

FLIP workshops are conducted using the ALL MY MONEY Curriculum. ALL MY MONEY was developed by the University of Illinois Extension Program. The curriculum is a financial management program developed for low income audiences. The lessons are activity based; giving parents the opportunity to practice the methods they are learning.

### ALL MY MONEY Lesson Titles and Descriptions

#### **Making Spending Choices**

Do you know what influences your spending? Explore your values and goals and learn how they affect your spending habits.

#### **Envelope Budgeting/Planning Your Spending**

Need a method to budget your money? Learn the envelope budgeting method. Participants learn how to become better financial managers after learning how to categorize their expenses and create effective budgets for their families.

We all spend money, but do we know how much we will spend before spending it? This workshop shows participants the best method for tracking expenses and setting up a budget.

#### **Understanding Credit**

Need help understanding credit? Join our credit workshop and learn the important information you NEED to know when using credit. **\*\*We do not offer individual credit counseling**

#### **Handling Credit**

Want to learn effective methods for handling credit problems? This workshop provides basic situations of what to do when faced with a credit problem.

#### **Building Consumer Skills**

Do you know what influences you to buy? Do you know what type of shopper you are? Join this workshop to learn ways of becoming a better shopper.

#### **Taking Consumer Action**

Do you know your rights as a consumer? Taking Consumer Action allows participants to learn what rights protect them as consumers. Participants of the workshop will have a better understanding of how to handle consumer problems.

#### **Checks and Checking Accounts**

Are you deciding if you should have a checking account? Participants in this workshop explore if having a checking account is right for them, and they will learn how to decide which banking institution and checking account is best for them.

#### **Savings**

How do we get to the next level financially? To provide ourselves with a safety net and plan for future goals, we need a savings account. This workshop focuses on savings and different ways to save.

FLIP presents workshops for all eight ALL MY MONEY lessons and one lesson created by FLIP.

**\*\*Workshops do NOT offer individual consultations on personal finances.\*\***



**FLIP Your Financial Future!**