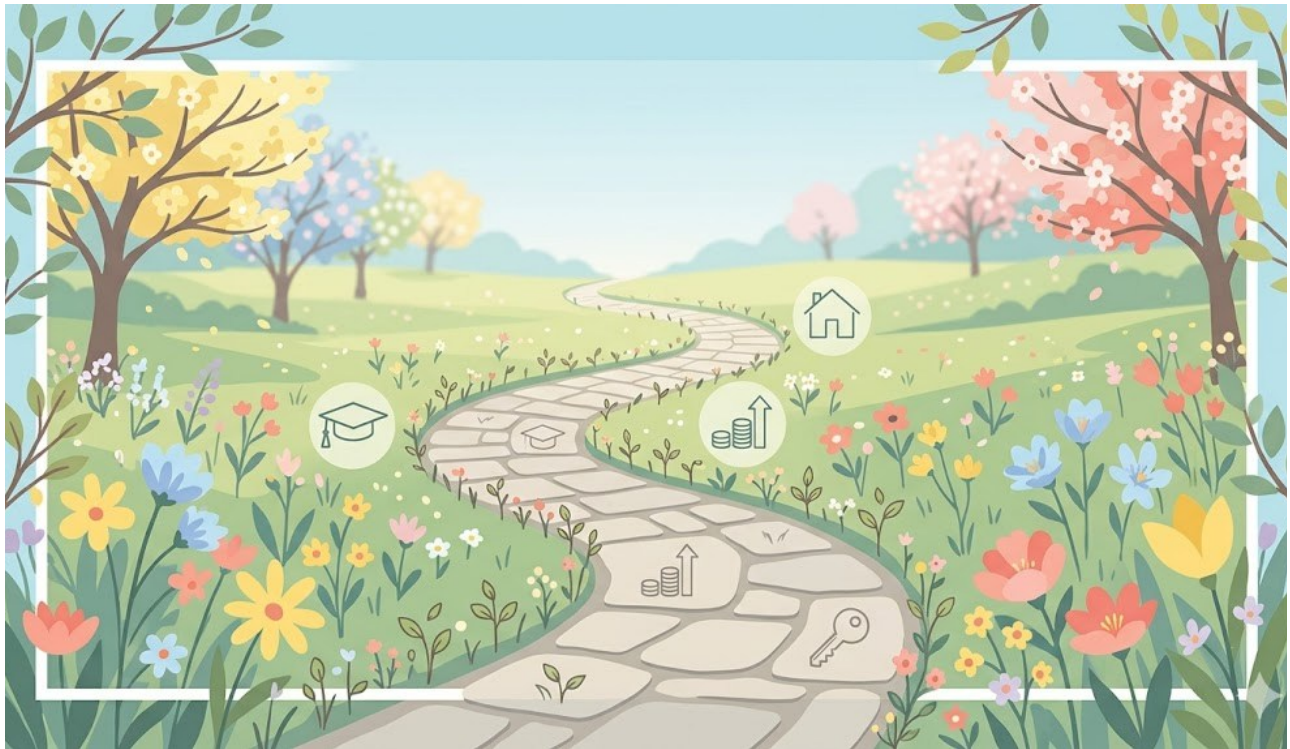


# ASSET BUILDING COURSE CATALOG



**MAY 2026**



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

# Virtual Workshops



WORKSHOP	DATE	TIME	LOCATION	CONTACT
Leveraging Fintech Apps for Financial Wellness	Monday 5/6	6:00 pm - 7:00 pm	Register via <a href="#">Zoom</a> 	<a href="mailto:blmartinez@heartlandhumancareservices.org">blmartinez@heartlandhumancareservices.org</a>
Saving Is Possible Small Habits, Big Impact	Monday 5/18	6:00 pm - 7:15 pm	Register via <a href="#">Zoom</a> 	<a href="mailto:blmartinez@heartlandhumancareservices.org">blmartinez@heartlandhumancareservices.org</a>
Eating Healthy on A Budget	Thursday 5/21	6:00 pm - 7:00 pm	Register via <a href="#">Zoom</a> 	<a href="mailto:ksaylorgordon@heartlandhumancareservices.org">ksaylorgordon@heartlandhumancareservices.org</a>
Student Loans	Thursday 5/26	6:00 pm - 7:00 pm	Register via <a href="#">Zoom</a> 	<a href="mailto:ksaylorgordon@heartlandhumancareservices.org">ksaylorgordon@heartlandhumancareservices.org</a>



## MAY 1ST IS NEW HOMEOWNERS DAY

While today celebrates those who have reached the milestone of owning a home, it's also the perfect time to focus on the road to getting there. Building your assets through real estate is a powerful way to create long-term stability and generational wealth. If homeownership is still on your to-do list, check out Neighborhood Housing Services of Chicago (NHS)! They offer incredible resources, including pre-purchase counseling, homebuyer education classes, and information on down-payment assistance programs to help make your goal a reality. Learn more by visiting their website: <https://nhschicago.org/>

## WORKSHOP DESCRIPTIONS

### Leveraging Fintech Apps for Financial Wellness

Learn about how financial technology (Fintech) can benefit – or harm – your financial health, and gain the tools you need to determine if Fintech is right for you.

### Saving Is Possible Small Habits, Big Impact

Learn practical, strategies to build a sustainable starter emergency fund.

### Eating Healthy on A Budget

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

### Student Loans

Learn how to access your federal student loan information, explore repayment options, and take practical steps to manage your loans and protect your financial future.

[Schedule a meeting with a student loan counselor](#)



MAY 29TH: NATIONAL 529 COLLEGE SAVINGS PLAN DAY

Celebrated on 5/29, this day highlights the importance of planning for future education. A 529 Plan is a tax-advantaged investment account designed to help pay for higher education, vocational schools, and even K-12 tuition. The earnings grow tax-free when used for qualified education expenses. **How to Observe:**

**Open or Increase:** Many plans allow you to open an account with as little as \$10–\$25. If you already have one, consider a one-time "529 Day" contribution of \$29 to boost your balance.

**Automate Your Future:** Set up a recurring monthly transfer—even \$5 or \$10—to take advantage of "set-it-and-forget-it" growth.

**Share the Link:** Use your plan's "Gifting Link" to allow family members to contribute to a loved one's education for birthdays or graduations.

**Check out Illinois' Plan:** [here](#)

## 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.