

Surviving and thriving through difficult economic times

This is an in-person event

Date November 4, 2025

Time 11:00 am to 12:30 pm

Location Third floor program room

Event type [Lifelong learning](#)

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Event overview

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High inflation, rising interest rates, fear of recession. The headlines can be overwhelming and create fear and panicked decision-making. But a calm attitude and rational thinking can go a long way towards managing a difficult economic environment.

This workshop will discuss:

- Seeing through the headlines to the long-term economic picture;
- Budgeting and goal prioritization;
- Reviewing expenses;
- Accessing benefits and resources;
- Strategies for making money last;
- Tips for managing investments;
- Managing debt;
- General coping strategies.

This program is presented in partnership with [Family Services of Greater Vancouver](#).

Registration is requested, but drop-ins may be allowed if space permits. Questions? Call 604-998-3450 or email info@nvcl.ca.

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