

EmpoweringU Financial Wellness Program

Your Finances. Your Future.

Year at a Glance 2018-19

Month	Topics and Speakers	Date	Time	Location	Registration Details
September 2018	Free Money - Applying for Scholarships & Bursaries Join Carla Kirkpatrick, Financial Aid and Awards Officer as she helps navigate the University of Manitoba bursary process. Hands on assistance will be provided to students wishing to submit an application during the session.	Wednesday, September 19	12:30 -1:30 pm	Circle Room, Migizii Agamik	To register email: Denise.proulx@umanitoba.ca
October 2018	Money Stories - Budgeting & Saving - What Every Student Should Know Many students experience the challenge of keeping track of their finances while focusing on classes, jobs and family. This workshop explores the process of tracking expenses, creating a budget and saving. Presenter: SEED Winnipeg Inc.	Wednesday, October 17	11:30 -1:30 pm <i>Lunch will be provided</i>	Circle Room, Migizii Agamik	To register email: Denise.proulx@umanitoba.ca (limited spaces available) Registration deadline: October 15
November 2018 Financial Literacy Month	Making your Money Last - Learn how to build the future you want by getting on track financially. Join RBC as they discuss the importance of making knowledgeable, responsible financial decisions while in school. Topics include: Knowing your Spending Habits, Understanding Fixed vs. Variable Expenses, Borrowing for the Right Reasons and more! Presenter: Royal Bank of Canada	Wednesday, November 7	12:30 -1:30 pm <i>Lunch will be provided</i>	Circle Room, Migizii Agamik	To register email: Denise.proulx@umanitoba.ca
	Money Stories - How to Improve your Credit Management Whether you're just starting to use credit or have more credit than you need, please join SEED Winnipeg to further understand credit management. By the end of workshop you will know: how to build better credit, identify the 5 C's of credit, when to use credit, where to get help when debt becomes too much. Presenter: SEED Winnipeg Inc.	Wednesday, November 21	11:30 -1:30 pm <i>Lunch will be provided</i>	Circle Room, Migizii Agamik	To register email: Denise.proulx@umanitoba.ca (limited spaces available) Registration deadline: November 18
	Young and Thrifty - Money Stuff You Need to Learn Tired of feeling confused when you walk into a bank or see a commercial about "RRSP Season"? Looking to save money but the Lattes keep calling your name? We've got you covered. No one should care about your money more than you do – we'll help you take control of your financial future. Learn how to use the tools in your money toolbox to make your life easier and less stressful. Presenters: U of M Alumni Kyle Prevost and Justin Bouchard, Young & Thrifty	Monday, November 26	12:30 -1:30 pm	Fireplace Lounge, UMSU University Centre	To register email: Denise.proulx@umanitoba.ca Registration deadline: November 21
	Eating Healthy on a Budget Join Monica Cyr, the "Indigenous Nutritionist" in this interactive workshop and learn how to prepare nutritious budget friendly food from a holistic perspective that includes tradition, spirituality and meaning. Come hungry!	Wednesday, November 28	5:00 - 7:00 pm <i>Participants will prepare a meal to share.</i>	Circle Room, Migizii Agamik	To register email: denise.proulx@umanitoba.ca (limited space - 15 participants max.) Registration Deadline: November 21
December 2018	No sessions/workshops - Good luck on your exams!				

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January 2019	Blue Monday Pancake Breakfast - Let us sweeten your day! Join Elder Marlene and the ISC team for a blueberry pancake breakfast to help shake off the gloomy weather, abandoned new years resolutions and holiday debt. Sunny Mondays are ahead!	Monday, January 21	8:30-10 am	Foyer, Migizii Agamik	To register email: Denise.proulx@umanitoba.ca
	Escaping your Debt, One Dollar at a Time Learn about debt consolidation and debt management from a certified credit counsellor. Presenter: U of M Alumna Sally Massey-Wiebe, Community Financial Counselling Services	Wednesday, January 23	12:30-1:30 pm <i>Lunch will be provided</i>	Circle Room, Migizii Agamik	
February 2019	Money Stories -Tax Tips for Students Join representatives from SEED Winnipeg Inc. to learn what you need to know to file your taxes and the benefits you may not have realized that you are eligible for!	Wednesday, February 6	12:30 -1:30 pm <i>Lunch will be provided</i>	Circle Room, Migizii Agamik	To register email: Denise.proulx@umanitoba.ca Registration deadline: January 31
March 2019	Money Stories - Too Good to be True? Join SEED Winnipeg Inc.as they raise awareness about different types of fraud and the growing presence of online scams. Learn how to keep your identity and money safe.	Wednesday, March 6	12:30 -1:30 pm <i>Lunch will be provided</i>	Circle Room, Migizii Agamik	To register email: Denise.proulx@umanitoba.ca Registration deadline: February 28