

Ripples of Change



**Every
Thursday
5:30-7:30 PM**

***STOP living
paycheck to...
paycheck!***

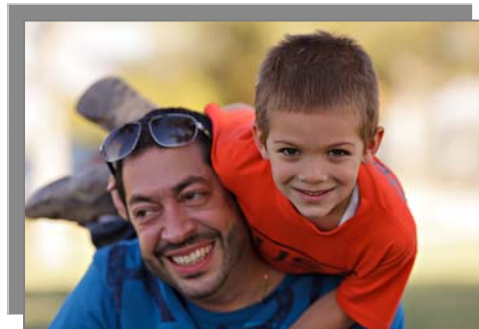
*Dinner and meeting
held at the
First Baptist Church
410 S. Hickory,
Ottawa
Every Thursday
from
5:30-7:30 PM*

**Call
Rebecca
McFarland at
785-229-3520
or email
rmcfarla@ksu.edu**

- **Do you find yourself not being able to pay your bills?**
- **Do you wish you had a better paying job?**
- **Do you need a better outlook on life and a hand-up?**
- **Would you rather be thriving, instead of just surviving?**
- **Would you like support in your life to assist you in identifying and achieving your money, educational, employment, or relationship goals?**



READY FOR A CHANGE? If any or all of these things describe you (and your family) & you are tired of just surviving, then come *thrive!*



Topics Include:

- **Surviving vs. thriving**
- **Rules of money**
- **Building relationships**
- **Conflict management**
- **Stress management**
- **Community resources**

**Free meal and childcare
provided**