

## **Updates & Sharing**

**Facilitator:**

**Suggested time:** 10 minutes

**Materials:** Attendance sheet; PowerPoint slides; whiteboard; Community Agreements

### **Teaching:**

Welcome back the participants. Take attendance. Briefly go over the Community Agreements and the day's agenda, acknowledging that taxes can be a difficult and uncomfortable subject for many.

### **Discussion:**

Begin sharing with one facilitator going first. Sharing should include how the week has gone with issues around finances and how the money saving ideas are going. If there has been any savings as a result of using the ideas, this should be shared, with an estimated dollar amount. Ask participants to share how their budgets are going. Give each participant, and the facilitators, 2-3 minutes to share.

## **Tax Basics**

**Facilitator:**

**Suggested time:** 15-20 minutes

**Materials:** PowerPoint slides; Student Guide p. 155-158; pens/pencils;; whiteboard; Workshop 9 Handouts 1, 4, 7

### **Teaching/Discussion:**

Begin the workshop by discussing, as a class or in small groups, some of the ways the stress and confusion of tax season may impact a person's mental health. For many, the stress and pressure to do their taxes may bring about feelings of stress, shame, confusion, anxiety, or guilt. Pass out the "IRS Tips to Take the Stress out of Tax Season" handout.

Let participants know that this workshop is designed to relieve some of the stress and negative emotions associated with taxes by providing information, tools, and resources. Like all of the topics presented in this course, the goal is that participants feel empowered by learning new information and resources.