

Even if your resources seem limited, there are usually ways to set aside some money toward your savings goals if you commit to them. As you work toward your financial goals, you will become able to recognize what works for you and what doesn't. Setting, and working towards, these important and achievable goals is an empowering process. You should feel proud of the work you are doing here!

"If you can imagine it, you can achieve it; if you can dream it, you can become it."

William Arthur Ward

Congratulations!

You have made it to the end of The Mental Health & Addiction Association of Oregon's Money Basics financial empowerment course! Thank you for your participation and engagement throughout these 10 workshops. You have done amazing work and we hope you are proud of all you have accomplished.

We hope you found this course engaging and informative and that you can use the tools and resources you have learned to spend and save money in ways that work best for **you**. We also hope that the knowledge and skills learned and connections and community built in this course will help reduce feelings of stress or hopelessness you may have felt when it comes to your finances and help contribute to your own unique path to recovery, wherever you are on your journey.

