Financial Literacy Workshops

EFAP's Financial Literacy Workshops are available to Vancouver Coastal Health employees.
Workshops are presented by:
Alphil Guilaran
Executive Director,
Financial Literacy Counsel

Please register through CCRS (https://ccrs.vch.ca)
For more information contact:
Kate O'Connor at **EFAP**: 604.872.4929

WORKSHOP DATES

JANUARY 28th 12:00 – 1:00pm
RRSPs, Pensions & Taxes
Robert & Lily Lee Health Centre

FEBRUARY 3rd 12:00 – 1:00pm
Stress, Debt & Money
Vancouver General Hospital

FEBRUARY 11th 2:00 – 4:00pm
Stress, Debt & Money
Richmond General Hospital

FEBRUARY 13th 12:00 – 1:00pm
Retirement Readiness
Lion's Gate Hospital

MARCH 4th 2:00 – 4:00pm
Wills, Estates & Family Law
Richmond General Hospital

MARCH 7th 12:00 – 1:00pm
Financial Literacy 101
UBC Health Services

MARCH 20th 12:00 – 1:00pm
Financial Literacy for Parents
Vancouver General Hospital

TOPICS

Financial Literacy 101

Learn basic money management principles to help get your financial house in order. You will learn the 3 basic and retirement planning, how your benefits work, how to get out of debt and reduce taxes.

Retirement Readiness

In this session, we will tackle whether or not you should have an RRSP or TFSA if you already have a pension. We will also look at the landscape of available investment vehicles that are eligible for the RRSP and TFSA programs.

Wills, Estates & Family Law

This workshop focuses on how to make sure your Wills, Powers of Attorney and Representation Agreements will be valid when you and your family need them the most. We will also introduce the new Family Law Act and key issues related to divorce, separation, and division of assets, cohabitation agreements and child/spousal support.

Financial Literacy for Parents

Learn how to make wise and responsible financial decisions whether you are a new parent, seasoned parent, or taking care of your parents. Topics include: budgeting, debt management, post maternity pension top ups, and RESP rules.

Stress, Debt & Money

Co-Presenter: Simone Riml, EFAP
Client Relations & Wellness Services Manager

- How do I overcome fear and anxiety around money?
- 3 habits for getting your financial house in order
- Reducing debt and taxes in 2014

RRSPs, Pensions & Taxes

Topics for this workshop include:

- Do RRSP's and TFSA's really save me taxes?
- Should I invest using RRSP's or pay off debts first?
- Employee Pensions vs. Personal RRSP vs. Spousal RRSP
- Choosing suitable investments for RRSP's and TFSA's