

Webinar series: Boost your financial knowledge and well-being



November is financial literacy month! Boost your knowledge with our upcoming series of financial well-being webinars.

There's a variety of topics to choose from to meet you where you are in your financial journey. You're invited to attend all the sessions, but you can choose to attend only the ones that interest you. During the sessions, financial educators will be standing by to answer your questions over Slido.

Nov. 21 – Managing debt – from stress to stability

- Better understand your debt and get strategies to pay it down.

Nov. 22 – Money and mental health

- Learn how your mental and financial well-being are linked and discover mental health resources available to you through your plan.

Nov. 23 – Retirement income sources

- Find out about the government benefits you may get at retirement and review common sources of retirement income.

Nov. 24 – Investing basics

- Learn about different investment options and how to choose the ones that are right for you.

Time:

- **English and French:** 1 p.m. ET

Duration: about 30 minutes

Recording: Webinars are recorded and shared with all registrants after the event.

The content shared will be general in nature (not specific to **your** group savings plan).

[Register here](#)

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