Western University, Sun Life, and LifeWorks want to help you achieve your financial goals. Whether you are well into your planning, or just starting down the path, here are some articles, tips, and tools.

**Webinar: Saving – The Essentials**

When it comes to saving, there is a lot to think about! Having a good grasp of savings plans and approaches is essential to investing in your future. This session focuses on showing you how to use your savings plans, to help meet your personal goals.

*Join Sun Life for the next session available in 2022 – [Register here](#)*

Tuesday, April 19, 2022, 6 p.m. ET

**Asset allocation tool**

We can all use a helping hand, especially when it comes to investing. Sun Life’s [Asset allocation tool](#) is here to help. It makes picking and reviewing your funds easy. You only need to answer a few questions and tell us when you need your money.

Sign in to [mysunlife.ca/western](#), select my financial centre > Quick Links > my money tools > Asset allocation.

**Article: Tips for new Canadians**

New to Canada and not sure where to start? Establishing your finances will help get your feet on solid ground.

**LifeWorks provides assistance to all employees**

LifeWorks offers self-directed online programs and telephone consultation with a financial professional in areas including Debt and Credit, Bankruptcy, Divorce, Estate, Mortgages and more. Access details and support by signing in to LifeWorks, select Support & Resources, then scroll down to select Online Programs, search for Western University, and select Finances to see the program options.

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**We’re here to help**

- Call us at 1-866-733-8612 | Monday to Friday | 8 a.m. to 8 p.m. ET
- Visit [mysunlife.ca/western](#) for tools, articles and videos. Sign in and select Chat live now to get live support.
- LifeWorks provides independent and confidential assistance to all Western employees and their eligible dependents at no cost to you. Personal counselling can be arranged by calling 1-844-880-9143.
- Consider speaking with a financial advisor (registered as a Financial Security Advisor in Quebec) of your choice to get personalized advice about your plan.

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Group Retirement Services are provided by Sun Life Assurance Company of Canada, a member of the Sun Life group of companies.