



FINANCIAL LITERACY RESOURCES

Financial literacy is the ability to understand and effectively use various financial skills, including personal financial management, budgeting, and investing. These skills help a person stretch benefits and improve their financial situation. The programs listed help people build financial literacy skills and improve a person’s financial situation.

TRUSTPLUS FINANCIAL COACHING

TrustPlus offers free one-on-one financial coaching to help people:

- Manage money and budget more effectively
- Establish, repair, repay credit
- Manage debts
- Increase savings
- Make wise banking chooses

To Schedule an Appointment:

1. Visit go.neighborhoodtrust.org/8w57
2. Click the button “Sign Up” and select the Neighborhood Trust Budget Coach you prefer.
3. Choose the best time within the next few days to speak with your coach by phone or Skype for 30 minutes.



CT MONEY SCHOOL

Connecticut Money School (CMS) provides free financial capability workshops for individuals and families across Connecticut. The success of the adult CMS program led to the creation of the Youth Money School (YMS) in 2012 serving 16-24 year olds.

Workshop sessions are on average 90 minutes and range from issues such as budgeting to more complex concepts like investing and home ownership.

Visit <https://www.cahs.org/workshops.htm> for a complete schedule of virtual workshops.



United Way 211: Dial 211 from anywhere in CT and you will reach a highly-trained professional who will assess your needs and provide referrals to resources in your community. Or visit the United Way website at www.211ct.org.

FRESH EBT

Fresh EBT helps low-income Americans manage their SNAP benefits, save money, and earn income. The app can be downloaded on any device.

Manage Money:

- EBT Balance check
- Transaction history
- Weekly budget

Save:

- Digital coupons
- Budget friendly recipes
- Partner content

Earn:

- Job search
- Information from local employers

Fresh EBT helps Americans stretch their benefits to provide an extra 6 million meals every month!



DEPARTMENT OF SOCIAL SERVICES

DSS coordinates many benefit programs, such as SNAP (money for food), Medicaid/Husky (health insurance), and TFA (cash assistance) to income eligible households and individuals.

Northern Region

- Hartford: 860.723.1000
- Manchester: 860.647.1441
- New Britain: 860.612.3400
- Willimantic: 860.465.3500

Southern Region

- Middletown: 860.704.3100
- New Haven: 203.974.8000
- Norwich: 860.823.5000

Western Region

- Bridgeport: 203.551.2700
- Danbury: 203.207.8900
- Stamford: 203.251.9300
- Torrington: 860.496.6900
- Waterbury: 203.597.4000

Visit the website to learn more or apply: <https://www.connect.ct.gov/access/jsp/access/Home.jsp>