



Building Financial Strength and Security During the Cost-of-Living Crisis

In collaboration with the Darlington Children's Centre, Relationships Australia SA offers two exciting opportunities for the community to **'Build Financial Strength and Security During the Cost-of-Living Crisis!'**

This session draws on the knowledge and diversity of support offered through the Gambling Help Service's passionate team. Join our therapeutic and financial counselling teams for an informative session to strengthen your financial future.

Topics include:

- Budgeting how-to: tools and resources
- Mortgage/rental stress: Support and self-advocacy.
- Bill shocks and bill smoothing.
- Habit formation: Spending habits and re-thinking your finances
- Concessions, health care cards and subsidies: Eligibility and applications
- Energy Made Easy: Learn about energy provider comparison sites, home audit and advocating for better deal with your current utility provider.
- Debt management, hardship arrangements and credit score.

Where:

Darlington Children's Centre
12A Kurrajong Place, Seacombe Gardens

When:

Monday 13 November | 10am-11am
Thursday 16 November | 9.15am-10.15am

For more information or to register please contact our Gambling Help Service Intake number on **1800 934 196** or email gamblinghelp@rasa.org.au