



**A Refuge.  
An Advocate.  
A Strong Voice  
Against Domestic  
Violence.**

San Francisco, CA

**Business Line: 415-503-0500**

**24 Hour Crisis Line:**

**1-877-503-1850**



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## Our Mission

The mission of La Casa de las Madres is to respond to calls for help from domestic violence victims, of all ages, 24 hours a day, 365 days a year. We give survivors the tools to transform their lives. We seek to prevent future violence by educating the community and by redefining public perceptions about domestic violence.

# Economic Empowerment Project Goal

Connect victims  
with financial  
literacy knowledge,  
tools, and experts

# In partnership with

- San Francisco District Attorney's Office
- Bank on San Francisco

## We created the

# Economic Empowerment Workshop Series



Come learn how to gain or regain control over your finances at

# Economic Empowerment Workshop\$



Join our 3 week workshop series and learn about debt management, budgeting, banking options, credit, resources and more!

<b><u>Dates:</u></b>	October 21 <sup>st</sup> , 28 <sup>th</sup> , and November 4 <sup>th</sup> , 2010	<b><u>Time:</u></b>	5:30pm – 7pm
<b><u>For:</u></b>	Adult women who are victims or survivors of domestic violence		
<b><u>Location:</u></b>	La Casa de las Madres Drop In Center 1663 Mission Street (between S. Van Ness and 13 <sup>th</sup> Street)		
<b><u>Contact:</u></b>	You must sign up ahead of time, and space is limited! Call Lindsay 415-503-0500 x381		

**Childcare Provided**

A partnership of La Casa de las Madres, Bank on San Francisco, and the San Francisco District Attorney's Office/Victim Services Division



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## La Casa de las Madres Financial Management Workshops

### Workshop 1

#### Budgeting & Financial Goal Setting, Creating an Action Plan

- Introduction/Icebreaker
- Confidentiality & Commitment
- Wishes & Gains (What do you hope to gain from this class?)

#### Financial Goal Setting

- Achieving Your Financial Goals
- Goal Setting Exercise
- Short vs. Long Term Goal Setting
- "What would you do if you won the lottery?"
- Create a Financial Action Plan
- Get Out & Stay Out of Debt

#### Budgeting

- Keys to Financial Freedom
- Suggested Budget & Expenses
- How to Manage Your Money
- Ways to Save
- Tracking your expenses
- Creating your personal budget
- Personal Record Keeping

**Homework:** Think about one way you wasted money during the week. Think about one way you saved.

### Workshop 2

#### Explore Relationships with Money Give Yourself A Raise, Resources

#### Discover your Money Personality

- Assess Your Assets
- How Secure Do You Feel About Money?
- Money Myths
- 10 Steps to Financial Wellbeing

#### Give Yourself a Raise

- Make the System Work for You
- Money Down the Drain
- 101 Ways to Save
- 211, CARE, CA Lifeline, CA Low Cost Auto Insurance, etc.
- Impact of Time Value of Money
- Give Your Paycheck a Boost
- EITC, SF Working Families
- IDAs

#### Resources

- Freebies & Discount Events
- Consumer Referrals

**Homework:** Think of a resource, skill or hobby you have that can help you increase your income.

### Workshop 3

#### Credit Reports & Everything You Ever Wanted to Know About Using Credit

#### Using Credit

- What Is Your Credit I.Q.?
- Should You Use Credit?
- Shopping for Credit
- Cost of Credit
- New Credit Card Regulations
- Your Credit Rights & Responsibilities
- Financial Warning Signs

#### Take the Mystery Out of Credit Reports

- Establishing Good Credit
- Obtaining a Credit Report
- Cleaning Up Your Credit Record
- Rebuilding Good Credit

#### Graduation! Distribute Financial Education Certificates

# Workshops and Results

- Fall 2010- Drop In Center Series
- Spring 2011- Mary Elizabeth Inn Series
- Summer 2011- Verona Hotel Series

- Results

- Enhanced participant understanding of banking, credit, debt, money management, etc
- Bank field trips to open bank accounts
- Using banks instead of payday lenders
- Pilot Program- Individual Financial Coaching

# Next Steps...

- Workshop Series at
  - Emergency Shelter
  - Drop In Center (Spanish)
  - Renew partnerships for next year
- Individual Financial Coaching
  - Transition pilot program to ongoing program
  - New financial coaches through Bank on San Francisco



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Claire McCullough  
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