

**University of Connecticut Cooperative Extension System  
Family and Community Development Programs:**

**Help** families and individuals improve communication, parenting skills and manage their money and other resources.

**Teach** consumers and agency staff to apply lead poisoning prevention in their homes and communities.

**Encourage** citizens to increase their leadership skills and to use them to benefit their communities and improve their lives.

Our faculty and staff develop and deliver objective, research based educational programs on a wide variety of issues of importance to families, individuals and communities. Contact us for more information about training, publications, curriculum, and other resources on these and related topics. We welcome opportunities to collaborate on new projects.

**The Connecticut Cooperative Extension System** is a statewide, informal education system within the University of Connecticut College of Agriculture and Natural Resources and the School of Family Studies. Cooperative Extension educational programs and problem-solving assistance are based on the research of land-grant universities such as the University of Connecticut. Nationally, the Cooperative Extension System is a publicly funded, lifelong educational system that links the education and research resources and activities of 74 land-grant institutions, 3150 counties, and the United States Department of Agriculture (USDA).

**Cooperative Extension** programs are delivered throughout Connecticut in one-on-one sessions, workshops, short courses, demonstrations, print publications, videotapes, radio, newspaper, periodicals and the Internet. Our educational programs cover a wide range of issues, with emphasis on:

- Animal Health and Agriculture
- Family, Community and 4-H Youth Development
- Food, Nutrition, and Food Safety
- Natural Resources, Land Use and Environment
- Plant Agriculture, Horticulture, and Gardening

*Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Gregory J. Weidemann, Director, Cooperative Extension System, University of Connecticut, Storrs. An Equal opportunity program provider and employer. To file a complaint of discrimination, write USDA Director, Office of Civil Rights, Room 326W, Whitten Building, Stop Code 9410, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202)720-5964.*

*Every effort will be made to provide special accommodation if requested at least fourteen days in advance.*

# **Managing Family Money and Other Resources**

**Workshops and Training for  
Community and Professional Groups**

**Fall/Winter 2009**



University of Connecticut  
COOPERATIVE EXTENSION SYSTEM  
*College of Agriculture and Natural Resources*

# *Life changes... and so do your finances!*

## **Making financial decisions can be challenging.**

The **University of Connecticut Cooperative Extension System** provides a variety of financial education programs designed to address the needs of families, individuals and youth. Businesses, social service agencies, community organizations and others are invited to partner with Cooperative Extension in providing these programs for their employees, members and clients. Training in teaching financial literacy skills is also available.

For more information about these and other financial education opportunities or to schedule workshops for your agency or organization, contact:

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## **Managing Family Resources**

### **When Less is More**

Economic, environmental and social changes may be causing you to reflect on how you and your family use resources. In this workshop, you will review and reflect on some of your current practices in this regard. Identifying personal and family goals, determining priorities and focusing on steps toward achieving them will be the focus.

### **Balancing Family Life and Work**

Strategies for managing time, family and work responsibilities are the basis of this workshop. Setting goals and priorities, reviewing time usage and developing an action plan are emphasized.

## **Adult Financial Literacy**

### **Managing Family Money In Challenging Times**

Rising costs, difficulty in paying bills, job loss, changes in employee benefits and dealing with every day family needs are issues of concern to many of us. This workshop will focus on helping individuals and families identify their goals, review their current spending and bills, plan for their future and identify possible actions to take.

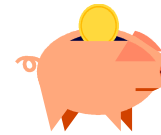


### **Financial Fitness Checkup**



Would you like to improve your financial future? One way to start is by participating in the Financial Fitness Checkup. This workshop will help you review your current status and identify strategies for making progress on reaching your goals.

### **Parents, Kids and Money**



In this session designed for parents and professionals who work with them, we'll discuss the importance of financial literacy for youth, how children learn about money and identify opportunities for parents to teach their children.

## **Youth Financial Literacy**

### **Welcome to the Real World, Connecticut Edition!**

Offered in partnership with schools and community groups, this simulation event gives teens the opportunity to try life as a single 25 year old by selecting a career, making decisions and living within a monthly income.



### **Financial Facts of Life**

Workshops focusing on the financial information needed by youth, teens and young adults are available. "Hands-on" experiential learning activities engage learners in actively applying this information.