

**For immediate release
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Back to School Basics

Saint John, NB – Whether you are sending your kids back to school or attending yourself, heading back to the classroom can cost you more than you expect if you have not planned for the expense.

It seems that events in our lives have become purchasing events; back to school is no exception. “Consumers may get caught up in the hype of new clothes, new materials and new electronics before realizing the dent it may have caused in the pocketbook,” reports Tamara Kelly, Director of Education, Credit Counselling Services of Atlantic Canada (CCSAC). “Our advice for parents shopping for back to school and for those heading off to post-secondary is to budget and plan.”

Be a wise consumer by following these tips: assess what you need, set your budget, find deals, track your spending and don’t buy on impulse.

CCSAC is a registered non-profit charitable organization, providing confidential and professional credit counselling and debt repayment programs to families and individuals. CCSAC has offices located throughout Atlantic Canada. For more information on our services please visit www.solveyourdebts.com. Follow us on Twitter @SolveYourDebts.

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