



Ability Benevolence Liberty Empowered
Aptitudes Bienveillance Liberté Engagé

Breaking Down Financial Barriers: ABLE2 Launches Free Financial Literacy Series for People with Disabilities

Ottawa, ON — February 12, 2026 – ABLE2: Support for People with Disabilities is launching a Financial Literacy Series under its GROW Education Series, aimed at empowering people with disabilities and their families with practical knowledge, tools, and confidence to navigate money, benefits, and financial decision-making.

The series includes a range of free, accessible workshops, offered in-person and virtually, throughout March and April, covering topics such as government benefits (Canada Disability Tax Credit, Child Disability Benefit, Canada Disability Benefit, etc.), budgeting, financial planning, financial abuse awareness, and navigating money-related stress within families and relationships. Each session is designed to be practical, approachable, and responsive to real-life financial challenges faced by people with disabilities.

“Financial knowledge is a critical foundation for independence, choice, and well-being,” said Heather Lacey, Executive Director of ABLE2. “This series is about meeting people where they are and providing clear, reliable information that supports financial confidence and reduces barriers to accessing supports.”

People with disabilities often face disproportionate financial barriers, including higher living costs, limited income, and complex systems for accessing benefits and supports. ABLE2’s Financial Literacy Series responds to these challenges by creating inclusive learning spaces where participants can build skills, ask questions, and better understand the financial options available to them.

Workshop Schedule

Government Benefits Workshops (Service Canada & Canada Revenue Agency)

- Canada Disability Tax Credit – March 3 (English) & March 4 (French) 12-2 pm via Zoom
- Child Disability Benefit – March 10 (English) & March 11 (French) 12-1 pm via Zoom
- Canada Disability Benefit – March 25 (French) & April 2 (English) 12-2 pm via Zoom
- Canada Pension Plan Disability Benefit – April 1 (French) & April 8 (English) 12-2 pm via Zoom
- Old Age Security – April 9 (English) & April 14 (French) 12-2 pm via Zoom
- Registered Disability Savings Plan – April 15 5-6:30 pm via Zoom

Financial Planning & Wellness Workshops (Resolve Counselling Services Canada & Credit Counselling Society)

- Budgeting 101 – March 17 at Nepean CentrepoinTE Library 11:30 am- 1 pm
- Financial Abuse – March 18 at 1 Community Place, 312 Parkdale, 5-6 pm
- Relationships and Money – March 24 12-1 pm via Zoom
- Raising Financially Fit Kids – March 26 12-1 pm via Zoom



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The series is delivered in collaboration with trusted community partners and subject-matter experts, including Resolve Counselling Services Canada, Credit Counselling Society, Service Canada, Canada Revenue Agency, and financial educators and counselling organizations. Sessions are open to people with disabilities, caregivers, family members, and support people, with no prior financial knowledge required.

ABLE2 gratefully acknowledges the generous support of the Royal Bank of Canada (RBC) Foundation and the Canadian Imperial Bank of Commerce (CIBC) Foundation, whose funding makes the Financial Literacy Series possible.

For more information about upcoming workshops or to register, visit <https://www.able2.org/events/>

About ABLE2

ABLE2 is a charitable organization that empowers individuals with disabilities to build fulfilling lives by supporting them with programs, services, and resources. People with disabilities face many barriers to their full participation in society, they can include stigma, discrimination, poverty, exclusion from employment, and inequities in the education, health care and legal systems. Visit www.able2.org to learn more.

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For more information on ABLE2, please visit: <https://www.able2.org/>

Facebook: facebook.com/ABLE2Ott

Threads [@ABLE2Ott](https://threads.net/@ABLE2Ott)

Instagram: [@able2ott](https://instagram.com/able2ott)

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