SUMMER 2026

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PLUS
HOUSING
MARKET UPDATE

Market Watch

Ask the Expert: Thinking About Switching Lenders At Renewal?

When Investing, Time Horizon Matters More Than You Think

MARKET WATCH

As we move through the summer months, Canadians are still facing an uncertain and evolving economic environment. The impact of the rising cost of living, interest rates, global events and related economic pressures are being felt broadly.

On June 10, 2026, the Bank of Canada announced it was holding its key interest rate at 2.25%, extending a period of stability. This reflects a balance between ongoing inflation pressures and a slower pace of economic growth. Global factors continue to shape the overall outlook. While energy prices have been elevated, a fragile ceasefire in the Middle East has eased pressure on oil prices, with downstream benefits flowing through to broader energy costs. Continued trade uncertainty also remains a key influence.

Inflation increased in May with Statistics Canada reporting that the Consumer Price Index rose 3.2% compared to a year earlier and was up from 2.8% in April. As a result, many households continue to feel the impact of higher everyday costs, particularly as energy prices fluctuate and affect the cost of goods and services over time.

The labour market did show signs of improvement. Statistics Canada reported that employment increased by 88,000 in May, bringing the unemployment rate down to 6.6%. This follows softer conditions earlier in the year and suggests some stabilization as we move into the summer months.

Global developments continue to shape the economic environment. Ongoing geopolitical tensions and trade uncertainty are contributing to market volatility and influencing both inflation trends and economic growth.

From a longer-term perspective, periods like this are not unusual. While uncertainty can feel unsettling, financial markets have historically adapted over time as conditions evolve.

Resources

Bank of Canada — Interest Rate Announcement (June 2026):
https://www.bankofcanada.ca/2026/06/fad-press-release-2026-06-10/

Canadian Real Estate Association (CREA) — CREA Statistics Portal (National and Regional Housing Data):
https://stats.crea.ca/en-CA/

Canadian Real Estate Association (CREA) — CREA News Release: Canadian Housing Market Update:
https://www.crea.ca/media-hub/news/

Ontario Real Estate Association (via CREA Statistics) — Ontario Housing Market Data:
https://creastats.crea.ca/board/orea/

Canada Mortgage and Housing Corporation (CMHC) — Housing Market Outlook (2026):
https://www.cmhc-schl.gc.ca/professionals/housing-markets-data-and-research/market-reports/housing-market/housing-market-outlook

Canada Mortgage and Housing Corporation (CMHC) — Housing Market Data and Indicators:
https://www.cmhc-schl.gc.ca/professionals/housing-markets-data-and-research/housing-data

Sagen — Housing Market and Industry Insights:
https://www.sagen.ca/industry-insights/

Statistics Canada — The Daily: Consumer Price Index, May 2026:
https://www150.statcan.gc.ca/n1/daily-quotidien/260622/dq260622a-eng.htm

Statistics Canada — The Daily: Labour Force Survey, May 2026:
https://www150.statcan.gc.ca/n1/daily-quotidien/260605/dq260605a-eng.htm

Housing Market Update

Ontario's housing market continues to adjust as we move into the summer months. Home prices remain below last year's levels, while sales activity continues to lag, reflecting cautious buyer behaviour. Inventory levels have improved, helping restore market balance and giving buyers more choice across the Greater Golden Horseshoe, where affordability pressures continue to influence demand.

Across other regions, trends are more stable. The National Capital Region continues to show steady activity, while Northern Ontario markets reflect relatively stronger affordability and more balanced conditions compared to larger urban centres. Insights from CMHC and Sagen highlight that demand is expected to remain below long-term averages in the near term, as borrowing costs and economic conditions continue to shape the market. For buyers and homeowners, that can mean more time to ask questions, weigh options, and make informed decisions.

That is where our advisors can help. Whether your mortgage renewal is approaching or you are just getting into the home market, now is a good time to understand your options.

Book an appointment with one of our mortgage specialists.

ASK THE EXPERT:

Thinking About Switching Lenders At Renewal?

If your mortgage renewal is approaching, deciding on the terms of the mortgage and where to renew can feel like a big decision. But as Alterna Branch Manager and Advice Specialist **Natalie Desjardins** shared in a recent member webinar, it helps to look at it a little differently:

"Your mortgage isn't one decision—it's a series of decisions over time."

Each renewal is an opportunity to step back and ask: Does this still fit my life today?

Here are some of the most common questions members asked and what to consider before switching:

"When should I start?"
"Earlier than you think," says Natalie. Starting 60 to 90 days before renewal gives you time to explore your options and make a confident choice, not a rushed one.

"Is switching complicated?"
"It's more straightforward than most people expect." In many cases, your new lender coordinates the process for you. Switching often comes down to finding a better fit, whether that's flexibility, features, or a more supportive experience.

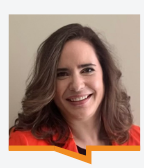
"What actually matters beyond the rate?"
While a lower rate is often top of mind, many members also want flexibility and guidance. Features like prepayment options, adaptable payment schedules, and the ability to adjust over time can make a meaningful difference.

"How do I know if switching is right for me?"
"It starts with the right questions," Natalie explains. Understanding how your mortgage supports your budget, your future plans, and your comfort level helps you find the right fit, not just the lowest number.

At Alterna, these conversations are at the heart of what we do. We take the time to understand your goals and walk through your options with you—so you can move forward with clarity and confidence.

Want to dive deeper?
Watch the full webinar on our website.

Explore our other webinar topics.
Alterna Savings - Advice for Life Webinar



Book a conversation with an Alterna mortgage specialist in your community to explore options tailored to your needs.

Let's find the right fit together.

When Investing, Time Horizon Matters More Than You Think

In the coming months, we'll be exploring how time horizon shapes investing decisions at different stages of life.

When it comes to investing, your time horizon is one of the most important factors to consider. Simply put, it is the length of time you expect to hold your investments before you need to use the money. That timeline helps guide how your money is invested, from the level of risk you take to how your portfolio is structured.

We're starting with members approaching or living in retirement, where the balance between stability and growth becomes especially important.

For many members planning for or living in retirement, your time horizon is not just one fixed period. It can include multiple timelines, each tied to different goals.

For example, you may need a portion of your savings in the next few years to cover everyday expenses. That money is often set aside in more stable investments to help reduce the impact of market fluctuations. At the same time, you may have other savings that are not needed for ten or more years. That portion may still benefit from investments with growth potential, helping your portfolio keep pace with inflation over time.

Time horizon also plays an important role when planning for the unexpected. Whether it is healthcare needs, supporting family, or changes in lifestyle, aligning your investments to different timelines can help you stay flexible and avoid making short term decisions during periods of market uncertainty.

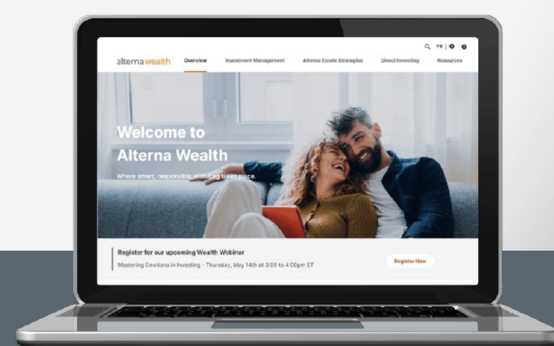
Rather than thinking about your investments as one pool of money, it can help to think in terms of purpose. What do you need soon, what can wait, and what is meant to support you over the long term? Read more about how time horizon can influence your investing plan here: Alterna - Why time horizon is key to your investing strategy.

Talking through your time horizon and how it connects to your goals can make a meaningful difference. Talk to an Alterna Wealth Advisor to build an investment approach that reflects your life, your priorities, and your timeline. Book and appointment.

A new website that reflects who we are — and how we help members pursue their dreams.

Your financial journey is uniquely yours — and it deserves guidance that grows with you. Discover the new Alterna Wealth experience.

Visit alternawealth.ca



Our advisors are ready to help you and your family turn your dreams into a tailored plan.

Schedule your appointment HERE or call: **1.877.560.0100**

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