

CREDIT EDUCATION
WEEK 2016

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Prepare to win.

Become a champion of
your financial health.



FOR IMMEDIATE RELEASE

Thunder Bay Counselling Centre Wants You to Get Financially Fit for Credit Education Week

Thunder Bay, ON, November 8th, 2016- Thunder Bay Counselling Centre is looking to coach the community to become a champion when it comes to financial health. In recognition of National Credit Education Week, today Thunder Bay Counselling Centre is at Lakehead University with tips and resources to help pump up your financial health.

"With the holiday season upon us, spending can spiral out of control. To prepare, we encourage everyone to think about finances this week and check their vital signs and day-to-day routine. Year after year bad habits creep into your regular financial workout, and there are ways you can train to win in 2017." explains Cyndi Sereda, Accredited Financial Counsellor, at Thunder Bay Counselling Centre. "Financial well-being is possible regardless of income. Maybe it's time to shake up your routine and train for financial strength."

Thunder Bay Counselling Centre recommends the following workout to help reach financial health:

- Assess your current situation. Consider your current income, expenses, assets, debts, needs, wants, and discretionary expenses, as well as any anticipated changes.
- Establish your financial goals and write them down.
- Develop a routine to meet your financial goals.

- Implement your routine and check in along the way.
- Review and revise the plan as your situation or goals change.
- Celebrate your successes!!

“It’s also about looking at the big picture. What people don’t often realize is that your body, emotions, and financial health are all very much connected. People tend to have a fragmented approach, looking at health in a compartmentalized manner rather than considering how they all impact one another;” says Sheri Fata, Manager of Education and Support Services, at Thunder Bay Counselling Centre. “Financial stress is real stress. People experience stress due to income changes or uncertainty, cost of living changes (look at how much groceries, taxes, and utilities cost), life changes (relationship changes, children, education, caregiving for others), unexpected situations that impact finances.”

This is the 10th year National Credit Education Week is being held with the 2016 theme zoning in on “Financial Wins”. While financial well-being is different for each person, it can include:

- Being on track to reach your financial goals;
- Not putting yourself at financial risk;
- Assets, income, expenses, debt and net worth;
- The ability to make payments on time;
- Not experiencing anxiety or stress over your personal financial situation.

“Being mindful of your finances and having a plan may not take away your financial concerns entirely, but you would at least know you did the best you could to manage your money” continues Sereda. “That in itself may provide a shift in your level of worries.”

Thunder Bay Counselling Centre offers walk-in credit counselling support. The agency is an accredited and trusted provider of budget and debt management services that is also known as credit counselling. Professional Credit Counselling includes financial literacy education about a wide array of topics such as rights and responsibilities, credit and borrowing, spending plans and budgeting and bankruptcy. For further information, please visit www.tbaycounselling.com.

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Media Contact:

Amanda Bay
 Firedog Communications Inc
 T- (807) 767-4443 Ext 223
 E- amanda@firedogpr.com