

Supports



Find more financial information and free resources at [**www.FNChildClaims.ca/FI**](http://www.FNChildClaims.ca/FI).

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Contact the Administrator toll-free at **1-833-852-0755** or [**Generalinfo@Contact.FNChildClaims.ca**](mailto:Generalinfo@Contact.FNChildClaims.ca) with your questions or to access a Claims Helper who can connect you with wellness and cultural supports.

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Free mental health and wellness supports are available 24 hours a day through Hope for Wellness at **1-855-242-3310** (toll-free) and [**www.HopeForWellness.ca**](http://www.HopeForWellness.ca). Support is available in English, French, Cree and Ojibway.



First Nations Child
and Family Services
and Jordan's Principle
Settlement

Consider depositing your compensation money into an account, such as a low- or no-fee chequing or savings account, instead of cashing your cheque through a cheque-cashing or payday loan company. These companies have interest rates or fees that you pay out of your compensation – which means less money for you. If you deposit your compensation money into a savings or chequing account, it means you receive all of your compensation.

Some banks and credit unions allow you to open an account online; check with them to confirm.

Whatever your needs and goals, it may be helpful to discuss your options with a bank, credit union, organization or person you trust who is good with finances.



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Settlement

Financial Information

Preparing to receive your compensation money



Scan for more
information.



What to Expect

If you are eligible, you will be asked to choose how you would like to receive your compensation.

Compensation can be sent by direct deposit into a bank account in your name or by mailed cheque.

You will have **60 days** from the date of your Eligibility Letter to confirm your choice.

If you don't respond, a cheque will be mailed to you at the address you provided on your Claim Form.

Keep your contact information up to date so the Administrator can contact you about your payment.

What Comes Next? What you do with your compensation is **completely up to you**. Making a plan ahead of time can help you make the most of your compensation, which may help you, and your children and grandchildren, for a longer period of time. One question you may want to ask yourself is: How long do you want this money to last? Speaking to someone you trust who is good with finances may help you understand what options would work for you.

Here are some examples of things you may wish to think about as you plan.

SHORT-TERM GOALS (WITHIN 1 YEAR)



Pay off high-interest credit card debt, leaving you with more of your regular income every month



Invest in self-care and mental health supports



Put aside some money for an emergency to help when something unexpected comes up

MEDIUM-TERM GOALS (WITHIN 1-5 YEARS)



Pay first month's rent and save the rest of your compensation



Start or invest in a business that aligns with your culture and values



Buy a car and set aside money to pay monthly insurance, gas, maintenance and repair costs

LONG-TERM GOALS (OVER 5 YEARS)



Pay for school and supplies and set aside some funds to live on



Pay down your mortgage or other debt or add to down payment savings for a home or a cabin out on the land



Invest in plans that will provide you with income when you retire

Not sure what you want to do yet? You could open a low- or no-fee chequing or savings account (in person or online) and keep your money growing while you decide what's next.

IMPORTANT REMINDERS!

Your compensation money is yours to use in a way that aligns with your goals, traditions and values.

Be cautious of unexpected fees, scammers and even people in your life who may not understand your needs or boundaries.

FREE ONLINE FINANCIAL RESOURCES

Most banks and credit unions have online information about different accounts and investment products, as well as people you can talk to. You may want to consider reaching out to one near you.

AFOA Canada helps Indigenous Peoples with finances: [AFOA.ca/Education/Financial-Wellness](https://afoa.ca/Education/Financial-Wellness).

Prosper Canada offers money management resources for Indigenous Peoples in English, French, Plains Cree and Ojibwe: LearningHub.ProsperCanada.org/Knowledge/Managing-Your-Money.

Prosper Canada's Benefits Wayfinder lists federal, provincial and territorial benefit programs. Visit www.BenefitsWayFinder.org and click on Browse All Benefits to learn more.

The Government of Canada has information about money and finances: www.Canada.ca/En/Services/Finance.html.



Scan here for more information about preparing to receive your compensation money.