

# black women's resilience project

## FINANCIAL CONSCIOUSNESS TRAINING AUGUST/SEPTEMBER 2025

**This custom-tailored curriculum supports people with complex trauma to understand their relationship to money and abundance, using real-life experiences, peer-led group activities, and periods of individual reflection. The activities, modules, and lessons were designed based on general principles of financial education and best practices in the field. They reflect well-established educational methods for improving financial capability, focusing on both practical skills and mindset shifts.**

**This curriculum is designed to help women embody the aspects of abundance and well-being, while providing the technical tools to help them manifest good financial outcomes. In the long term, peers will be the best learners and teachers of the concepts included in this work.**

### ***What is Financial Consciousness?***

**The connection between attitudes, beliefs, and financial behaviors and your outlook and approach to life and well-being.**

- **Consciousness is awareness. It is tied to your ability to attract opportunities and resolve financial challenges.**
- **Mindset is a “setting” for the mind; a window to your consciousness that is more tactical and less expansive than consciousness. Mindset focuses on the daily activities needed to expand your awareness.**

**Your mindset is the “setting” that enables your awareness!**

**ECONOMIC  
MOBILITY**

Learn More



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### Course Topics:

- Week 1: Building a Foundation for Abundance**
- Week 2: Budgeting and Management**
- Week 3: Saving for the Future**
- Week 4: Understanding Credit and Debit**
- Week 5: Investing for the Future**
- Week 6: Economic Security and Long-Term Planning**
- Week 7: Building Resilience and Addressing Setbacks**

**Online Registration Opening Soon!**

Learn More



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 **Jewish  
Family  
Service**