



Wellness Promotion and Education
presents...



Wellness Workbook

FINANCIAL WELLNESS





CSU CHANNEL ISLANDS RESOURCES

*These **FREE** resources are provided to students, staff,
and faculty of CSU Channel Islands*

BASIC NEEDS

LOCATION: ARROYO HALL | TELEPHONE: (805) 437-2067 | BASICNEEDS@CSUCI.EDU

Provides support to students experiencing a basic necessity insecurity. Program includes emergency housing, emergency funds, Dolphin Pantry, Echo's Clothing Exchange, CalFresh aid, Hot Meals Program, and transportation.

WELLNESS PROMOTION AND EDUCATION

LOCATION: ARROYO HALL | TELEPHONE: (805) 437-3521 | WPE@CSUCI.EDU

Works with students to holistically improve their quality of life and build personal well-being as a capacity for academic success. Offers events, workshops, presentations, and SMART goal appointments.

MULTICULTURAL DREAM CENTER

LOCATION: BELL TOWER 1530 | TELEPHONE: (805) 437-8407 | MDC@CSUCI.EDU

Works with underrepresented and undocumented students. Program includes events, workshops, trainings, and academic support. They also offer free immigration legal services and printing up to 10 pages.

STUDENT BUSINESS SERVICES

LOCATION: SAGE HALL | TELEPHONE: (805) 437-8810 | SBS@CSUCI.EDU

For help with student account inquiries, payments (tuition & fees, housing, payment plans), tuition, and direct deposits.

FINANCIAL AID


LOCATION: SAGE HALL | TELEPHONE: (805) 437-8530 | FINANCIAL.AID@CSUCI.EDU

For help with financial aid or financial aid disbursements.

CAREER DEVELOPMENT AND ALUMNI ENGAGEMENT

LOCATION: BELL TOWER 1548 | TELEPHONE: (805) 437-3270 | CAREER.SERVICES@CSUCI.EDU

Provides job/internship resources, resume resources, and career assessments. Also provides free professional clothing through Echo's Career Closet





Community Resources

Ventura County



County of Ventura Human Services | Ventura.org

Find resources and help within Ventura County for employment assistance, financial assistance, food assistance, homeless/housing assistance, medical assistance, protection/help for kids and adults, tax assistance, and veteran services.

Unemploymentoffice.com (Applies to every state in U.S)

Based on state and county, find unemployment offices, learn about qualification for various unemployment areas, and find local jobs.

Foodshare.com (Applies to every state in U.S)

Based on state and county, find local food pantries, events/workshops, how to donate, and how to volunteer.

Medi-Cal (Applies to California)


Program that offers free or low-cost health coverage for children and adults with limited income and resources.

CalFresh (Applies to California)

Program for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.

California Earned Income Tax Credit | CalEITC4me.org (Applies to California)

Program is a cash-back tax credit that puts money back into pockets of California workers. Eligibility based on income, filing status, citizenship, and age.



Websites +
Podcasts!!

DIGITAL RESOURCES

Listen Money Matters Podcast

via Apple Podcasts, Spotify, etc.

Personal finance podcast with 100s of episodes covering topics like budgeting, how to get out of debt, investing, and much much more. They are known for being "honest and uncensored" and creating casual, relatable vibe.

ListenMoney Matters.com

On their website, you can find FREE articles covering strategies, tools, and support. They provide a toolbox with recommendations + reviews covering topics such as debt, cards, budgeting, etc. You can also find their podcasts, as well as courses (ranging in price).



The Financial Diet

via YouTube

Weekly Financial Diet talks about personal finance in a way that doesn't bore you to sleep or make you want to cry. This engaging channel contains 100s of episodes, including weekly series.

TheFinancialDiet.com

Daily stories about everything finance from creative ways to grow your income, to affordable ideas for meal prep and home decor, to honest, emotional accounts of how money affects people's lives.



@thefinancialdiet



Choose FI Podcast

via Apple Podcasts, Spotify, etc.

This podcast is for those whose goal is to be financially independent. This FI community explores a multitude of ways to achieve this goal, whether it be investing, starting a business, or various side hustles, etc.

Choosefi.com

On their website, you can access their podcasts along with various resources, such as articles, recommendations, and more!



TheCollegeInvestor.co

geared towards millennials, this investing and personal finance site contains 100s of articles and free tools. Covers personal finance topics ranging from getting out of student debt, to side hustling and earning more money, to investing and building wealth.

The College Investor Podcast

via Apple Podcasts, Spotify, etc.

This show focuses on transforming their incredible blog content into a fun and short format audio experience.



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UNiDAYS gives students FREE access to great college discounts online and in-stores with leading brands and merchants. Discounts range from fashion, to technology, to entertainment, and much more.

