

ASSET BUILDING COURSE CATALOG

MARCH 2022



Workshops are free and open to the public!
www.heartlandalliance.org/assetbuilding



[@HEARTLANDASSETS](https://twitter.com/HEARTLANDASSETS)

Virtual Workshops



WORKSHOP	DATE	TIME	LOCATION	CONTACT
Get Help With Your Credit Problems	Sat 3/12	10:00 am - 11:00 am	Register via Zoom	lharris@heartlandalliance.org
Healthy Eating on a Budget	Tue 3/15	3:00 pm - 4:00 pm	Register via Zoom	tbell@heartlandalliance.org
Your Financial Story and Why It Matters	Thu 3/24	6:00 pm - 7:00 pm	Register via Zoom	csimmons@heartlandalliance.org
Credit Scores What Helps & What Hurts	Thu 3/31	6:00 pm - 7:00 pm	Register via Zoom	blmartinez@heartlandalliance.org

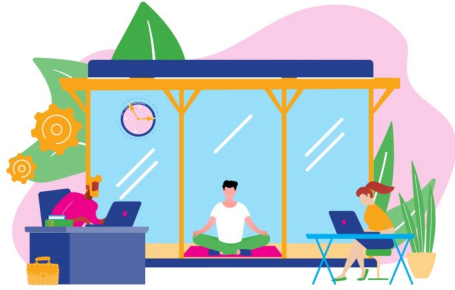
Have you recently attended a live Zoom webinar?

Register for webinar workshops by using the Zoom link. You will be asked to download the [Zoom platform](#). Doing this will let you connect more quickly when the webinar starts. It does not cost anything to download the software. We suggest that you enter the webinar 5-minutes before the scheduled start time. It can take a few minutes to enter the Zoom room. Here is a [video](#) or [tutorial](#) on how the registration and to join the meeting process works.

zoom

Join a Meeting

Sign In



Get Help With Your Credit Problems

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

Credit Scores – What Helps & What Hurts

Confused by credit? Learn what credit is, when to use it, and how to understand your credit report and score.

Your Financial Story & Why it Matters

Explore how your relationships influence your finances, discuss how to resolve conflicts about money, and how to pass on positive financial habits.

WORKSHOP DESCRIPTIONS

Healthy Eating on a Budget Explore how the relationships with the food you eat impacts not only your health but also your finances, learn new ways to eat healthy while staying on budget and discuss techniques to pass on positive eating habits to your family.



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

If you miss more than 15 minutes of a workshop, you will not receive credit for attending the workshop.