

## Free Financial Coaching Available to Help You Navigate COVID-19 Uncertainty

How Do I Maximize My Paycheck?  
Do I Qualify for Emergency Funds?  
What's the Best Way to Manage My Debt?

If you have questions about how to manage your finances during the COVID-19 pandemic, you're not alone. A recent poll shows 80% of Americans are more concerned about their financial health than their physical health\*.

That's why your local United Way has teamed with Neighborhood Trust Financial Partners to offer TrustPlus financial counseling free of charge to all Connecticut residents. TrustPlus offers financial counseling online or by phone, and can help with challenges such as dealing with creditors, finding resources, managing their money, and more.

TrustPlus is already helping Connecticut residents with:



**BUDGETING** – TrustPlus financial coaches help clients stretch their money using daily budgeting strategies that maximize paychecks.



**LOANS AND DEBTS** – Coaches are experts on debt management and repayment strategies, which help clients take control of their debt.



**EMERGENCY FUNDS** – Coaches help clients build rainy day savings, as well as navigate options for emergency funding.



**AVOID PAYDAY LOANS** – Coaches can suggest alternatives to costly payday loans to keep debt in check during uncertain times.

## Get Started Today

Get back on track towards financial stability with your first free 30-minute session today. TrustPlus is a free lifetime service provided in partnership with the United Way.

Text **AliceSaves** to 645-349-5959 to set up your first session.