



You may be facing some unexpected financial challenges as a result of COVID-19. We're here to help.

We're working with the Credit Counselling Society, an award-winning, non-profit service to help you and your family during these hard times.

The Credit Counselling Society can give you free, practical resources to help you:

- Plan for reduced income
- Manage your expenses
- Pay off debt
- Set goals for your finances

If you need help with debt repayment and settlement, it's available for a reduced cost. Effective immediately, Canada Life is extending these services to you free of charge until June 30, 2020.

Reach the Credit Counselling Society at 1-888-527-8999. If you live in Quebec or an Atlantic province, call 1-888-753-2227.

[Learn more](#)