

# SELF RELIANCE GROUPS FOR MEMBERS OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS



## PERSONAL FINANCES

For those who want better control over their finances. Group members will understand debt and how to eliminate it, protect against financial hardships, and invest for the future. They will explore various tools for making sound financial decisions, create a financial plan and create a budget and learn to stick to the budget.



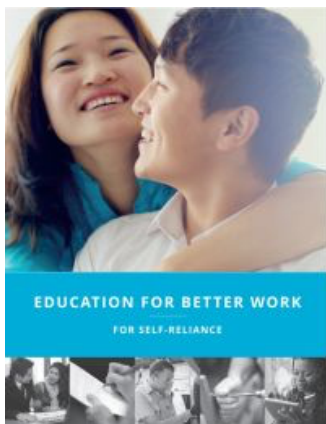
## FIND A BETTER JOB

For those looking for work or a better job. Group members will learn to identify opportunities, network, present themselves professionally, and prepare for job interviews. They will also set goals for contacts and interviews.



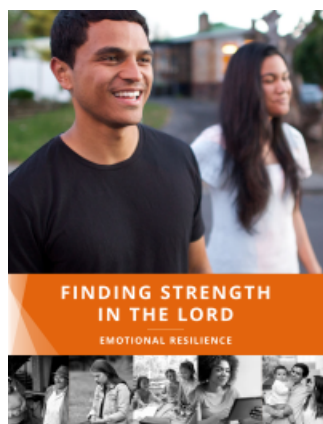
## STARTING AND GROWING MY BUSINESS

This group will help you learn to make wise business decisions as you start or grow a business. It will help you determine the viability of a new business, identify potential customers, and decide the best way to approach them. Other proven concepts related to budgeting, managing costs, inventories, accounting, and other key business practices will also be considered.



## EDUCATION FOR BETTER WORK

For those who need additional education or training to get a job. Group members will research, create, and present career and education plans and spend time each week practicing skills that will help them be more effective learners.



## EMOTIONAL RESILIENCE

For those interested in managing or overcoming stress, anxiety, sadness, depression, etc. Focus is given to healthy thinking patterns and building emotional resilience. Members will also learn how to build healthy relationships. It is not group therapy or treatment for mental health issues.



## HAPPY AT HOME

For those hoping to improve the happiness and the peace in their home and achieve the promises in the scriptures and those given by modern prophets regarding happiness at home. The lessons will focus on spiritual and temporal aspects of positive loving relationships. Members will discuss responding to challenges and will learn about forgiving and resolving conflict, and so much more.

# SELF RELIANCE GROUPS FOR INDIVIDUALS OF ALL RELIGIOUS DENOMINATIONS



## GET THE JOB YOU WANT

For those who are looking for work or a better job. Members will learn to identify opportunities, network, and present themselves professionally. Members will also learn how to interview and even practice interviewing. Another part of the lessons will include learning to fill out résumés, cover letters, and applications. In addition, members will learn how to match their skills to the employers need, prepare for a new job to succeed at work and sharpen skills.



## MY MONEY FUTURE

For those who wish to manage their money with wisdom and gratitude. Members will learn how to communicate with spouses, family, friends, coworkers, and others concerning money matters. Members will learn how to create a budget that will allow them to “Give Back” or help others in need, be it giving back to family members, friends, organizations, etc. By learning to stick to a budget members will plan for hard times and get through financial crises. Learning to invest in the future will help members move forward.