



HelpNet Webinar

January

2026

Budgeting Basics

This interactive session teaches you to master the emotional side of money and regain your financial dignity. We will discuss why traditional budgets fail and what you need instead; the two critical pre-planning steps; how to have productive money discussions with your significant other; the keys to outsmart emotional spending before it happens; and how to create a personalized plan that works for you. You will be provided a Spending Plan worksheet to apply the principles learned immediately. This session will help you become and stay financially healthy.

Available On Demand

Starting January 1

To access Continuum's HelpNet, visit 4continuum.com and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

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