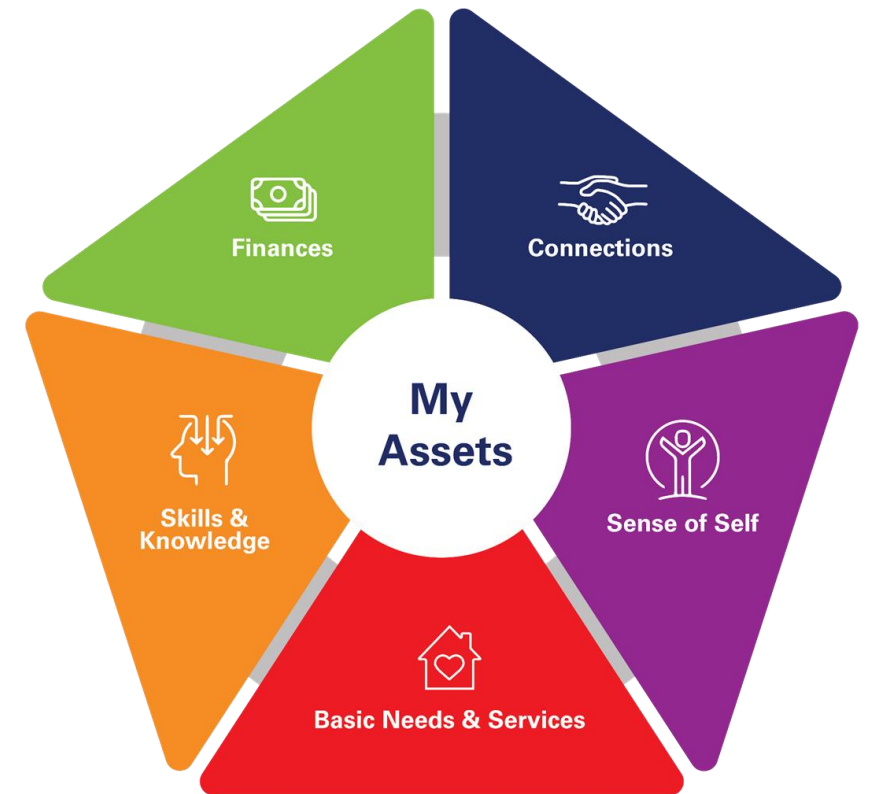


What to Do When You Don't Know What to Do

Money and COVID-19

Things You Can Do

- Stay calm.
- Pay attention to what is working now.
- Know what you already have – 5 assets.
 - Connections
 - Sense of Self
 - Finances
 - Basic Needs & Services
 - Skills & Knowledge



Know your financial responsibilities

- List your crucial expenses.
- Prioritize them.
- Check payment due dates.
- Review bank statements to understand household transactions.
- Make an emergency budget.
 - Cut off unnecessary spending
 - Focus on your primary needs

Financial Details

- Review your bank accounts.
- Revisit available assets.
- Investments.
- Debt situations.
- Insurance policies.
- Communicate, Communicate, Communicate.

Be Resourceful

- Determine what information is helpful for you.
- Stay tuned to government programs.
- Navigate COVID -19 related resources and find trustworthy information.

Examples:

Be Mindful

- Don't information overload yourself.
- Watch out for frauds and scams.
 - COVID-19 fraud: <https://www.antifraudcentre-centreantifraude.ca/features-vedette/2020/covid-19-eng.htm?fe>
- Maintain your well-being.

Resources

The Government of Canada: <https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>

The Government of Alberta: <https://www.alberta.ca/covid-19-supports-for-albertans.aspx#toc-0>

The City of Calgary: <https://newsroom.calgary.ca/city-of-calgary-update-on-response-to-covid-19-mar26/>

Community resources: <https://frfp.ca/parents-resources/community-resources/community-resources-centres.htm>

Momentum (COVID-19 resources): <https://momentum.org/financial-supports-for-people-impacted-by-covid-19/>

Thank you

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