

# MAY RESOURCE HIGHLIGHTS



FREE • CONFIDENTIAL • ON-SITE

## Managing Money during COVID19

**What are you planning to do with your Economic Stimulus Check?** In this time of extreme flux many employees are looking to reduce their expenses and maintain as much income as possible in order to provide for themselves and their families. Contact your Resource Coordinator to discuss your money goals and to go through a checklist of ways to cut costs and/or increase financial resources for you and your family based on your own individual circumstances and goals.

## Keeping Up with Mental Health

Staying well during times of high stress is most important so you can keep working and take care of family and friends. There are ways to continue to access affordable mental health services during times of social distancing. For example, NAMI VT provides virtual peer support groups; many counselors provide phone and video-based appointments. Reach out to your Resource Coordinator to explore options available to you.

## Rent / Mortgage Payments

If you are unable to make loan or mortgage payments, contact your lender immediately for modification options *before* your first late payment. Check their website - you may need to fill out some form of Covid-19 hardship form to receive an extension or they may have added new borrower assistance options in place. Are you behind in rent or your mortgage? Reach out to your Resource Coordinator today to explore options for support and to get back on track.

## CVOEO Financial Futures On-line classes

**May 5, 14, 20**

**"Spend Smart 1 & 2"** (2-part webinar) – Join us for a practical introduction on how to manage your money.

**May 4, 13, 19**

**"Keys to Credit"** (1 session) – Credit can be established and improved in a variety of ways and we want to help you get ahead of the game. Learn the basics and get smart about the important and often confusing world of credit.

[Register here](#)



Arabic, Swahili, Maay Maay/Somali, French, Nepali workshops and **other language interpretation** contact Asma Abunaib-New American Financial Empowerment Project Manager at [aabunaib@cvoeo.org](mailto:aabunaib@cvoeo.org) or call (802)860-1417 x117.

## Resource Coordinator

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