

# CAP Money



## Manage your money, live your life

CAP Money is a three-session course to get you back in control of your money. It features weekly DVD presentations to teach budgeting skills and a simple, cash-based system.

Details of your free local CAP Money course:

|             |   |
|-------------|---|
| Start Date: | Thursday 13 <sup>th</sup> October           |
| Time :      | 7.30pm - 9.15pm                             |
| Venue:      | Number Seventy Two<br>North Street, Sudbury |

To book a place call/text Ruth on 07583 467190 or email [capmoney@stourvalleyvineyard.org](mailto:capmoney@stourvalleyvineyard.org) or ask at "No 72" or Stour Valley Vineyard Church.

CAP Money comes from the debt counselling charity Christians Against Poverty (CAP). Courses are run by local volunteers trained by CAP. See [www.capmoney.org](http://www.capmoney.org) for more details.