

# ***HELP!***

**Please take a moment to jot down some of the expenses you may have either every month, every other month or just occasionally (once a year). Your help will assist your counsellor to understand your situation and be in a better position to make constructive suggestions with you as part of your overall remedy plan.**

FOOD

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HEAT

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HYDRO, WATER

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TV / CABLE

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PHONE

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YOUR EXPENSES AT WORK

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YOUR PARTNER'S EXPENSES AT WORK

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RENT / MORTGAGE / BOARD

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GAS FOR VEHICLE

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VEHICLE INSURANCE

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LIFE INSURANCE

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ENTERTAINMENT

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HOBBIES / SPORTS

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ANYTHING ELSE ? (please list)

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**Don't forget to bring this with you to the interview along with any receipts, pay stubs, copies of utility bills and statements.**