

Hi, just a reminder that you're receiving this email because you have expressed an interest in Family Service PEI. Don't forget to add [director@familyservice.pe.ca](mailto:director@familyservice.pe.ca) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



## Financial Literacy Month

November 2013



November is Financial Literacy Month! Financial literacy means having the knowledge, skills and confidence to make responsible financial decisions. This month we will be conducting numerous financial literacy presentations. Be sure to follow us on Facebook and Twitter to get financial tips all month long! To see what is happening across the country, you can visit the [FCAC website](#).

Our first three articles this month focus on financial literacy. We have chosen three life events: retirement, divorce and having children. You will find information on how to prepare for these life events if need be. Additionally you will find our press release for financial literacy month, which highlights some interesting facts about debt loads for Canadians, and our clientele here at FSPEI.

This past month we have been working hard on putting the final touches on our new website! We are all set to launch, so we invite you to [visit our website](#). On the new site you will find additional information about our services and organization and a calendar of events. Not to mention a customized approach with our friendly familiar faces!

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Twitter





## RRSP Savings Calculator

By: The Investor Education Fund

Estimate how much your registered retirement savings plan (RRSP) will be worth at retirement and how much income it will provide each year.

As you get closer to full retirement, your priorities usually shift from growing your money to spending your money. In response, you will need to shift your investment mix from higher- to lower-risk investments to preserve your money and provide income. This will mean there is less chance that your investments will lose money, but they may also yield a lower expected investment return.

### [Calculate Your Savings](#)

## How Do I Prepare Financially for Divorce?

By: The Investor Education Fund

It's not always easy to work out your finances when you separate or divorce, but there are some basic steps you can take. Use the checklist in the link below to get started.

Most people who go through a divorce need legal help. This is true even if you and your ex-spouse find it fairly easy to work things out. That's because you need to know what the law says is fair when you divide up your assets. A lawyer can also explain how child support and spousal support work in your province.

**Remember:** Separating your finances can be tricky.

The checklist here just touches on some of the key things you need to do and think about. Of course, it doesn't cover everything for everyone's situation. Be sure to get advice from experts you trust.

### [Checklist](#)

## Having Children: Financial Considerations

Raising children is a big financial commitment and usually means having to manage on less money.

The cost of diapers, clothing, baby equipment and child care can quickly throw your financial plans off track and put a strain on your family budget. Even when your child is old enough to go to school, you may still have expenses for after-school care, summer camps and other activities.

Consider your new financial responsibilities and make a plan for how you will handle them.

## How Can We Help You?

We offer affordable & effective individual, couple & family counselling. We also have a therapeutic counsellor specialized in sexual and intimacy issues.

Our credit counselling program can help you with budgeting, money management and paying down debts. It is free to see our credit counsellor and it does not show up on your credit report.

For Confidential  
Counselling services  
call:

Charlottetown:  
902-892-2441

Summerside:  
902-436-9171

Brudenelle:  
Toll free:  
1-866-892-2441

Visit our website to learn more about our staff and how they can help you:  
[www.familyservice.pe.ca](http://www.familyservice.pe.ca)

*Fee subsidies are available to ensure you receive the service you need, regardless of your level of income*

## **Financial Considerations**



**Note to our DRP  
Clients the last  
banking day for  
November is the  
29th**

### **Financial Literacy Press Release**

November 1st marked the official launch of Canada's third annual Financial Literacy Month (FLM). Financial literacy means having the knowledge, skills and confidence to make responsible financial decisions. This year's FLM puts the focus on learning or brushing up on the basics of money management at any age.

As a not-for profit organization offering free credit counselling, Family Service PEI meets people of all ages who are looking to improve their financial literacy. Being financially responsible is something that continues throughout the lifespan. However, this task is proving to be difficult in today's consumer driven society. Family Service PEI believes the difficulty can be partially attributed to the accessibility of credit and the relative lack of available information about the consequences of misusing credit.

The average level of personal debt in Canada rose 21 per cent this year to \$15,910, according to a survey done this August for Royal Bank of Canada. The third annual RBC debt poll only measures non-mortgage debt such as credit cards, lines of credit and loans.

Family Service PEI's statistics from the past year indicate the average amount owing on all consumer debt for new clients is \$29,899. This does not include mortgages, vehicle loans, student loans, or any other secured debt. They estimate that 90 percent of clients coming through the door are doing so because they are in financial crisis. "Many clients do not have the skill set to identify how to live within their means, or identify the warning signs that they are headed for crisis," says Denise Lockhart, Executive Director of Family Service PEI.

Reaching out for help is a step in the right direction. If any of the following applies to you, it may be time to take that step:

- You do not have a budget
- You do not know where your money is going
- You are frequently using credit
- You do not have money left at the end of the month

Family Service PEI is a not-for-profit agency providing free Credit Counselling to all Islanders, helping people to examine all options for decreasing debt, including an analysis of lifestyle and spending habits in order to help people understand the warning signs that a financial crisis may be looming. Additionally, Family Service PEI provides affordable and effective Therapeutic Counselling services to

Islanders as financial stress impacts many other areas of a person's life.

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For more information on this subject, or to schedule and interview, please contact Denise Lockhart - Executive Director, Family Service PEI at 1-902-892-2441 or via email: [directorfamilyservice.pe.ca](mailto:directorfamilyservice.pe.ca)

## We're Changing to Better Serve You!



Due to demand, we are pleased to announce that we are now offering evening appointments in our Charlottetown office. Appointments will be available on Monday evenings. To book a therapeutic or credit counselling appointment please call 892-2441.



## Learn How to Beat Stress This Fall

**Becoming present and in touch with your world: Reducing stress through Mindfulness practice**

Mindfulness is a particular attitude toward experiences and a way to relate to life. Mindfulness works on alleviating our suffering making our lives rich and meaningful and it helps us to attune us to our moment to moment experience.

What you will learn from these 4 - 2 hour sessions:

- 1) What mindfulness means.
- 2) How to practice paying attention in a purposeful way, in the present moment
- 3) Specific mindfulness exercises you can practice in order to reduce stress and increase levels of peace and well-being.
- 4) Unhealthy thought patterns that can interfere with mindful practice.
- 5) How to acquire mindful communication with others.
- 6) How to develop your own stress-reduction mindfulness self - care plan.

Dates: November 7, 14, 21, 28 6pm-8pm

Total price: \$150 Payable prior to the first session

Location: Charlottetown, PE- Island Coastal Boardroom

For more information please call- 892-2441 or e-mail [info@familyservice.pe.ca](mailto:info@familyservice.pe.ca)

## FREE Group Therapy for Seniors in Summerside

### Overcoming Stress: Life Changes Related to Aging

We are pleased to announce that thanks to a grant from the PEI Seniors' Secretariat, we will be offering a 4 session group therapy program in Summerside during the month of November. The main focus for this group will be stress, specifically around life changes related to aging. Topic may include: caregiving,

loneliness, family relationships, illness, and loss of independence.

This group is open to all seniors who want to make positive changes in their lives. The group will meet once per week for 2 hours for a total of four weeks- November 13, 20, 27 December 4th. To learn more about this group please call 436-9171.



## We're In Brudenelle!

Thanks to a generous donation of space by the Annear brothers, we are pleased to announce that we are now offering FREE credit counselling in the Montague area, allowing us to better serve Eastern PEI.

Our credit counselling services include:

- A comprehensive and confidential review of your financial situation.
- Discussion of available options and alternatives for dealing with debt, including settlements.
- Assistance with budgeting and spending plans.
- Impartial information regarding finances and credit concerns.
- A realistic plan of action for resolving the problem(s).
- Referrals to other financial or social service organizations for support.

We are also available to conduct community based financial literacy presentations. These presentations may cover topics such as budgeting, money management, being a smart consumer, the wise use of credit, paying down debts and frauds and scams.

To book an appointment or presentation in Eastern PEI please call 892-2441 or toll free 1-866-892-2441



## Closing Headline

Thank you for taking the time to read our newsletter. We know your time is valuable and we want to ensure we are providing information that is useful to you. Please let us know if there are topics you are interested in knowing more about and we will do our best to write about them. If you have questions, concerns, or just want more information about the topics in this current newsletter, please feel free to contact us.

## Contact Information

**Denise Lockhart, Director**

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Email: [director@familyservice.pe.ca](mailto:director@familyservice.pe.ca)

Web: <http://www.familyservice.pe.ca>

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