

Financial Literacy

Program overview



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CPA Canada Financial Literacy

About us

Chartered Professional Accountants of Canada (CPA Canada) is one of the largest national accounting organizations in the world, representing more than 210,000 members. Domestically, CPA Canada works cooperatively with the regional CPA bodies who are charged with regulating the profession. Globally, it works together with the International Federation of Accountants and the Global Accounting Alliance to build a stronger accounting profession worldwide.

CPA Canada, created through the unification of three legacy accounting designations, is a respected voice in the business, government, education and non-profit sectors and champions sustainable economic growth and social development. The unified organization is celebrating five years of serving the profession, advocating for the public interest and supporting the setting of accounting, auditing and assurance standards.

CPA Canada develops leading- edge thought leadership, research, guidance and educational programs to ensure its members are equipped to drive success and shape the future. www.cpacanada.ca

Vision

The Chartered Professional Accountants of Canada (CPA Canada) has the opportunity to become a fundamental driver of the economic health of individual Canadians, their businesses and, the broader economy by taking action to solve a high profile social problem.

Mission

To deliver unbiased objective financial literacy education and information to Canadians to improve the overall state of financial literacy in Canada.

Why CPA Canada?

- CPAs are professional financial experts who have earned a solid reputation and position of trust with Canadians.
- The top priorities of CPAs are protecting and acting in the public's interest.
- CPAs are a national network of more than 220,000 members of whom more than 50% would volunteer to further financial literacy education.
- CPAs are already active in their communities and have a long history of giving back.

Key Components

- CPA Canada Financial Literacy delivers a program of financial literacy education seminars nationally at the grassroots level through our member volunteer network.
- Our website with information, tools and resources can strengthen financial capability of Canadians: www.cpacanada.ca/financialliteracy
- We provide thought leadership through ongoing research surveys.
- Our innovative new CPA Canada publications
 - Raising Money-Smart Kids: How to teach your kids about money
 - A Canadian's Guide to Money-Smart Living
 - The Procrastinator's Guide to Retirement: A financial guide to retiring in 10 years or less
 - Babies: How to afford your bundle of joy
 - Uncovering fraud: True stories about fraud, fraudsters and how they got caught
 - Love and money: Conversations to have before you get married
 - The Last Act: Closing the Book on Your Finances
 - Uncoupling: The Ugly Truth About Divorce and Finances
 - Survive and Thrive: Move ahead financially after losing your job



Adults

CPA Canada's eight 60-min adult sessions target the diverse financial literacy needs of Canadians, by aiding individuals to get the information they need to make smart financial decisions. Whether they are starting out in their career, raising children or planning to retire, there is something for everyone.

Saving Strategies – Easy Concept, Difficult Reality

Audience: Those who want to learn how to save more and spend less.

Outline:

- Saving - Definitions
- Savings Strategies - Overview
- Key Savings Strategies
 - Pay Yourself First
 - Create a Budget
 - From Your Investment Income
 - Expenditure Management
- Keeping the Momentum
- Tools and Resources
- Q&A

Learning objectives:

- Learn how to save more to pay down debt.
- Realize that saving and a reduction in spending often go together to achieve success.
- Use the power of compounding to make your savings grow.
- Start to invest in the future to realize goals and dreams and prepare for a comfortable retirement

Ten Healthy Habits Of Financial Management

Audience: Those who want to become better money managers

Outline:

- Getting your financial house in order: Ten Healthy Habits of Financial Management
- Goal-Setting
- Tools and Resources
- Q&A

Learning objectives:

- To self-assess their level of financial fitness
- To learn the *Ten Healthy Habits of Financial Management*
- To obtain resources to help them get their financial house in order

How To Teach Your Kids About Money

Audience: Parents

Outline:

- The goal and challenges of raising money-smart kids
- Age appropriate teaching for young children, pre-teens, teenagers and emerging adults
- The evolution of financial decisions throughout childhood
- Tips on giving allowance, budgeting, credit cards, cell phones, virtual spending
- Tools and Resources
- Q&A

Learning objectives:

- To get information and tips to help you raise kids who are financially independent and responsible.
- To better understand the challenges of raising money-smart kids
- To learn how to address age-appropriate money-related topics with young kids, pre-teens, teenagers and emerging adults

Are You A Good Financial Role Model?

Audience: Parents

Outline:

- The goal and challenges of teaching kids about money
- Characteristics of a Good Financial Role Model
- *Ten Healthy Habits of Financial Management*
- How to set financial goals
- Tools and Resources
- Q&A

Learning objectives:

- To self-assess where you stand as a financial role model
- To learn the *Ten Healthy Habits of Financial Management*
- To obtain resources to help them get their financial house in order
- To understand S.M.A.R.T. goals & effective goal setting

Effective Tax Strategies

Audience: Those who want to have a better understanding of Canada's tax system and minimize the amount of tax they need to pay

Outline:

- Understanding Tax Laws
- Tax Planning
- Keep Detailed Records
- How to Achieve Tax Goals
- Reduce Taxable Income
- Tax Deductions versus Tax Credits
- Increase Deductions
- Use Tax Credits
- Tools and Resources
- Q&A

Learning objectives:

- Develop effective strategies to minimize the amount of tax to pay
- Understand basic tax law
- Learn how to be proactive in tax planning and detailed record keeping
- Understand the three main categories for tax planning: reducing income subject to tax, maximizing deductions and using all allowable tax credits to save money

Fraud Protection

Audience: Those who want to better understand fraud and how to protect themselves from being victims of fraud

Outline:

- Introduction
- What is fraud
- How can you be aware of the damage
- Signs of victimization
- What should you do?
- Real-life examples

Learning objectives:

- Defining fraud
- Recognize the signs of victimization
- What to do if you are a victim of identity fraud
- Understanding various types of fraud
- Tools and Resources
- Q&A

Planning For Your Retirement

Audience: Those who want to understand how to effectively plan for the retirement they desire.

Outline:

- Why You Need a Retirement Plan
- How Much Do You Need to Save?
- Retirement Saving Strategies
- Sources of Retirement Income
 - Government Plans (RRSP, TFSA, CPP, OAS, GIS)
 - Non-registered investments
 - Employer Pensions
- 10 things to remember about retirement planning
- Tools and Resources
- Q&A

Learning objectives:

- Understand that, as a member of the healthiest and longest-living population ever, government payments are not enough to fund retirement
- Learn how to become proactive and start retirement planning early
- Discover the benefits of using government tax deferral/saving opportunities, participating in company pension plans and including non-registered investments as part of a retirement plan

Estate Planning

Audience: Those who need to create a plan to distribute assets, during life or at their death

Outline:

- What is Estate Planning?
- Estate Planning Process
- Key Ideas
- Tools and Resources
- Q&A

Learning objectives:

- Understanding the what and why of Estate Planning.
- To understand various tools of Estate Planning
 - Powers of Attorney
 - Wills
 - Joint Accounts
 - Gifting
 - Trust
- Define dying without a will

Survive and Thrive: Move ahead financially after losing your job

Audience: Anyone who has lost their job, is currently under-employed following the loss of a job, or anyone who fears job loss because of change/turmoil at their current place of work or within their field of work.

Outline:

- The psychological, mental and emotional toll
- Employment law
- Finding a new job
- Contracting and self-employment
- Financing your life
- Dealing with debt: Initial steps
- Dealing with debt: More drastic options
- Going back to school/retraining
- Tools and Resources
- Q&A

Learning objectives:

- Rights and resources
- Steps to take to find a new job
- Options and tools for dealing with debt
- Is training/school a good option?

Disability - Accessing your benefits

Audience: Individuals and caregivers of individuals that qualify for the Disability Tax Credit (DTC) and those eligible to contribute to the Registered Disability Savings Plan (RDSP).

Outline:

- The CRA definition of a disability
- Determining eligibility
- Disability Tax Credit
 - T2201 Certificate and its purpose
 - How is DTC is applied to a tax return
 - Claiming DTC and eligible medical expenses
- Registered Disability Savings Plan
 - Contributions and benefits
 - Qualified financial professionals
 - Planning for critical events
 - Steps to setting up and maintaining
- Tools & Resources
- Q&A

Learning Objectives:

- Determine the eligibility criteria and requirements
- Compare which deductions are of greater benefit to taxpayers
- Discuss the procedures to follow when changes in medical conditions occur
- Identify tax implications of making withdrawals and contributions to an RDSP



Seniors

These 60-min sessions focus on helping seniors better manage their finances in retirement and also protect themselves against fraud.

Managing Your Finances in Retirement

Audience: Seniors who want to learn how to better manage their finances

Outline:

- Importance of managing your retirement
- Art of budgeting
 - Balancing the budget
 - Sources of retirement income
 - Expenses
 - Stretching your retirement resources
- Common retirement strategies
 - The three stages of retirement
- Tools and Resources
- Q & A

Learning objectives:

- Why it's so important to manage finances in retirement
- The art of budgeting
- How to stretch your retirement resources
- Different stages of retirement

Fraud Protection for Seniors

Audience: Seniors who want to learn how they can protect themselves against fraud

Outline:

- What is fraud?
 - Theft vs. Fraud
 - Awareness
- How it works
 - Signs of fraud
 - What to do with suspicion
 - Top three scams
 - What information scammers want
- 5 reasons seniors are vulnerable
- Signs of being victimized
- What to do if you've fallen victim
- Types of fraud – real-life examples
- Tools and Resources
- Q & A

Learning objectives:

- What fraud is and how it works
- Identify the signs of fraud and how to act on suspicions
- Learn about top three scams
- Why seniors are targeted
- What to do if you are a victim of fraud



New Canadians

These 60-min sessions teach new immigrants, who have been in Canada for five years or less, how to effectively manage their money, from how credit works to filing taxes. It also helps them with putting a financial plan in action.

Tips and Secrets Smart Canadians Know

Audience: Immigrants who have been in Canada for less than two years

Outline:

- Overview
- Bank Accounts and Banking Services
- ATMs, Debit Cards and Credit Cards
 - ATM – 24 hour banking
 - How a debit card works
 - Credit Cards – temporary loan
 - Transaction fees can add up
- Establishing a Credit History
- Understanding Your Pay Cheque and Your Payroll Deductions
- Filing Your Income Tax Return
 - When and how to file
 - Getting the help you need
- Tools and Resources
- Q & A

Learning objectives:

- Learn why you need to open a bank account and how to choose the right bank and banking services for your needs
- Understand the advantages and the dangers of using debit cards, credit cards and ATMs
- Learn to use effective money management skills to build your credit history
- Understand the terms used on your pay statement and the purpose of payroll deductions
- Understand when, why and how to file your annual income tax return
- Know where to go for support and guidance

Building Wealth in Canada

Audience: Immigrants who have been in Canada for more than two years or who have taken *Tips and Secrets Smart Canadians Know*.

Outline:

- Overview
- Creating a budget
- Understanding Cash Flow
- The Secret to Being a Good Money Manager
- Defining a Financial Plan
- Sorting Out Your Wants and Needs
- Three Savings Vehicles
- Putting Your Financial Plan in Action
- Resources

Learning objectives:

- Learn to create a realistic budget
- Understand Cash Flow and how to control it
- Learn how to effectively manage your money
- Learn how to define your own financial plan
- Understand the difference between “good debt” and “bad debt”
- Understand the difference between your “wants” and “needs”
- Understand the key features of RRSPs, RESPs and TFSAs and how they can help you put your financial plan into action
- Know where to go for support

What you need to know about tax

Audience: New Canadians who want to understand the Canadian tax system.

Outline:

- Why we pay taxes
- Overview of the Canadian tax system
- Canada Revenue Agency – what it is and what it does
- Where our tax dollars go
- Who pays taxes
- What is taxed – Canadian and foreign
- Why file a tax return
 - Eligible benefits that are received
 - Available deductions and credits
- Preparing and filing tax returns
- What happens after a tax return is filed
- Enrolling in the CRA “My Account” for online filing and communications
- Good tax practices
 - seek good/professional advice
 - understand tax avoidance vs. tax evasion
- Resources
- Q&A

Learning objectives:

- Understand why there are taxes, how the Canadian tax system works, and what taxes are used for
- Learn what taxes need to be paid, and how to pay them
- Learn how to reduce taxes, and how to gain benefits today and in the future
- Learn how to file a tax return and what happens once filed

A soccer ball with black and white panels is positioned on a green grassy field. A semi-transparent grey rectangular box is overlaid on the right side of the image, containing white text. The background is a solid green color.

School (Elementary & High School)

CPA Canada's in-school financial literacy program focuses on teaching students the basic concepts and skills needed to make smart financial decisions. Through interactive activities, case studies and planned workshops, students gain a better understanding of money matters thus to help them get started towards a financially bright future.

Workshop Overviews:

The workshops are independent of each other. They are 45-60 minutes long.

Lesson Outline:

- Facilitator Introduction
- Topic Introduction
- Activity
- Q&A/Closing

Grades 4 & 5

Bartering

Learning objectives: Different items have different values (i.e., you cannot compare one apple to one pound of wheat). Money places a specific value on items and solves this issue.

Needs & Wants

Learning objectives: There is a difference between “needs” and “wants”. It’s important to know the difference between the two in order to make smart decisions with our money.

Savings & Bank Accounts

Learning objectives: Small changes can make big differences. Saving is a mindset which we have to train ourselves to develop and use when making daily financial choices.

Pet Shop

Learning objectives: To better understand the level of responsibility and commitment required of pet ownership. To be aware that unforeseen situations can occur when owning a pet and it’s important to be ready when they do.

Grades 7 & 8

Budgeting & Expenses

Learning objectives: Budgeting is about making choices between what we need and what we want. Staying on or under a budget reaps positive rewards. You are in charge of your choices, but first you have to be aware that you are making them.

Earning Income

Learning objectives: Skills and abilities are related to earning income. We do the best work when we are passionate about what we do.

Goal Setting

Learning objectives: Setting S.M.A.R.T goals is important because they keep you on track to making dreams tangible and achievable.

Savings & Bank Accounts

Learning objectives: Small changes make big differences. Saving is a mindset which we have to train ourselves to develop and use when making daily financial choices.

Grades 10 & 11

Budgeting & Saving

Learning objectives: Budgeting is important in order for us to know where our money is going and to help us keep our spending and saving habits in balance.

Credit Cards & Bad Debt vs. Good Debt

Learning objectives: There is a difference between good debt and bad debt. It's important to understand the difference so that we do not put ourselves in a situation where we can't repay our debts.

Earning Income

Learning objectives: Skills and abilities are related to earning income. We do the best work when we are passionate about what we do.

Goal Setting

Learning objectives: Setting S.M.A.R.T. goals is important because they keep you on track to making dreams tangible and achievable.

A stack of several books is shown, with a pair of white earbuds resting on the top one. The background is a blurred image of the books and earbuds, creating a sense of depth. The text is overlaid on a semi-transparent grey rectangle.

Post- Secondary

This 60-min session focuses on teaching post-secondary students, preferably in their second year, about how credit works and what debt can do to future financial plans. It also shows them practical way to take control of their finances.

Own Your Financial Future: Managing Debt and Making Credit Work for You

Audience: Post-Secondary students (preferably in their second year)

Outline:

- How credit works
- How debt accumulates
- Opportunity cost
- Good debt vs bad debt
- What you need to know about credit ratings
- How to take control of your finances before they take control of you
- Resources
- Q & A

Learning objectives:

- Learn what credit is and how it works.
- Understand how debt can pile up and how this can have negative consequences on future financial plans.
- Understand the difference between good debt and bad debt and the value of having a good credit rating.
- Learn practical ways to take control of finances.

Slaying your taxes

Audience: Post-Secondary students

Outline:

- Why we pay taxes and where do they go
- Do you have to file?
- Benefits of filing taxes
- RRSP vs. TFSA
- What is non-taxable income
- Deductions, credits and special rules for students
- Answers to the top five questions students ask
- How to file an income tax return
- Resources
- Q&A

Learning objectives:

- Understand taxes and filing income tax returns
- Learn about contribution limits and non-taxable income
- Find out about deductions and credits for students



Small and Medium Business

These eight 60-min sessions are designed to educate the small and medium-sized business owner and/or manager on a series of key business financial literacy topics, from the basics of financial statements through the tools of effective financial management.

Understanding Financial Statements

This is a basic session explaining the terms and concepts of financial statements.

Outline:

- How's the business doing?
- Did we make money this year?
- What does my P&L tell me?
- Why do I need a balance sheet?
- Where is my cash coming from?
- Where is my cash going to?
- Why isn't my cash equal to my profit?

Learning objectives:

- To be able to review and understand their financial statements
- To be able to ask informed questions of their financial professionals

Advanced Financial Statements

This is an advanced session explaining the more advanced and complex concepts of financial statements, including: accruals, amortization, accelerated depreciation, accrued payables, work in process, non-operating income, goodwill, earnings per share and cash and accrual accounting.

Outline:

- How are cash and accrual accounting different?
- Why is my balance sheet so complicated?
- What is depreciation?
- Why are prepaid expenses assets?
- How do I account for intangible assets?
- What are retained earnings?
- How are earnings per share determined?
- What is non-operating income?

Learning objectives:

- To be able to review and interpret more complex financial statements
- To understand the terminology so they can ask informed questions of their financial professionals

Financial Ratios and Why They Matter to Your Business

This is a basic session explaining the calculation and interpretation of financial ratios

Outline:

- How profitable is my business?
- How do my profits compare to the industry?
- What's the trend in my profits?
- How quickly are we growing?
- Can we pay the bills?
- Can we pay the bank?
- Am I getting a return on my investment?

Learning objectives:

- To be able to calculate the key financial ratios for their business and understand the meaning of the calculations
- To be able to interpret the results to better manage their business

The Money Side of Business

This is an advanced session explaining the basic tools and techniques of financial management for a business owner, including budget creation and monitoring, cash management, product/division/customer analysis, planning/forecasting, and trend analysis.

Outline:

- What's financial management?
- What tools can help operate my business?
- How do I determine if a product is profitable?
- What's my most profitable product?
- Who are my most profitable customers?
- Why do I need a budget?
- How do I create and use a budget?
- What reports do I need?
- How do I tell where my business is heading?

Learning objectives:

- To be able to use financial management tools to evaluate their business and make informed financial decisions

Growth and Expansion: How Best to Grow Your Business

This is a session explaining the financial implications of growth of a business, tools and techniques to analyze and plan for growth, and the best times and best reasons to grow a business.

Outline:

- What are the best reasons to grow a business?
- When is the best time to grow a business?
- How do we plan for growth and expansion?
- What are the financial implications of growth?
- Will growing my business increase my profits?
- How much cash will we need to expand?
- What happens if we get unexpected growth?

Learning objectives:

- To be able to determine when business expansion makes sense
- To understand how to project growth and expansion and to know how to react when unexpected growth occurs

Getting Money: What Lenders and Investors Want

This session explains to the business owner the financial and non-financial information a bank or investor uses to evaluate a loan/investment request, and explains the steps necessary to prepare a business for presentation to a lender and/or investors.

Outline:

- Why will I need additional financing and capital?
- What are the typical sources for financing?
- What are the advantages and disadvantages?
- How are lenders and investors different?
- Why do I need a business plan and how do I create one?
- What are leverage ratios and how should I use them?
- How do leverage ratios vary between business types?
- How do lenders look at my business?

Learning objectives:

- To understand how a bank or investor will evaluate their business and the steps necessary for the owner to get their financial statements and business plans in order for presentation to lenders and investors.

A Healthy Balance Sheet and Why it matters

This session defines the concept of a healthy balance sheet and explain to the business owner how to create a balance sheet that will appear healthy to an investor, buyer or lender.

Outline:

- What does having a healthy balance sheet mean?
- How do others look at my balance sheet?
- What are the measures of balance sheet health?
- What does an investor look at?
- What does the bank look at?
- How can I “cure” an unhealthy balance sheet?

Learning objectives:

- To understand the key ratios that are used to measure a healthy balance sheet
- To be able to explain the actions necessary to fix any unhealthy parts of their balance sheet

Maximize Your Business

This session explains the key concepts of cash management, working capital and operational efficiency.

Outline:

- Sales are great, why don't we have any cash?
- Do we have enough cash to pay expenses?
- How much cash do we need for expansion?
- Can I free up some cash from the business?
- How can I get customers to pay on time?
- Are we managing cash efficiently?

Learning objectives:

- To be able to review and change their cash management practices so less cash is required to operate the business and the cash needs of the business can be projected and analyzed.



Entrepreneurs

These 60-min sessions help entrepreneurs with the tools and understanding of how to make their startup businesses a success.

The Top 5 Common Mistakes Startups Make

Audience: Entrepreneurs within the first 3 years of operation

Outline:

- Introduction
- The business plan
- What's your structure?
- Staffing: You can't do everything
- Cash flow and financing
- Taxes – even when operating at a loss, are you ready for the big time?

Learning objectives:

- To be able to identify the value of a developing a business plan
- To be able to identify business structure
- To get a better understanding of monitoring cash flow
- To be able to make informed decisions regarding taxes

Financial Survival for Entrepreneurs

Audience: Entrepreneurs beyond the first 3 years of operation

Outline:

- Managing growth and expansion
- Key numbers to understand and monitor
- Doing the math: the ratios that make or break you
- Case study: Scarves from the North
- Financing: the big league
- Tax

Learning objectives:

- To be able to understand the management of growth and expansion
- To be able to identify the key numbers to understand and monitor
- To learn tactics of seeking out financing
- To learn effective tax strategies

Your Numbers...Your Story

Audience: Women entrepreneurs

Outline:

- What it means to be a woman entrepreneur
- What is critical to success and the impact
- Financial Statements
 - How's the business doing?
 - What does my P&L tell me?
 - Why do I need a balance sheet?
 - Where is my cash coming and going?
- Financial Ratios
 - How profitable is my business?
 - What's the trend in my profits?
 - Can we pay the bills?
 - Can we pay the bank?
- Maximizing your business
 - Sales are great, why don't we have any cash?
 - Do we have enough cash to pay expenses?
 - How much cash do we need for expansion?
 - Can I free up some cash from the business?
 - How do I measure and monitor operational efficiency?

Learning objectives:

- To learn understand is critical to success and the impact
- To be able to review and understand their financial statements
- To be able to calculate the key financial ratios for their business and understand the meaning of the calculations
- To be able to interpret the results to better manage their business
- To be able to review and change their cash management practices so less cash is required to operate the business

The background of the slide features a series of red paper cutouts of stylized human figures holding hands in a circle. The figures are arranged in a line, with some in the foreground and others receding into the background, creating a sense of depth. The cutouts are made of a textured red paper and are set against a light-colored, slightly blurred background.

Not-for-profits

This session ensures that non-financial directors have the knowledge they need to understand the financial information they receive, as well as their role in overseeing the organization's finances.

Understanding Financial Statements for Non-Financial NFP Directors

Audience: non-financial directors of not-for-profit organizations (NFPs)

Outline:

- the role and responsibilities of the board, management and the auditor in financial reporting
- the concepts and terminology of financial reporting in the NFP sector
- the ways in which donations to the organization can be accounted for
- the various financial statements you will encounter in your role as an NFP director

Learning objectives:

- to understand the responsibilities of a NFP board member in relation to organizational finances
- to enable directors of NFPs who do not have a financial background in understanding the financial statements of the organizations they serve



Low to Moderate Income Canadians

This Stretching Your Dollar series teach low to moderate income Canadians ways to save more and achieve their goals.

The Journey Out of Debt

Audience: Those looking to manage their debt

Outline:

- How credit works
- Benefits and risks of credit
- Types of credit
- Cost of credit
- How debt accumulates
- How to take control of your finances (dealing with debt)
- Q & A
- Resources

Learning Objectives for Participants:

- Learn what credit is and how it works
- Understand the difference between types of debt
- Understand the cost of debt when making only minimum payments
- How payday loan companies operate and the cost of borrowing from them
- Understand how debt can pile up and how this can have negative consequences on future financial plans
- Learn how to take control of debt including assessing the amount of debt, debt repayment options and dealing with creditors and collection agencies.

Don't Get Scammed

Audience: Those who want to better understand fraud and how to protect themselves from being scammed.

Outline:

- What is fraud?
- Types of fraud
- Identity theft
- Advertising and sales tactics
- Examples of different scams
- Actions to take if you are a victim
- Steps to protect yourself
- Resources
- Q & A

Learning Objectives for Participants:

- Define fraud
- Recognize common types of frauds
- Recognize signs of being victimized
 - What to do when you are a victim of fraud
- How to prepare and protect yourself from fraud

Know Your Money

Audience: Those who want to gain a better understanding of how to be good money managers

Outline:

- Benefits of financial literacy
- Types of income
- Understanding income tax
- Bank accounts and financial services
- What to know about credit
- Credit reports and scores
- Q & A
- Resources

Learning Objectives for Participants:

- Develop the financial knowledge to be able to make informed decisions about money
- Learn how to read and understand a pay stub and its relationship to a T4 slip
- Develop a basic understanding of credit lenders, credit scores, and credit reports including what they mean and actions that can improve your score
- Understand decisions relating to banking

Stretching Into Savings

Audience: Those who want to learn how to save more and spend less

Outline:

- Why and how to save
- Setting savings goals
- Making a budget
- Ways to save
- Pay yourself first
- Investing your savings
- Resources
- Q & A

Learning Objectives for Participants:

- Learn to set savings goals
- Learn to create a budget to help develop a savings plan
- Realize that saving and reducing spending often go together to achieve success
- Learn how to invest savings to achieve savings goals.

Make Tax Your Hero

Audience: Those interested in understanding taxes

Outline:

- Overview of the Canadian income tax system
- Why we pay taxes
- Tax deductions versus tax credits
- Preparing and filing a tax return
- Where to get help
- Making Plans For Your Refund/Benefits
- Resources
- Q & A

Learning Objectives for Participants:

- Understand how the Canadian tax system works, and what taxes are used for
- Understand who should file a tax return and the many government benefits gained from filing a tax return
- Understand the difference between a tax credit and a tax deduction
- Learn how to file a tax return and what happens once it is filed.
- Resources, such as free tax clinics, which are available to assist in filing a tax return

A close-up photograph of a woman's hand wearing a watch. The watch has a white face with simple black tick marks and a metal link bracelet. The hand is resting on a blue denim pocket. In the background, a pink textured sweater is visible. A semi-transparent grey rectangle is overlaid on the image, containing the text.

Women

These sessions help women gain financial confidence and become excellent money managers.

What I Would Tell my Younger Self

Audience: Women who want to learn about and develop strategies to save money

Outline:

- Setting the baseline
- Stories you need to hear
- How to get started
- Life hacks
- Resources

Learning Objectives for Participants:

- Learn how to establish a baseline for your financial identity and understand how your history with money shapes your financial habits
- Identify needs and wants and learn to strike a perfect balance between them
- Understand the importance of financial goal setting and emergency funds
- Learn about salary negotiation, investing early in life and when to ask for help

The Self-Worth in Net Worth

Audience: Women who want to build their confidence in money and develop financial habits that enrich their life.

Outline:

- Financial wellness
 - Knowledge
 - Confidence
 - Action
- Implications of research on women and financial knowledge and confidence
- Our money mindset
- How to build confidence in money
- Love and money
 - Building a partnership
 - Toxic partnerships
- Building financial capability and well-being
- Resources

Learning Objectives for Participants:

- Learn how to form a positive money mindset and build confidence in money
- Understand your relationship with money and learn how to create a budget to meet your needs
- Learn how to find common financial ground with your partner

Money for New Moms

Audience: New moms who want to make strong financial choices and reduce the stress and uncertainties that often come with having your first child

Outline:

- The cost of raising a child today
- Budgeting for a baby while on mat leave and after
- Ways to save money
- Planning for childcare
- Key Federal government support programs
 - EI Maternity and Parental Leave
 - Childcare expenses deductions
 - Child benefits
 - RESPs
- Starting to teach your kids about money
- Resources

Learning Objectives for Participants:

- Learn how to budget for your baby, including the hidden costs
- Understand the many aspects of EI maternity and parental leave for you and your spouse
- Learn how to plan for childcare and childcare expense deductions
- Learn how to start teaching your kids about money

Purposefully Uncoupling

Audience: Woman preparing for separation or divorce.

Outline:

- Dealing with separation
- First steps and the costs of divorce
 - Preparing your finances
 - Budgeting
 - Getting organized
- Divorce vs. Separation
- Dividing your property and finances
- Child support
- Recovering financially - where to start
- Resources

Learning Objectives for Participants:

- Learn how to prepare household finances before and after separation
- Understand your cash flow and how to budget for this new chapter
- Learn how spousal and child support works
- Develop strategies to get yourself back on your feet financially

The Strong Woman Investor

Audience: Women who want to develop strategies to become strong investors

Outline:

- The power of women and investing
- Money habits for long-term stability
- Considerations to investing – my options for managing money
 - Finding a professional
 - DIY investing
 - Robo-investing
 - Other avenues
- Different types of investments
 - Stocks vs. mutual funds vs. ETFs
- Tax implications
- Planning for retirement
- Resources

Learning Objectives for Participants:

- Learn why women are powerful investors
- Understand the importance of money habits as they relate to long-term stability and peace of mind
- Look at options for managing money and learn about the different investment vehicles
- Learn how to assess your situation and plan for your retirement

Just Widowed

Audience: Women who want to be prepared to manage finances when faced with widowhood.

Outline:

- You are not alone – the stats
- Acknowledging your grief, putting your well-being first
- Assembling your team
- Gathering key documents
- Managing household finances
- Building confidence in money
- Considering bigger financial decisions and investments
- Other considerations
 - Understanding estate planning
 - Taxes
- Resources

Learning Objectives for Participants:

- Learn where to start and how to manage finances during a difficult period
- Understand how to assess financial needs, budget, and plan long-term
- Learn how to prepare your estate and recognize the importance of wills

Contact Us

For further information on CPA Canada Financial Literacy and its components, please contact:

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