



money:course

. budget. save. spend.

CAP Money is a FREE 3 part course to help you manage your money better and learn to budget, save and spend well. It includes DVD presentations and a free course book to take away.

Details of the next local CAP Money course:

<p>Thursday lunchtimes Starts: 23rd October 2014 Time : 12:30pm – 2pm Venue: The Christopher Centre 10 Gainsborough St, Sudbury</p>

For more information email Ruth c/o capmoney@stourvalleyvineyard.org or contact Stour Valley Vineyard Church office 01787 377670.

Book a course place online at www.capmoneycourse.org

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