



CLAIM IT. \$AVE IT. GROW IT.

The United Way of West Central Connecticut, serving the communities of Bristol, Burlington, Plainville and Plymouth, is working to create opportunities for a better life for all by focusing on education, income and health.

Under the building block of Income, this initiative strives to help families become financially stable and independent.

To get more information on other ways that United Way can help you get your finances back on track, download our Financial Stability Resource Guide from our website: www.uwestcentralct.org/financial-stability-resource-guides

This guide is personalized based on the town in which you live and is also available in Spanish!

2-1-1

Whether you need help – or want to give help – 2-1-1 is the free and confidential way to locate hundreds of services available in our community. 24 hours a day. 365 days a year.

DOES IT FEEL LIKE YOUR FINANCES ARE SPINNING OUT OF CONTROL?



MEET WITH A FREE VOLUNTEER FINANCIAL COACH

An initiative of





CHANGE YOUR FAMILY'S FINANCIAL FUTURE

United Way of West Central Connecticut's free Financial Coaching Program can help you get control of your finances!

We will match you with a trained volunteer who will help you develop a better understanding of your financial situation. In one-on-one sessions with your coach, you will learn how to effectively manage your income, spending, debt and savings. Your financial coach will not budget your money for you, but will coach you through the process of doing it yourself. This way, the spending plan you create will fit your personal wants, needs and goals.

Creating a realistic spending plan is never easy. It requires a degree of self-discipline and sacrifice in the short-term, in order to reach your long-term financial goals. However, this process can be easier when you have someone knowledgeable, with your best interests at heart, helping you along the way.

Call United Way at (860) 582-9559 to get started today!

Getting Started: Your first step should be to call United Way at **(860) 582-9559** to let us know you are interested in participating in this program. The program manager will set up an intake meeting with you and then match you with a volunteer coach. Once you meet your coach, you will have between four and six coaching sessions that last approximately one to two hours each.

The First Meeting: You and your financial coach will explore your overall situation, with special emphasis on your income and spending. You'll develop a personalized system for recording and paying your bills in the short term. The coach will then assign you a few easy action steps to be taken before the next meeting.

The Second Meeting: Depending on whether you are in our Regular or Accelerated Program, this meeting will take place either a month or two weeks after your first one. You and your coach will review the information you gathered and begin to outline your spending plan. The following month you will live within your new system and see how it suits you and your family.

Subsequent Meetings: Several more meetings may be necessary to make changes and adjustments to your spending plan. At each meeting, you will evaluate your progress and discuss helpful tips.

The Final Meeting: At this meeting, you and your coach will establish a long-term plan for success.

Meeting Location: You and your coach will decide on a time and place that's convenient for both of you. You should meet at a place with few distractions and ample table space for your paperwork. Ideas are your local library or coffee shop.

