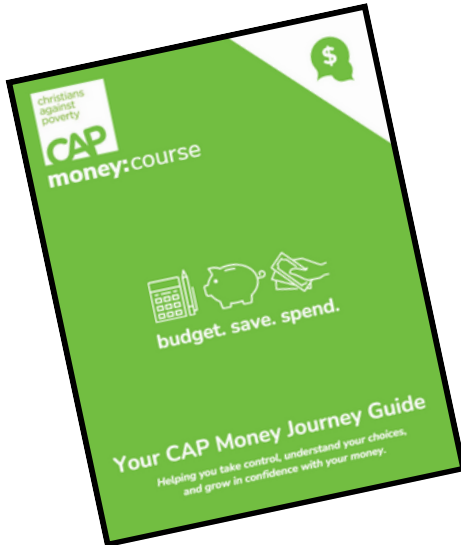


42%

of Canadians say money is
their biggest source of worry.
(FP Canada 2025 Financial Stress Index)

Hope in hard times: responding to the #1 source of stress for Canadians



www.capcanada.org/moneycourse

to register your churches interest
or scan the QR code



www.capcanada.org/debtcentre

to register your churches interest
or scan the QR code



“When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd.

Then He said to His disciples;

“The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field.”

Matthew 9: 36-38

“Come to me, all you who are weary and burdened,
and I will give you rest.”

(Matthew 11:28)

Useful Contacts:

Debt Help

CAP Debt Help

Toll free: 1-855-214-9191

www.capcanada.org/debthelp

Financial Consumer Agency of Canada

<https://www.canada.ca/en/financial-consumer-agency/services/debt.html>

Benefit Enquiries and Support

General

<https://www.canada.ca/en/services/benefits.html>

Benefits Finder - Government of Canada

<https://www.canada.ca/en/services/benefits/finder.html>

Benefits Wayfinder - Prosper Canada

<https://benefitswayfinder.org/>

Additional supports

Canadian Mental Health Association

<https://cmha.ca/find-help/>

Government of Canada - Help with Substance Use

<https://www.canada.ca/en/health-canada/services/substance-use/get-help-with-substance-use.html>

211 - info for government and community based, non-clinical health and social services support

<https://211.ca/>

Guide to legal help - Steps to Justice

<https://stepstojustice.ca/>

Seniors

Elder Abuse Prevention Ontario

A provincial organization providing training, tools, and support.

416-916-6728

www.eapon.ca

Seniors Safety Line (SSL)

A 24/7 crisis and support line for seniors, available in over 200 languages.

1-866-299-1011

www.awhl.org/seniors

Advocacy Centre for the Elderly (ACE)

A community based legal clinic for low income senior citizens.

1-855-598-2656

www.advocacycentreelderly.org

Canadian Anti-Fraud Centre

Report frauds and scams.

1-888-495-8501

www.antifraudcentre-centreantifraude.ca

Your impact:

(Figures are from 2013 until today - and no matter the stage and status of your connection with CAP - you're part of setting the captives free!)



1273 courses



9,118 households



\$196,948,800

(estimated debt load - \$21,600 avg)