

Building Resilience Webinar: Financial Wellness Online Resources

Topic	Resource
Advisors	<ul style="list-style-type: none"> • Financial Planning for Canadians (FP Canada) • Working with an advisor (GetSmarterAboutMoney.ca) • Find a Financial Planner (FP Canada) • Module 11: Financial Planning (Financial Consumer Agency of Canada)
Assessments	<ul style="list-style-type: none"> • Financial Fitness Evaluator (Financial Wellness Lab)
Banking	<ul style="list-style-type: none"> • Bank Accounts (GetSmarterAboutMoney.ca) • Module 2: Banking (Financial Consumer Agency of Canada)
Budgeting	<ul style="list-style-type: none"> • Budget Planner (Financial Consumer Agency of Canada) • Module 1: Income, expenses and budget (Financial Consumer Agency of Canada) • Emergency Fund Calculator (GetSmarterAboutMoney.ca)
Credit and Debt	<ul style="list-style-type: none"> • Credit Counselling (Credit Counselling Canada) • Managing Debt (GetSmarterAboutMoney.ca) • Equifax Credit Report (free by mail) (Equifax) • TransUnion Consumer Disclosure (free by mail) (TransUnion) • Module 4: Credit and debt management (Financial Consumer Agency of Canada)
Fraud and Scams	<ul style="list-style-type: none"> • Types of Fraud (GetSmarterAboutMoney.ca) • Module 12: Fraud protection (Financial Consumer Agency of Canada) • Protection from Frauds and Scams (Government of Canada) • CyberSmart (WTS) • Scam-Spotter Tool (GetSmarterAboutMoney.ca)
Identity Theft	<ul style="list-style-type: none"> • How to avoid or recover from identity theft - Consumer Protection Ontario • Protecting yourself from identity theft online - Canadian Centre for Cyber Security • Fraud Victims Resources (TransUnion)

Insurance	<ul style="list-style-type: none"> • Module 6: Insurance (Financial Consumer Agency of Canada)
Investing	<ul style="list-style-type: none"> • Module 7: Investing (Financial Consumer Agency of Canada)
Mortgages	<ul style="list-style-type: none"> • Module 5: Mortgages (Financial Consumer Agency of Canada) • Buying or Renting a Home in Canada (Canada Mortgage and Housing Company)
Pension	<ul style="list-style-type: none"> • Module 10: Retirement and pensions (Financial Consumer Agency of Canada) • Canada's Public Pensions (Government of Canada)
Saving	<ul style="list-style-type: none"> • Module 3: Saving (Financial Consumer Agency of Canada)
Taxes	<ul style="list-style-type: none"> • Module 8: Income taxes and contributions (Financial Consumer Agency of Canada)
Retirement Planning	<ul style="list-style-type: none"> • Canadian Retirement Income Calculator (Government of Canada)
Self-Study Programs	<ul style="list-style-type: none"> • Financial Basics e-Learning videos (Government of Canada) • Your Financial Toolkit (Financial Consumer Agency of Canada) • Investing Academy (GetSmarterAboutMoney.ca) • Retirement Savings Course (Association of Canadian Pension Managers)