

# Financial Wellness

## Workshop Series

Save the Date!

SEPTEMBER

27

### *Understanding Mental Health Challenges*

Every student's mental health journey is different, and many factors offer challenges that can cause anxiety and stress. From dealing with a new learning environment, preparing for exams, or getting ready to transfer, the Miramar Mental Health department is here to help you learn how to cope with common stressors at school.

OCTOBER

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### *Finding Financial Resources on Campus*

Paying for college can be expensive. Learn the many resources available for students here on campus. Information will be provided by the Financial Aid, EOPS, Outreach, and the DSPS Departments to ensure that students are able to maximize their resources to help pay for their journey here at Miramar College.

OCTOBER

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### *Are you Credit Worthy?*

Learn what it means to have a high credit score, how to manage credit and debt, and other financial advice. A representative from CalCoast Credit Union will be presenting information regarding basic financial management and what students will need to prepare as they build their credit history moving forward.