

From Hardship to Hope:

A Peer Support Group for Financial Wellness

**Feeling stressed about money or meeting your basic needs?
Feeling discouraged or alone with your financial situation?
Do you want to receive support to achieve your financial goals?**

This group may be right for you!



From Hardship to Hope is a **six-week** peer support group to build our financial wellness. Together we will support each other to:

- ◆ Develop a Financial Wellness Action Plan
- ◆ Access available financial wellness supports to build our credit, manage debts, and create an emergency fund.
- ◆ Connect with a free, certified financial counselor who will offer advise virtually (by phone) about our personal situation.
- ◆ Practice mindfulness to expand our financial wellness vision.
- ◆ Increase our sense of hope through personal stories of financial recovery.
- ◆ Participate in mutual support with a Peer Action Partner.

The group will meet via **Zoom**, but it is designed for those who live or work in **New York City**. Our sessions will be held **six Thursdays from July 9th to August 13th (4:15-6:15pm ET)**.

For more information or to pre-register, click [here](#):

<https://forms.gle/ydzg7UXeaiCyoEhy7>

***From Hardship to Hope* is organized by Baltic Street, AEH.,**
in collaboration with the New York State Center of Excellence for Cultural
Competence, Columbia University Medical Center