

# Our group sessions

In each session we will have...

- ✓ ***Check-in***
- ✓ ***Meditation/mindfulness exercise***
- ✓ ***Personal story***
- ✓ ***Financial wellness information & resources (by our team or a financial counselor):***
  - ✓ accessing financial counseling
  - ✓ Budgeting and savings,
  - ✓ managing & reducing debts,
  - ✓ tax credits, filing taxes
  - ✓ housing supports
  - ✓ food supports
- ✓ ***Group/breakout discussions***
- ✓ ***Winding down meditation***