



Manage your money, live your life

Details of the next free local CAP Money course:

Start Date:	Wed 21 st November 2012
Time :	7.30pm - 9pm
Venue:	Number Seventy Two North Street, Sudbury

CAP Money is a free three-session course to get you back in control of your money. It features DVD presentations, a course booklet and group discussion to teach budgeting skills and a simple, cash-based system. After completing the course, where someone has a situation of unmanageable debt, there is an option of extra support through referral to CAP Money Plus.

To book a place call/text 07583 467190 or email capmoney@stourvalleyvineyard.org or see online at www.capmoney.org

CAP Money comes from the debt counselling charity Christians Against Poverty (CAP). Courses are run by local volunteers trained by CAP.