

Financial Health Resource Guide

The following is a list of financial health resources for assistance and advice about managing your money, managing debt, planning for the future, and making big purchases:

Local and Digital Options	Contact/Website
Practical advice and how to guides	
<p>The Consumer Financial Protection Bureau has a whole website providing free guides on everything from getting an auto loan to working with a debt settlement provider.</p> <p>The Florida Department of Financial Services, Consumer Assistance Division can answer general insurance and financial questions to help you control and manage healthcare costs.</p>	<p>www.consumerfinance.gov/consumer-tools/</p> <p>Call the toll-free helpline at 1-877-693-5236, or visit: www.myfloridacfo.com/division/consumers/</p>
Free money coaching and financial health workshops	
<p>Capital One offers free, 1-on-1 coaching appointments with certified life coaches that are trained to help you connect your finances to your goals and dreams. Coaching is available to everyone; you don't need to be a Capital One customer.</p> <p>Capital One also offers free workshops on a wide range of financial health topics throughout the year at multiple locations.</p>	<p>www.capitalone.com/local/moneycoaching</p> <p>www.capitalone.com/local/events</p>
Low cost credit counseling	
<p>Over the phone The National Federation of Credit Counselors (NFCC) is the largest and longest serving nonprofit financial counseling organization in the United States. If you call them they can connect you to credit counselors who can speak with you about your options and situation on the phone in English or Spanish.</p> <p>In person Money Management International (MMI) is a credit counseling provider with a physical location in Southeast Florida. You can call to make an appointment or visit their branch location to meet with a credit counselor.</p> <p>Visit an MMI office:</p> <ul style="list-style-type: none"> • 7200 Corporate Center Dr., Miami, FL 33126 • 6303 Blue Lagoon Dr., Suite 400, Miami, FL 33126 	<p>Call 1-800 388-2227 or find a local partner at www.nfcc.org/locator/</p> <p>You can also visit www.moneymanagement.org/locations/florida</p>
Nonprofit tax and financial counseling	
<p>United Way of Palm Beach County provides free help with taxes at tax time.</p>	<p>unitedwaypbc.org/taxes/</p>
Nonprofit housing and financial counseling	
<p>The Urban League of Palm Beach County provides housing counseling and financial empowerment services.</p>	<p>http://www.ulpbc.org/economic-empowerment/</p>