For help, she recommends contactfered at no cost to the client. Funded by the Ontario Ministry of Commun-

you've lost your job or are unable to work, or don't have sufficient income coming in to qualify for a bank loan, contact your creditors and ex-"While this may be embarrassing, creditors will usually help people who are experiencing an unexpected crisis but want to resume payments as soon as possible. Most creditors will agree to delaying or spreading repayment over a longer term, rather

ity and Social Services and the credit of granting community, credit counselling services mediate between the g



ment plan, beginning with a suminterest rate.

highest interest rates is a priority. debt problems this way because individual and the creditors.

Photo by JOHN WARREN

Going up

Doug Leeming, Glen

Eden ski school direc-

tor leads student in-

structors up the slope

at the local resort.

snow making

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Consumer Beat

Generally, your bank, department store and oil company credit cards cost you the most in interest charges, so concentrate on paying them off first," says Ms Guresky, a chief consumer advisor for the Ministry.

One approach is to consolidate the debts by taking out a bank loan to sing a credit counselling service, ofpay the higher interest creditors right away. As bank loans are generally atmary of each amount owing and its lower interest rates than credit cards, the debt can be paid off faster.

"Paying off the debts with the "If you're not able to solve your

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plain your situation," she says.

than take strong measures."

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