

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 the next free local CAP Money course:

Start Date:	Friday 20 th January 2012
Time :	1pm - 2.45pm
Venue:	Number Seventy Two North Street, Sudbury

To book a place call/text Ruth on 07583 467190 or email 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 for more details.