



What is your financial health?

Staying healthy is the key to a long and productive life for many people.

The same applies for money:

Being financially healthy = Better quality of life!

In today's world, society creates new "needs" and new "wants" each and everyday, and along with easy credit, it is difficult to avoid debt traps that can smother us sooner than later.

So, it's time to get the pulse of your financial health!

"Investing in your financial health helps you gain control of your debts!"

BECAUSE LIFE IS NOT
JUST ABOUT
MONEY...



Debt traps are numerous!

Credit cards

- Can charge up to 29% interest and annual fees may apply.

Line of credit

- Dangerous... if you can't resist the temptation to use it!

Bank and car loans

- A 5-year loan of \$10,000 will cost you \$2,000 in interest at an 8% interest rate!

Mortgage

- Over 25 years, a \$100,000 mortgage will, in fact, cost you \$225,000!

Student loans

- An investment in your future but costly in the long run if you don't repay it soon after graduation!

Income taxes

- The government has a lot of power when it comes to getting the taxes owed.

Payday loans

- Can easily charge over 1,000% interest annually! Steer clear of them!

Overdraft protection

- Allows you to go below zero in your bank account but fees may be high.

Arrears (*rent, electricity, heat, phone, etc.*)

- Can lead to service interruption or eviction from your home if you put it off for too long!

Borrowing (*from friends, family members or boss*)

- Can be hard to bear morally.

Financing (*buy now, pay later!*)

- When due, interest can be 30% compounded and retroactive to the date of purchase!

A unique service in Ottawa!

Are you avoiding your creditors?

- We will look at your options
- We will defend your consumer's rights
- We could negotiate new payment arrangements

Are your current bills overdue?

- We will negotiate payment arrangements
- We can prepare a budget that will help you catch up on your arrears
- We can refer you to financial aid programs

Wondering how you can budget better?

- We can help you plan a budget
- We will help you manage it until you can do it alone

Have you completed your income tax return yet?

- We can fill out your late income tax return
- We can negotiate a payment arrangement for income tax deb

We have been helping people in Ottawa since 1979.

We can help you too. Today.



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How to be financially responsible?

Ask yourself the following questions:

- Do I pay my credit cards balances each month?
- Do I pay all my monthly bills by the due date?
- Do I maintain a balanced budget and adjust it if my income or personal circumstances change?

If your answer is NO to any of these questions, then you must make changes to your financial situation immediately:

- Can you increase your income?
- Can you adjust your lifestyle (expenses)?
- Can you renegotiate your payments (obligations)?

Once you have the real picture of your financial health, develop and start your "back-to-health" program right away. And above all, reap the rewards!

"A realistic budget, and sticking to it, will improve your financial health!"



Mastering your debts

Our best advice to master your debts is to plan a budget. This tells you what kind of lifestyle you should have to pay off your debts, make your projects a reality and reach your goals... all within your means.

Here are few tips for avoiding debts:

- Have only one credit card
- Always cover your basic needs first (shelter, food, clothes, transportation)
- Look for real bargains
- Set money aside for big purchase instead of using credit
- Learn the difference between "I need", and "I want"

Need help facing your debts? For advice and continuing support, take advantage of our free and confidential individual consultations. And, at *Entraide budgétaire*, you come first, because life is not just about money...

"Qualifying for financing, credit or a loan does not mean you can afford it!"