

Canada

ABC Life Literacy Canada Money Matters Programs

Free, introductory financial literacy programs for adult learners. Organizations who sign up to host a [workshop](#), will be provided with support and an honorarium. They also have lots of [resources](#) including workbooks, videos, online courses, etc. that are available in different languages.

British Columbia

Family Services of Greater Vancouver Financial Empowerment Workshops (Greater Vancouver)

FSGV partners with community organizations to deliver a range of financial literacy and empowerment workshops for those living in Greater Vancouver, with an emphasis on serving people who are low-income, newcomers, women, seniors, at-risk youth, and members of other vulnerable populations. Workshops are offered in several languages and aim to teach skills and tools to enable participants to take control of their finances and future.

Vancity Financial Education & Basic Banking

Vancity have developed a range of financial education and economic empowerment resources and initiatives, predominantly in the Lower Mainland and Victoria, and work with their community partners to provide programs for individuals, businesses, and organizations. This includes Each One Teach One financial literacy workshops, many of which are run in partnership with community organizations working with newcomers, refugees, individuals facing barriers to financial services, and people living in low-income communities.

Online Resources

Canadian Centre for Women's Empowerment

[Economic Abuse Screening Tool \(EAST\)](#): Developed to assist social service providers, particularly shelter staff, in identifying and addressing instances of economic abuse experienced by their clients.

[Economic Abuse Fact Sheets for Survivors, Service Providers and Canadian Banks](#)

[What Should You Do If You Are Being Financially Abused](#)

[Economic Empowerment: 6 Step Checklist for Domestic Abuse Survivors](#)

[Provincial-Territorial Scorecard on Economic Abuse](#)

CPA Canada's Financial Literacy Program

CPA Canada offer a range of financial literacy [resources](#) including a free webinar about preparing financially for [divorce](#).

Credit Counselling Society Financial Education Online

The Credit Counselling Society offers a number of free, self-directed online courses

Economic Empowerment Strategies for Women (BWSS, Online Curriculum)

A free online curriculum designed to support women assessing and redressing the impact of economic abuse. Provides strategies to address the safety challenges of ending an abusive relationship; resources for working through the economic challenges after ending an abusive relationship; strategies to work through challenges after an identity or name change and an abuser's misuse of the survivor's personal records; tactics to understand financial basics, and establish and build financial foundations.

Financial Safety Planning: best practices for domestic violence service providers

(New York City Domestic Violence Economic Justice Taskforce)

"Hidden in the everyday": financial abuse as a form of intimate partner violence in the Toronto area.

(Docherty, L., Zaitkowski, S., Wilson, B & Currie, E., 2020).

Native Women's Association of Canada Financial Capability Workbook series (Bobiwash, H., 2021)

[Book 1. Goal Setting, Mindset, and Savings](#)

[Book 2. Income, Expenses and Budgets](#)

[Book 3. Personal Banking and Credit](#)

Prosper Canada's Benefits Wayfinder

BCSTH Library Resources

Postmus, J.L. & Stylianou, A.M. (2023). Building financial empowerment for survivors of domestic violence: a path to hope and freedom. Rutgers University Press.

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