

# WORKSHOP 1

## Welcome

Congratulations on making the decision to take positive steps toward greater financial security!

Money Basics is a financial literacy program that is peer-led and person-centered, designed for individuals with lived experience of mental health and/or addiction challenges and recovery.

Throughout these workshops, we will be using a strengths-based approach. Odds are, you already have many skills you use to get by. These are skills we can use as a base, with the goal of adding new information and resources to what you already know and use each day. By building upon your existing knowledge, strengths, and experiences, this course will help you build financial resilience, reduce financial stress, and feel empowered to budget, save, and spend money in ways that work for **you**.

### **Course Expectations:**

**Active Listening:** Listen carefully to other speakers and to your own reactions.

**Mutual Respect:** Accept the validity of another point of view, even if you disagree.

**Suspend Judgment:** Approach other people's opinions with an open mind.

**Speak up:** Share your views fully and honestly, if comfortable. If you've spoken a lot, step back to allow space for others to share.

**Above all,** we want you to feel comfortable sharing your thoughts and experiences without shame or embarrassment. We want to create a safe, welcoming, and fun space for learning and collaboration. If you ever have a hard time understanding a topic, please do not hesitate to ask questions at any time. If a topic ever brings up negative emotions or experiences, you are welcome to leave class briefly or do whatever else you may need to take care of yourself.<sup>1</sup>

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<sup>1</sup> Original material from Peerlink National Technical Assistance Center.