

Financial Wellness toolkit...

Topic	Articles	Printouts	Videos, checklists, quizzes, etc.
Managing Finances	<ul style="list-style-type: none"> ✓ 7 tips for budgeting on a fluctuating income ✓ How to manage financial stress and avoid burnout ✓ Inflation and your household budget ✓ Tracking your expenses ✓ Create a balanced budget ✓ Top 6 differences between a TSFA and RRSP ✓ Financial steps for getting ready to retire 	<ul style="list-style-type: none"> ✓ Investments for different time horizons ✓ Getting started with investing 	<ul style="list-style-type: none"> ✓ Cash flow (calculator) ✓ Pay off credit cards and debt (calculator)
Financial Preparedness	<ul style="list-style-type: none"> ✓ Preparing for financial emergencies ✓ Plan for occasional and unexpected expenses ✓ Prepare for the unexpected 	<ul style="list-style-type: none"> ✓ Prepare for the unexpected – organize your finances 	<ul style="list-style-type: none"> ✓ Emergency fund (calculator) ✓ Spending habits (calculator) ✓ Personal information inventory (form)
Financial Abuse	<ul style="list-style-type: none"> ✓ Your trusted contact person, why they matter ✓ Faces of financial abuse ✓ 7 signs of financial elder abuse 	<ul style="list-style-type: none"> ✓ Protect against financial abuse 	<ul style="list-style-type: none"> ✓ Trusted Contact Person (video)
Fraud Prevention	<ul style="list-style-type: none"> ✓ Grandparent scams and how to avoid them ✓ Phishing scams and how to avoid them ✓ 8 common investment frauds 	<ul style="list-style-type: none"> ✓ Protect your personal and financial information ✓ Protect from investment fraud ✓ Spot fake websites 	<ul style="list-style-type: none"> ✓ Investment fraud checklist (checklist)

Visit [GetSmarterAboutMoney.ca](https://www.getsmarteraboutmoney.ca) for unbiased and independent financial tools to help you make informed financial decisions.

Visit [InvestingIntroduction.ca](https://www.investingintroduction.ca) for unbiased and independent financial information in 22 languages.

Subscribe to [Investor News](#) to stay informed about the latest investor initiatives, educational resources, topical issues, key dates, and investor warnings/alerts from the Ontario Securities Commission's Investor Office.