to do and not allowed to do? What is my landlord allowed to do and when? We will look at the basic principles of landlord/tenant law, and how they apply to individuals in our area. *\*Please note this class is for information only, and does not offer any legal advice.*

**Meal Planning For Success** – Learn tips on how to meet your nutritional needs on an extremely tight budget, as well as ways to get the most "bang for your buck" at the store.

**Women's Empowerment** – Getting together in a safe space with local women to support one another. Encouragement in learning new life skills, and have your voices heard, whatever the issue.

**Men's Empowerment** – Getting together in a safe space with local men to support one another. Encouragement in learning new life skills, and have your voices heard, whatever the issue.

**Safety Planning** – Learn ways to keep you and your information safe.

**DHS Approved Parenting Course** – In this parenting class you will learn basic parenting skills and knowledge of how domestic violence affects an individual as well as those around them including children. Support in goal setting, as well as achievement of your goals.

***\*For more info on these opportunities please call 541-997-2816***