

# Managing Your Finances and Stress During A Possible Furlough

Living with uncertainty is always stressful. Many families and individuals already feel financially stressed. Worries about the impact of current budgetary constraints surely adds to the tension.

Join the Fleet and Family Support Center (FFSC) staff, Jim Walsh, Personal Financial Manager and Linda Schmid, Life Skills Educator, in an educational briefing to discuss:

- Family financial spending plan strategies to help bridge the possible 20% cash flow gap
- The do's and don'ts of managing your credit reports during times of transition
- Personal strategies for enhancing resilience
- Stress Management tools and techniques

