

If in-person, hand out the “Hidden Rules among Classes” sheet to participants. If you are facilitating online, provide participants with a link to the handout and pull it up on the shared screen so that everyone can view it together. Go through each point and invite discussion.

Connect these conversations back to the course goals: to build upon existing money management and personal finance skills, which can help mitigate some of the stress, anxiety, or shame felt around money that can negatively affect a person’s mental health. This course is designed to provide financial skills and tools to participants while they direct their own recoveries.

## Individual Goals

**Facilitator:**

**Suggested time:** 5-10 minutes

**Materials:** PowerPoint slides; Student Guides p. 21; Workshop 1 worksheets; pens/pencils

### **Activity:**

Ask the participants to write down in their Student Guide, Workshop 1 Worksheets, or notebook what they hope to get out of this course and the financial areas that are most important for them to address. Invite sharing of these goals in small groups or as a class. Ask them to save these goals so that they can reflect on them at the end of the course. Let participants know that next class, they will create an action plan for achieving their financial goals.

## Wrap-up

**Facilitator:**

**Suggested time:** 10 minutes

**Materials:** PowerPoint slides, Student Guides p. 22-26; Workshop 1 Worksheets

### **Teaching:**

Go over the Homework Assignment for this week:

1. Ask the participants to refer to the Money Saving Ideas section in the Student Guide (p. 22-26) and choose one money saving idea to commit to for the next week. *Both facilitators will commit to one idea as well, which needs to be stated.*
2. Participants will mark in their Guidebooks or Workshop 1 Worksheets which actions they are already doing and which they will try out for the next week. Let the participants know