



1 in 6 Canadians worry about financial health

If you feel that the cost of dental care or the cost of groceries is causing you financial stress, you are not alone. According to a [CBC News story](#), more than a quarter of Canadians are either struggling with financial health or on the edge of serious financial difficulties, based on a recent online survey by Angus Reid. Fortunately, we can help you improve your financial health, now and in the future.

Step one is to realize it is never too early or too late to make a financial plan. Did you know Coastal Community offers financial planning and advice to all Coastal Community members? Sharing your goals and challenges with one of our [financial experts](#) is a great way to create a financial roadmap to the future you want. There are also some good financial habits you can adopt immediately:

1. Make a budget! This is the first step to financial security. Once you know what you have coming in and going out, you won't spend money you don't have—and you'll be able to map out your savings goals. Try this [free online budget calculator](#) or a free personal finance program like this one from [BudgetPulse](#).
2. Set up automatic payments to pay bills and to contribute to your savings program.
3. Save for an emergency fund—you'll feel better knowing you can weather unexpected rainy days.
4. Pay down debts with a tool like [this one](#). Don't forget to celebrate when you pay one off!
5. Plan for the future—[savings vehicles](#) like RRSPs, TFSAs, and GICs can help you reach your savings goals. Check out our [myCoastal Retirement Plan](#) for a great way to build retirement savings.

"Over the years we've seen the impact a good savings strategy and financial plan can have on a person's financial well-being at all stages of life.

I know financial advice can sound confusing and a bit overwhelming, but here at Coastal Community we sit down with you, explain things in clear and simple language, and tailor a recommendation that's as individual as you are. Let your hard-earned money work for you!"

Michael Li, Financial
Consultant with
Coastal Community