

# Community Education Service



*Improving emotional health and well being*

## Everyday Banking and Budgeting: Strategies to Help You Plan for the Future

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Investment Advisor | RBC Dominion Securities

Dr. Shane Lynch | PhD, Registered Psychologist  
Director of Professional Practice and Evaluation | Sinneave Family Foundation

Learn how today's purchases impact tomorrow's freedoms. This workshop will teach participants how to map out a monthly budget. Using case studies and materials you can later use for your own financial planning, participants will learn strategies that will help navigate the month to ensure there is no overspending.

## FREE Webinar

**Thursday, November 12, 2020  
6:30 - 8:30 PM**

[Register](#)

<https://community.hmhc.ca>