

# Support to rebuild your financial health.

*Good Shepherd  
'Pop-Up'  
in East Gippsland  
& Towong*

Learn to control  
and rebuild  
your financial  
wellness through  
a range of free  
workshops for  
women.



**Good Shepherd**

Australia New Zealand

# Life has changed.

Learn to understand what your current money situation looks like and what it means to control your financial wellness.

Practical, simple and useful information condensed into one bite-sized hour!

Our workshops are open to all women in East Gippsland and Towong.

We provide a safe and confidential learning space where you can participate from home.

Each registered participant will receive a \$30 gift voucher!



## Making Friends with Bills

Bill smoothing  
Mapping out bill cycles  
Understanding your bills  
How to reduce stress by organising your bills  
How to get a better deal from your provider  
Concessions, bonuses and asking for help



**Dates & Times: all 10am or 4pm**

Tuesday November 9  
Thursday November 25

## Budgeting - Your New Superpower

Understanding your expenses  
What influences the way we spend our money?  
Spending diaries & money leaks  
Tools to use to begin to budget



**Dates & Times: all 10am or 4pm**

Thursday November 11  
Tuesday November 23

## Online Shopping - Traps and Pitfalls

Scams and how to avoid them  
What to do if you are scammed  
How to recognize a trusted site  
How to reduce impulse buying  
BNPL - pros and cons



**Dates & Times: all 10am or 4pm**

Thursday November 4  
Tuesday November 16

## Festive Financials

Planning ahead  
Budgeting for a festive blowout  
How to create savings plans  
Where to source a bargain  
Cheap alternatives to expensive festive fancies.



**Dates & Times: all 10am or 4pm**

Thursday November 18

## Insurance 101

The ins and outs of making a claim  
The importance of reading your PDS  
Protecting your important documents  
Understanding underinsurance and how it can leave you out of pocket



**Dates & Times: all 10am or 4pm**

Tuesday November 30  
Wednesday December 8

## Spending Leaks and How to Plug Them

Spending diaries  
How to identify where your money is leaking  
Unplanned spending including hidden fees



**Dates & Times: all 10am or 4pm**

Thursday December 2  
Tuesday December 7

## Catchy catches - Buy now, pay later

**Contact  
the Good  
Shepherd**  
**'Pop-Up'**  
**in East  
Gippsland  
& Towong**



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