



**WHAT BENEFITS ARE
AVAILABLE IN CANADA?**

[April 2020]

[Canada's Covid-19 Economic Response Plan](#)

Support for People Facing Unemployment

[Employment Insurance \(EI\)](#)

If you have been laid-off or terminated (including because of the current economic situation due to Covid-19) you *may* be eligible for EI (Employment Insurance benefits).

Ask your employer for a Record of Employment.

See [here](#) to determine if you are eligible to make a claim.

You will *need* between 420 and 700 *hours of insurable* employment based on the unemployment rate in your area during the qualifying period to qualify for regular benefits. Allow the people at EI to help with your claim—it is worth checking to see if you could somehow meet the eligibility requirements.

[Canada Emergency Response Benefit \(CERB\)](#)

The Government of Canada will start accepting applications on April 6th.

Eligibility

The benefit will be available to workers:

- residing in Canada, who are at least 15 years old;
- who had income of at least \$5,000 in 2019 or in the 12 months prior to the date of their application; and
- who are or expect to be without employment or self-employment income for at least 14 consecutive days in the initial four-week period. For subsequent benefit periods, they expect to have no employment income.

The income of at least \$5,000 may be from any or a combination of the following sources: employment; self-employment; maternity and parental benefits under the Employment Insurance program and/or similar benefits paid in Quebec under the Quebec Parental Insurance Plan.

The Benefit is only available to individuals who stopped work as a result of reasons related to COVID-19. If you are looking for a job but haven't stopped working because of COVID-19, you are not eligible for the Benefit.

See [here](#) for a step-by-step on completing the application.

Support for People Who Are Sick, Quarantined, or in Directed Self-Isolation

[EI Sickness Benefits](#)

If you are sick, quarantined or have been directed to self-isolate, the Government will waive the requirement to provide a medical certificate to access EI sickness benefits.

Support for Families

- Increase to the Child Canada Benefit
- Special GST Credit Payment

See [here](#).

Support for Businesses

[Canada Emergency Wage Subsidy](#)

Designed to help employers hardest hit by the COVID-19 pandemic to keep and retain workers.

Covers 75 per cent of salaries for qualifying businesses, for up to 3 months, retroactive to March 15, 2020. Employers of all sizes and across all sectors of the economy would be eligible with the exception of public sector entities.

Income Assistance from the Provinces

We encourage you to contact these organizations if you are in need. In some cases, these benefits are only for citizens, PRs, or those who have applied for PR *but* there may be exceptions for temporary workers and visitors—for your best chance, let your province assess you.

[Ontario Works](#)

Some people call this program welfare. It is run by municipal or local governments like towns or cities and helps people who are in need of financial assistance. This includes Emergency Assistance for those facing financial crisis due to the 2019 novel coronavirus (COVID-19) or other emergency situations.

These are some of the things to consider when applying for OW:

- Living in Ontario and have status in Canada
- Aged 18 or over
- In financial need, due to loss of employment

Determining eligibility:

The process to apply for OW requires several steps and documents to show that you qualify.

Visitors:

Visitors are people who are in Canada for a temporary purpose. A visitor may have a tourist visa, student visa or work permit/authorization or may be temporarily re-located from another country. Visitors are eligible for Ontario Works if they have applied for status as a permanent resident under the federal Immigration and Refugee Protection Act (IRPA).

If you have internet access, you can determine eligibility [here](#).

To read more about the support OW can provide see [here](#).

[BC Financial Assistance](#)

[Alberta Income Support](#)

[Saskatchewan Assistance Program](#)

[Manitoba Income Assistance](#)

[Quebec Social Assistance](#)

[New Brunswick Social Assistance Program](#)

[Nova Scotia Income Assistance](#)

[PEI Social Assistance Program](#)

[Newfoundland and Labrador Income Support](#)

Foodbanks and St. Vincent de Paul

Toronto

[Daily Bread Food Bank](#)

416-203-0050

[The Stop-Community Food Centre](#)

416-652-7867

[St. Vincent de Paul](#)

416-364-5577

Vancouver

[Greater Vancouver Food Bank Society](#)

(604) 876-3601

[Quest Food Exchange](#)

604-602-0186

[St. Vincent de Paul Vancouver](#)

604-873-1065

Calgary

[Calgary Food Bank](#)

(403) 253-2059

Edmonton

[Edmonton Food Bank](#)

(780) 425-2133

[St. Vincent de Paul](#)

(780) 471-5577

Fort Mc Murray

[Wood Buffalo Food Bank](#)

(780) 743-1125

Regina

[Regina Food Bank](#)

(306) 791-6533

Saskatoon

[Saskatoon Food Bank and Learning Centre](#)

(306) 664-6565

Winnipeg

[Marymound Food Bank](#)

204-338-7971

Ottawa

[Ottawa Food Bank](#)

(613) 745-7001

[St. Vincent de Paul](#)

(613) 722-7166

Saint John NB

[Saint John East Food Bank](#)

506-633-8298

[St. Vincent de Paul Society](#)

(506) 634-3097

Halifax

[Feed Nova Scotia](#)

902-457-1900

St. John's Nfld

[Community Food Sharing Association](#)

(709) 722-0130

Irish Benevolent Societies Vancouver and Toronto

Please reach out to I/CAN for a referral: cmurphy@irishcdn.org