

Government of Canada

[Managing your money](#) - Budgeting, banking, money transfers, insurance and planning your finances at different life stages.

[Debt and borrowing](#) - Managing debt, credit cards, mortgages, loans, lines of credit, credit reports and more.

[Savings and investments](#) - Savings and investment types, setting goals and choosing a financial advisor.

[Financial literacy programs](#) - Educational materials to help students and adults increase their financial knowledge and skills.

[Financial tools and calculators](#) - Tools to help you choose a bank account and credit card, including budget and mortgage calculators.

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Canada Life

Financial Planning:

[Setting financial goals](#)

[Paying yourself first](#)

[Budgeting by paycheque](#)

Saving:

[How to maximize your monthly savings](#)

[What are the benefits of saving money early?](#)

[How you can save more money each month](#)

Investing:

[Investment strategies](#)

[Investing styles and techniques](#)

[How to choose the right investments](#)

Separation / Divorce:

[How to financially protect yourself in divorce](#)

[What is grey divorce?](#)

[How to financially recover after a divorce](#)

Workplace Strategies for Mental Health

[Financial stress](#) - Resources to help cope with financial stress. Take action to regain control of money issues related to personal finances, student debt and more.

[Preparing for a Difficult Conversation](#) - Taking a few moments to reflect on your assumptions and intentions before beginning a difficult conversation can set you up to be more effective.

[A primer on sleep](#) - Sleep deprivation is one of the most commonly reported areas of dissatisfaction for many working adults. Not getting enough sleep impacts multiple areas of our life: energy levels, mood, appetite, motivation, concentration and efficiency.

[Someone you care about is coping with financial instability](#) - Questions and strategies to help you have a supportive conversation.

[Family Issues](#) - Resources to help cope with family issues such as divorce, separation, grief and loss that can result in family breakdown. Find out how to help both adults and children better manage stress.

[Planning for a mentally healthy retirement](#) - A series of questions to help pro-actively plan for the quality of life you desire in retirement. This includes envisioning the relationships, purpose, recreation and well-being you want in your life.

[Retiring well questionnaire](#) - A series of questions to help you proactively plan for the quality of life you desire in retirement.

[Retiree interview for leaders](#) - Capture employee perspectives and knowledge to support a smooth transition to retirement. Help your employees retire with a sense of pride by identifying their accomplishments.