

# Asset Building Course Catalog

June 2025



**Workshops are free and open to the public!**

# Virtual Workshops



WORKSHOP	DATE	TIME	LOCATION	CONTACT
<b>Banks, Credit Unions &amp; More</b>	Tuesday 6/10	6:30 pm - 7:30 pm	Register via <a href="#">Zoom</a>	<a href="mailto:Ksaylorgordon@heartlandhumancareservices.org">Ksaylorgordon@heartlandhumancareservices.org</a>
<b>Eating Healthy on a Budget</b>	Tuesday 6/17	6:00 pm - 7:00 pm	Register via <a href="#">Zoom</a>	<a href="mailto:Ksaylorgordon@heartlandhumancareservices.org">Ksaylorgordon@heartlandhumancareservices.org</a>
<b>Get Help with Your Credit Problems</b>	Wednesday 6/25	6:00 pm - 7:00 pm	Register via <a href="#">Zoom</a>	<a href="mailto:blmartinez@heartlandhumancareservices.org">blmartinez@heartlandhumancareservices.org</a>
<b>Making The Gig Work for You</b>	Monday 6/30	6:00 pm - 7:00 pm	Register via <a href="#">Zoom</a>	<a href="mailto:blmartinez@heartlandhumancareservices.org">blmartinez@heartlandhumancareservices.org</a>



## National Insurance Awareness Day: June 28, 2025

National Insurance Awareness Day, serves as a timely reminder to review and update your insurance policies to ensure they align with your current needs and circumstances. Whether it's health, life, auto, home, or business insurance, taking the time to assess your coverage can provide peace of mind and financial security

## WORKSHOP DESCRIPTIONS

### **Banks, Credit Unions & More**

Avoid fees! Learn the pros and cons of using banks, credit unions, prepaid cards, currency exchanges and fintechs.

### **Eating Healthy on a Budget**

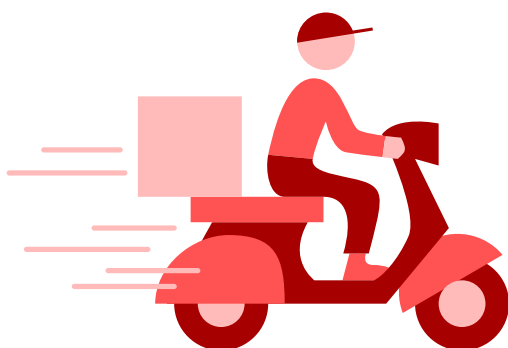
Discover tips, tech tools, and local resources to help you maintain a nutritious diet while staying within your budget.

### **Get Help with Your Credit Problems**

Learn to improve your credit, deal with collections, repay your debt, and overcome identity theft.

### **Making The Gig Work for You**

Learn how to track your earnings, understand your profit, and decide whether you're making the most of your hustle.



### **Attention Federal Student Loan Borrowers**

To keep up with the latest federal student loan news, repayment options, and forgiveness programs, regularly visit the official Federal Student Aid website: [StudentAid.gov](https://studentaid.gov). They provide timely announcements and resources to help you manage your loans effectively.

We've also created a helpful checklist to assist you in staying organized and ensuring your student loans remain in good standing. This tool covers essential steps like updating your contact information, identifying your loan servicer, and selecting the right repayment plan.

## Group Guidelines

The following guidelines are designed to help us stay focused on our journey towards better money management.

**Promptness** Please arrive on time. If you come in after we have begun, please come in quietly.

**Respect** Give your undivided attention to the speaker (no cross-talking or interruptions) Please silence your phones.

**Confidentiality** Personal information that is shared in the group should remain in the group.

**Participation** Share your thoughts and feelings, offer support, encouragement, and suggestions, if sought.

**Children** Although workshops are generally geared towards adults, children are welcome to attend as well.

## Workshop Attendance Policy

**Stay for at least 45 minutes after the webinar starts:** To ensure attendance and qualify for full credit, you must be present for a minimum of 45 minutes from the beginning of the webinar.