

Asking for help can be hard ... but it's worth it.



Queenslanders are proud, hardworking people, and asking for help can be hard, but it's worth it.

- Are you experiencing financial hardship?
- Are you concerned about your current situation?
- Do you want to discuss your financial wellbeing?

Good Shepherd's **Financial Wellbeing and Recovery Program (FW&R)** is a free, non-judgemental, and confidential service offered at the YMCA Cannon Hill Community Centre.

Find out how a Good Shepherd Financial Resilience worker can support you to :

- ✓ Understand your finances
- ✓ Budget & prioritise expenses
- ✓ Identify financial risks
- ✓ Absorb financial shocks
- ✓ Better manage your money
- ✓ Establish savings
- ✓ Be more financially secure
- ✓ Access No Interest Loans
(NILS)



The first step is to contact us.

Contact: Jackie Tiernan
FWR Worker – Brisbane East
Phone: 0488 073 945
Email: jackie.tiernan@goodshep.org.au

Or Contact: FWR Team Queensland
Phone: 1300 006 616
Email: QLDrecovery@goodshep.org.au

