

The world of work! AKA how to be a grown-up!!

Things to learn about:

1. **Housing**: learn about your rights and the laws that protect you as a renter
2. **Social services** : learn about the free resources in our city on the City of Ottawa website – help with finding a job
3. **Budgeting your money**: start saving a little bit each paycheque! Lots of banks have free spreadsheets to keep you organized. You can get free money advice at your bank.
4. **Insurance**: save money by comparing different companies for the best rates
5. **Your health**: learn to cook and find a family doctor for yourself!
6. **Resume**: always keep your resume up-to-date for future career changes!
7. **Adult sports leagues** – join one – it's great way to meet people – teams and clubs are listed on City of Ottawa website