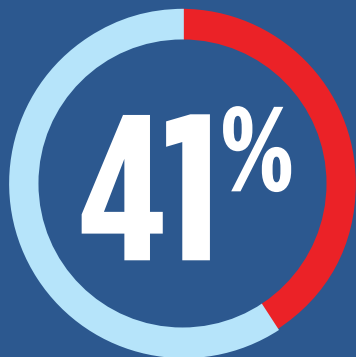




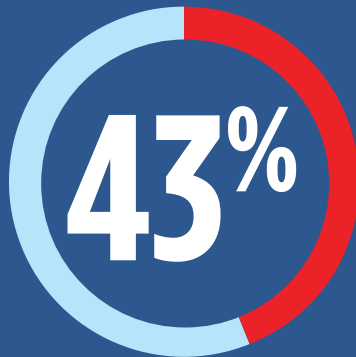
STRESSED ABOUT MONEY?



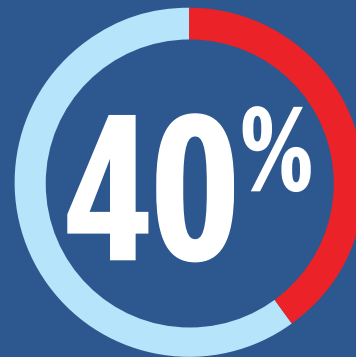
You're not alone...



rank money as their greatest source of stress ¹



are living paycheque to paycheque ²



feel overwhelmed by debt ²

FINANCIAL STRESS CAN AFFECT YOUR MENTAL AND PHYSICAL HEALTH, AS WELL AS YOUR PRODUCTIVITY AT WORK.

WE HAVE FREE TOOLS THAT CAN HELP

The Financial Consumer Agency of Canada has tools to help get you started so you can budget and manage your money and debt wisely.



Budget Planner



Financial Goal Calculator



Mortgage Calculator and Qualifier Tool



Financial Literacy Self-assessment Quiz



Account and Credit Card Comparison Tools



Canadian Financial Literacy Database



Invest in your financial well-being
canada.ca/financial-tools

1. Financial Planning Standards Council 2018 survey
2. Canadian Payroll Association, "National Payroll Week Employee Research Survey" (2019)