

# Resources for you

## Budgeting

If your family is concerned about **Budgeting**, here are some resources that may be able to help.

You might want to use the resources below if you are stressed about debt or would like to know more about how to budget and spend wisely.

Resource	Contact Info	Details	How to get help
Money Mentors	1-888-294-0076 info@moneymentors.ca	Classes and credit counselling. Help with: <ul style="list-style-type: none"><li>• Financial guidance</li><li>• Budgeting support</li><li>• Bankruptcy</li><li>• Debt counselling</li></ul>	To book an appointment, call or email.
Momentum	403-272-9323 www.momentum.org	Classes and programs to help you manage your money. Help with <ul style="list-style-type: none"><li>• Financial guidance</li><li>• Budgeting</li><li>• Business start up</li><li>• For any income level</li></ul>	Call Mon to Fri from 8:30 a.m. to 4:30 p.m. Classes require online registration.
Distress Centre	403-266-4357	Free crisis counselling and connection to social and community services.	Call 24/7 if you need someone to talk to who can offer support and services.

