Case Study

We helped Carmen start saving for her goals.

Why did Carmen call us?
She needed to pay for a car repair.

Carmen’s challenge
Carmen and her husband were saving up $6,000 for their son’s immigration costs but Carmen had trouble sticking to a savings plan. She admitted to having a spending problem and used shopping as a way to cope with anxiety. She had taken on a part time job to pay down her credit card debt of $3,000 but when her car broke down, she did not know what options she had to pay for the repairs.

Together, we came up with solutions

- **Savings**
  Reviewed cash flow and began saving $30 weekly with a path to save $1,100 by the end of the year

- **Retirement Planning**
  Started contributing to her 401(k) so she could receive her company match

- **Paydown Strategy**
  Used government stimulus checks toward credit card balance, increasing her credit score from 692 to 755

- **Mental Health**
  Referred to EAP to work through the depression and anxiety contributing to her spending habits

Job:
Distribution Center Worker

Pay:
$27,040 Base + Variable Compensation

Home:
43 years old
Married
English learner
$80 in savings

“10/10 for the way they treated me as a client and the clarity in the information they provide.”

Quote from Carmen
Discount retail company

Financial and mental health are closely tied. Helping people to improve financial well-being not only improves things like work attendance and productivity, it also helps employee morale and reduces costly mental health expenses.