March 27, 2024
11:00 a.m. - 12:30 p.m. ET

PROFESSIONAL DEVELOPMENT

Mind and Money: Connecting Mental Health and Financial Well-Being


Photo: Courtney Hale, iStock ID 1321768151

ABOUT THIS WEBINAR:

This webinar establishes the connection between financial and mental health, addressing its relevance for individuals, couples, and families. We explore how emotional well-being influences financial choices, as well as the reciprocal impact of financial decisions on emotional state.

Stress, anxiety, and guilt can all impact money management and family financial readiness. This webinar equips service providers with the knowledge to define personal and family financial well-being, recognizing signs of financial strain and psychological distress. Learn about financial therapy and understand how financial planning supports positive mental health outcomes, reduces anxiety, and improves overall well-being. Discover resources for expanded engagement and care coordination/ referrals that are ideal for service providers.

EVENT PAGE:

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CONTINUING EDUCATION:

- **Accredited Financial Counselors (AFC):** This webinar will be submitted for 1.5 continuing education credits by the Association for Financial Counseling & Planning Education (AFCPE)
- **Case Managers:** This webinar will be submitted to the Commission for Case Manager Certification for approval to provide board-certified case managers with 1.5 clock hours
- **Certified Personal Finance Counselors (CPFC):** This program will be submitted for approval for 1.5 CE credits by The Center for Financial Certifications (FinCert.org)
- **Certified Family Life Educators:** This program will be submitted to the National Council on Family Relations (NCFR) for 1.5 CE credit for CFLEs
- **Certified in Family and Consumer Sciences (CFCS):** This webinar is awaiting 1.5 CE credit approval from the American Association for Family and Consumer Sciences (AAFCS)
- **Certified Personal & Family Finance Educator (CPFFE):** This program will be submitted for 1.5 hours by the American Association for Family and Consumer Sciences (AAFCS)
- **Social Workers, Licensed Professional Counselors, and Licensed Marriage and Family Therapists:** 1.5 CE credits will be obtained from the University of Texas at Austin, Steve Hicks School of Social Work
- **Certificates of Attendance** are offered for additional professional development hours

PRESENTER:

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