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Jan. 11, 2025 – Feb. 8, 2025

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 416-297-9373 ext. 221  YouthInfo@rnccs.ca

Eligibility

- Youth aged 18-30
- Legally entitled to work in Canada
- Unemployed
- Not enrolled in school full-time



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- LABOURERS
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- COOKS
- SUPERVISORS

3 essential digital skills for landing your next job

(NC) There are few jobs today that don't require some sort of digital tools to get the work done. Some may require you to spend most of your time on a computer. Others might have a specific program or tool you need to master, such as the program a restaurant uses to enter customers' orders or the system used to scan product bar codes. Here are three ways to prepare for any job.

Become job ready

The type of technology you use in your job will depend on your specific role. If you're in a communications position, you might create Word documents or make social media posts. If you're making presentations to clients or internal teams, you might need to master Excel or PowerPoint. If you're looking for a new job and lack some of the required skills listed, know that all of these programs have online tutorials you can take to learn how they work.

Use social media

While most of us think of social media as a fun pastime or a way to stay in touch with our friends, there's an entire industry of social media professionals. These range from employees who manage their company's social media accounts to influencers who make a living by sharing posts with their followers. If you're a natural when it comes to using social media, there might be a career in it for you.

Social media is also a great way to showcase your personal brand online and find new opportunities. Platforms like LinkedIn allow you to create an online resume where potential employers can look you up. It also lists job postings and allows you to easily apply with your profile.

Alternatively, if you're self-employed or own a small business, social media can be used as a marketing tool to promote upcoming sales, post images of new products or share videos

of your team being active in the community.

Take training

The digital world can be intimidating, particularly for those who haven't often used tech tools. The good news is that there are free digital literacy programs, such as those offered by ABC Life Literacy

Canada, that you can take to help you successfully navigate the online world. Mastering these skills can help you in your personal and professional life.

Find more information at abconnectforlearning.ca.

www.newscanada.com



Student life hack: How tuition fees can lower your taxes

(NC) Post-secondary education comes with a hefty price tag, especially as the cost of living keeps climbing. Luckily, the tuition tax credit can help take some of that financial pressure off your shoulders. Understanding how to take advantage of this credit is essential for students and their families.

The tuition tax credit is a valuable tax break as it can help you reduce the taxes you owe now and for years to come.

If you're 16 or older, enrolled in a post-secondary program and paying for tuition, you can claim this credit when filing your taxes with the Canada Revenue Agency.

To claim the credit, make sure

to share your social insurance number with your school. Then, in February, your school will issue you a T2202 form, also known as the Tuition and Enrolment Certificate. You'll use this information when you do your taxes and claim the credit.

Claiming the credit could help reduce your tax bill. If you don't owe enough tax to claim the full credit, you have options: you can carry it forward to a future year or transfer it to an eligible family member, such as your parent, grandparent, spouse or common-law partner.

If you don't have a lot of experience doing your taxes, many schools offer free tax clinics to help you through the process, so don't

hesitate to reach out. These clinics can help you make the most of available credits and deductions.

More information on deductions, credits and payments for students

is available at canada.ca/taxes-students.

www.newscanada.com



Tips for landing on your financial feet as a newcomer

(NC) When you first arrive in Canada, you have to find a place to live, start a job and learn about your new community. It's a lot to get organized. Getting your money matters in order often starts with opening a Canadian bank account. Here is a quick primer from Royal Bank of Canada on your options:

Chequing account

People use chequing accounts to hold their funds for monthly and everyday expenses and often ask their employers to deposit their paycheques directly into these accounts. These accounts can sometimes come with monthly fees, but they may feature unlimited transactions in return.

Savings account

This account allows you to put in your extra money to build an emergency fund or save for a larger purchase, while also earning a small amount of interest on the balance. Keeping this money in a separate account from chequing

is helpful so you don't accidentally spend it. With limited monthly transactions, a savings account works in tandem with a chequing account.

Debit card

You can access your chequing and savings accounts at a bank or use your debit card at an automatic teller machine (known as an ATM). While this card looks similar to a credit card, and you can use it to buy directly from some stores, it's not credit. When you pay with debit, the money comes directly from your account. Debit cards typically can't be used for online purchases.

E-transfer

When you want to send money to someone with a Canadian bank account, you can use an Interac e-transfer. Find this service by logging into your mobile or web banking. It's free with some bank accounts, while others charge a small fee for each transfer.

Pre-authorized debit

This is a useful feature for people who may forget to pay their bills on time. When you set up a pre-authorized debit, you give your bank permission to pay a certain amount to a certain account on a certain date. So, for example, you could set up a pre-authorized debit

to pay your cellphone provider every month.

Find more information about banking in Canada at rbc.com/newcomers.

www.newscanada.com



4 ways to lower your mortgage payments

(NC) The high cost of living is having an impact on a lot of people's finances. If you're struggling to pay your mortgage, know that you're not alone and that there are ways to help reduce some of the stress.

It's important that you talk to your bank as soon as possible if you're having a hard time making your mortgage payments so you can discuss your options together.

Renegotiating your mortgage

You may be able to renegotiate your mortgage agreement. You could, for example, convert your variable interest rate to a fixed interest rate. This option could help lower your payments if interest rates are too high. Also, knowing what your payments are every month could help reduce some stress and help you better manage your money.

Skipping a payment

Your bank could offer you a "skip a payment" option. Certain banks also call this option "payment pause," "miss a payment," and "take a break." Your bank allows

you to miss a maximum number of mortgage payments each year. If you have made any prepayments toward your mortgage, your bank could apply these amounts to cover your skipped payments. If not, they would defer your payments so it would take longer for you to pay off your mortgage entirely.

Getting a mortgage payment deferral

With a mortgage payment deferral, you enter into an agreement with your bank. This agreement allows you to delay your mortgage payments for a specific period, usually up to four months. After the deferral period ends, you continue making your mortgage payments. Just like the "skipping a payment" option, you'll need to pay the amount you deferred down the road, so the time it takes to pay off your mortgage will be longer.

Extension of amortization

Extending your amortization period lowers your mortgage payments. Keep in mind that the longer you take to pay off your

mortgage, the more you'll pay in interest. Think twice before extending your amortization to lower your payments. The interest costs that you'll need to pay will be higher. This may add up to thousands or tens of thousands of dollars over time.

There are many more options that could be available to you. What's important is to consider how these options will affect your financial situation. You may end

up paying more to pay off your mortgage and it may take you longer to do that. Your bank is required to provide options that are appropriate for your situation. If none of the options seem right, you may consider selling your home and buying a cheaper one or opt to rent instead.

Learn more about mortgage relief options at canada.ca/money.

www.newscanada.com



Tips to achieve your financial goals

(NC) Entering a new year is the perfect time to set some financial goals. Whether your goals are to pay off debt or save for your children’s post-secondary education, the key is to have a plan.

The first thing to do is to identify and prioritize your goals. Then, set a dollar amount and a timeframe for each goal. The amount of time you have to achieve your goals can affect how you plan to save and invest.

If you’re saving for a major purchase within a year or two, your focus will be on building your savings. You’ll want to keep your money protected and easily accessible, such as keeping it in a savings account.

If you’re putting money away for a long-term goal, such as your retirement or your child’s education,

you may want to consider a broader range of investment types, including bonds and mutual funds. Keep in mind that some investments are complex and can be risky. More risk may be acceptable if your goal is longer-term because you have more time to recover any financial losses. You need to figure out what level of risk you’re comfortable with. Talk to an investment professional or financial advisor to find the investment options that are right for you. You can also work with them to come up with a plan.

If you can, you should also consider setting money aside for an emergency fund as part of your goals. That way, you’ll be covered in part or in full if you have unexpected expenses, like a home or car repair. Start by figuring out what you can put aside every week. Even if it’s not a lot, it can add up

quickly.

The Financial Consumer Agency of Canada has a free and unbiased financial goal calculator designed to help you manage your debt

and savings goals. Access this tool and other useful financial tips at canada.ca/money.

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Learn how to give back and get back

(NC) While you've likely heard the phrase "it's better to give than receive," did you know that it's possible to do both? You can, for example, give to charity and get a big break on your taxes. In fact, Canada has some of the best tax incentives for charitable giving in the world. Here's how you can take advantage of them.

Donations earn tax deductions

You probably know that if you make a donation to a registered charity, you'll get a receipt for a tax credit in the calendar year you made it. In fact, for donations of more than \$200, you will get back almost half of that in lowered taxes. As a result, your donation only costs you \$100.

Get double tax savings

If you own any stocks, bonds or other securities that have increased in value since you purchased them, they will be subject to capital gains tax when you sell them. But if you transfer your stock to a registered charity instead, you eliminate the capital gains tax and receive a

donation tax credit that helps pay down any income taxes you owe.

Pledge now, save later

Even if you don't have the disposable income to spare for a donation this year, there are other ways you can make a meaningful contribution to the charity or charities you support. Each with their own tax benefits:

Extension of amortization

1. Include a charity in your will. Designating a small percentage of your estate to charity could turn into a sizeable donation. Plus, your donation will help lower the taxes your estate will be responsible for.

2. Use your RRSPs. Did you know you can name charities as beneficiaries of your RRSP? Doing this could just about offset the taxes that your estate would have to pay on this asset.

Your financial institution will have a simple RRSP beneficiary form for you to fill out where


you list all the people and/or registered charities you'd like to receive your leftover funds. Note that in Quebec, you can only name a charity as a beneficiary of your RRSPs through your will.

3. Donate your life insurance. You can also choose to donate all or a portion of a life insurance policy to a registered charity.

This option lets you multiply your contribution and make a big donation to a cause you support, all while reducing the tax burden your loved ones will face.

Learn more about making donations through your estate at willpower.ca.

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Want to quit smoking? Try these 4 tips

(NC) There’s no denying it: quitting smoking is hard. But it’s not impossible. In fact, people use a variety of strategies and tools to do it every day. Here are four things that can help you quit smoking.

Create a plan

To achieve any goal, it helps to start with a strategic plan. Developing a quit plan will help you establish the reasons you want to quit, outline any concerns you may have and list the various tools and coping mechanisms you have at your disposal. For example, Health Canada has an online quit plan that only takes about 10 minutes to complete and a Quit with Confidence self-help booklet.

Don’t go cold turkey

While going cold turkey can eventually work, dealing with cravings and nicotine withdrawal without some help can be rough. There are several nicotine

replacement therapy options, such as nicotine gums, patches and lozenges you can use to help you through the hardest times. Other quit aids that can help include a plant-based natural health product called cytosine, and prescription medications like bupropion or varenicline. Combining certain quit aids, such as nicotine gum along with a nicotine patch, can nearly triple your chances of quitting.

Seek expert advice

Whether you’re just starting to think about quitting, struggling to stick to your quit plan, or planning to try again, expert advice will help. Speaking with a trained counsellor has been shown to almost double your chances of success. You can access free and confidential expert advice and counselling through your local quit line – by phone, online or through text.

Reward yourself

You’re taking on a big and important change. So, it’s worth motivating yourself with rewards along the way. The rewards can be something small, like treating yourself to a special meal or using the money you’ve been saving to splurge on a date night with your partner or an event with friends. You could also set aside the savings

for something even bigger, like a trip or a new car. And for further reinforcement, regularly remind yourself that you’re improving your health every day, week and month you go without a cigarette.

Find more advice at canada.ca/quit-smoking.

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