

Planning to Pack Up The Cottage and Head Back to School

It's that time of year again when we start to wind down after a, hopefully, restful summer. Some of us may be pondering preparing to close down our cottages for the winter or sending our kids back to school. At least, that is what our team has been up to these past couple of weeks.

Ramping up for the fall can be stressful. So, if you did not have the chance to take advantage of our webinar invitation on gut health, it is not too late. Please check out the replay of last week's live [Go with Your Gut Wellness Webinar](#). Sponsored by Franklin Templeton Investments, this webinar was hosted by gut health specialist Christyn Oda. Oda took the time to educate us about how gut health is linked to critical aspects of our overall health including immunity, emotional stress and chronic illness. From risk management to managing our stress response, Oda explains why it's important to take the same amount of care and attention to our psychical and gut health as we do our financial health. So, take a listen to learn how to restore, maintain and improve a healthy gut.

For cottagers, this is the time of year when we are thinking about winding down for the season. And for those of you with large families who you get to share time with at those special summer places, you may find yourself thinking about the future of the cottage. That's why our



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Senior Wealth Advisor, Sonia LeRoy has created a new video for you to view. We invite you to take a look at what Sonia has to say about [Cottage Succession Planning](#). We also encourage you to look back at [last year's newsletter](#) on the topic.

We would like to remind you that if you are the parent or guardian of a student heading off to college or university this season, there are a few key things to keep in mind about your Registered Education Savings Plans. In order to make RESP withdrawals your student will need to obtain proof of enrollment which can sometimes take a few days to obtain once requested from their post-secondary institution. Also now is the time to consider how much of the RESP withdrawal you will allocate as taxable to the beneficiary in the 2023 tax year and how much to withdraw tax free. This decision should depend on the estimated 2023 taxable income of the student. As always, we are available and happy to help with these discussions and decisions. To learn more, keep an eye on our social media for our upcoming new YouTube video from our Wealth Advisor, Adrian LeRoy about RESP Planning.

We hope you enjoy your final days of summer. And please remember, we are always here to help.

Thank you,

Sonia & Adrian