DevNW

## Finance Coaching for Young Adults

## Working with money can be tricky and hard to talk about! We want to help make it a little easier.

## What is a finance coach?

A finance coach is someone who works specifically to help you manage your money and build your financial skill set. We work to support each client's unique needs and goals to make sure everyone gets the support they need. The purpose of our finance coaching is to provide a safe and trusted resource for young adults and youth who are seeking support navigating the financial world. Coaching can be a one-time event or can continue over the course of several weeks until the client feels that their support needs have been met.

Common topics for coaching can include: payday support, spending plans and budget strategies, financial resources, financial goals and saving, navigating financial systems, financial independence, accessing local support networks, financial wellness and self-care, large purchase planning. banking, checking and savings accounts, credit building, and more.

Never done coaching before? No worries! All you have to do is show up. We hope to see you there!

## For more information contact Abby James (she/they) Text/call: 541.799.4047 | Email: abby.james@devnw.org

212 Main St. Springfield, OR 97477 2525 SE Third Corvallis, OR 97333 528 Cottage St. NE #1C Salem, OR 97301 421 High St. #110 Oregon City, OR 97045



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