



February feature – Financial Check-up

How prepared are you for life's financial ups and downs? Is your budget uncomfortably tight? Is debt dragging you down? From tips on saving for an emergency to paying back student loans or sticking to a budget, **inConfidence** has advice, resources, and tools to help you get a handle on your money worries and boost your financial wellness.

Contact us any time, 24/7, to connect with a consultant for support and resources. Log in to www.myinconfidence.ca to take quizzes, [Do You Have Debt Problems?](#) and [How Financially Resilient are You?](#), or to access online tools to help you spend and save wisely, and strengthen your financial future.

- Listen to our new podcast, [Managing Your Money in a Changing Economy](#), featuring Lynnette Khalfani-Cox, a personal finance expert and author of numerous books, including *Zero Debt: The Ultimate Guide to Financial Freedom*. She shares tips for students, those nearing retirement, and for everyone in between, on how to manage your finances in a fast-changing world.
- Listen to [Building Your Financial Resilience](#), featuring Barbara O'Neill, PhD, CFP®, or our full-length recording [Taking Charge of Your Money](#).
- Access tips: [Avoiding Money Conflicts as a Couple](#), [Getting Out of Debt](#), [Taking Charge of Your Money](#).
- Read articles: [Achieving Financial Well-Being](#), [Quick Tips for Setting SMART Financial Goals](#), [Online Tools to Help You Budget](#), [Helping Your Children Become Financially Responsible](#), [Understanding How Emotions Can Drive Spending](#).

Call inConfidence toll-free, any time: **1-877-418-2181**

TTY: **1-877-371-9978**

You can also visit www.myinconfidence.ca
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