



Aboriginal Family Support Services  
Together with the community

# Financial Fitness






MY MONEY *Dream* 

For Mob, By Mob

*Ready to take control of your financial future? Join our workshop and discover how to turn your financial goals into reality!*

'Financial Fitness' is focused on fostering financial prosperity and cultivating positive money habits among Aboriginal and Torres Strait Islander individuals aged 16-60. This course is designed with your unique needs in mind, providing you with essential skills to manage your finances effectively while honoring your cultural values and aspirations.

What You'll Learn:

-  **Needs vs. Wants:** Learn to distinguish between essentials and luxuries to make smarter spending choices.
-  **Spending Diary:** Discover how to track your expenses effectively and identify where your money is going.
-  **Budgeting:** Create a personalised budget that suits your needs and helps you stay financially on track.
-  **Emergency Funds:** Understand the importance of an emergency fund and how to build one to protect against unexpected costs.
-  **Setting Goals:** Set clear financial goals and learn actionable steps to achieve them, from saving for a big purchase to planning for retirement.



*Do you think this program would be helpful to you?*

AFSS' Community Safety and Wellbeing team welcome you to participate in this culturally safe and confidential program being offered to participants across South Australia.

To find out more, please email [csw@afss.com.au](mailto:csw@afss.com.au) or contact AFSS CS&W team at:

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