



CANADIAN BENEFITS AND SUPPORTS

[June 2021]

WHAT BENEFITS AND SUPPORTS ARE AVAILABLE IN CANADA?

[Canada's Covid-19 Economic Response Plan](#)- Support for People Facing Unemployment

Canada.ca – the official website of the government of Canada explain [here](#) that *The Canada Emergency Response Benefit (CERB)* closed to retroactive applications on December 2, 2020 and **you can no longer apply for this benefit.**

Canada.ca have explained in detail what benefits individuals could transition to after CERB. Please go [here](#) to find information on what benefits you may be eligible to apply for.

From September 27, 2020, there are some temporary changes to the EI program to help you access EI benefits. These changes will be in effect for 1 year. Find out if you qualify:

- If you received the CERB through Service Canada.
- If you received the CERB through the Canada Revenue Agency.
- If you were receiving CERB, **you may be eligible for one of the New Recovery Benefits** retroactive to September 27, 2020 and available until September 25, 2021. These benefits are:
 - Canada Recovery Benefit (CRB).
 - Canada Recovery Caregiving Benefit (CRCB).
 - Canada Recovery Sickness Benefit (CRSB).

Update: As of March 17, 2021 the Government of Canada has increased the number of weeks of benefits available for workers eligible for Employment Insurance regular benefits, as well as for the (CRB), (CRSB), (CRCB). See [here](#) for all details.

The Canada Recovery Benefit (CRB) will provide eligible workers with \$500 per week (taxable, tax deducted at source) for up to 38 weeks for those who are not employed or self-employed due to COVID-19 and who are not eligible for EI or had their employment/self-employment income reduced by at least 50% due to COVID-19. This benefit is paid in two-week periods. See [here](#) for more information on CRB.

The Canada Recovery Caregiving Benefit (CRCB) will provide \$500 per week (taxable, tax deducted at source) for up to 38 weeks per household for workers unable to work for at least 50% of the week because they must care for a child under the age of 12 or family member because schools, day-cares or care facilities are closed due to COVID-19, or because the child or family member is sick and/or required to quarantine or is at high risk of serious health implications because of COVID-19. This benefit will be paid in one-week periods. See [here](#) for more information on CRCB:

The Canada Recovery Sickness Benefit (CRSB) provides \$500 per week (taxable, tax deducted at source) for up to a maximum of 4 weeks, for workers who are unable to work for at least 50% of the week because they contracted COVID-19, self-isolated for reasons related to COVID-19, or have underlying conditions, are undergoing treatments or have contracted other sicknesses that, in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority, would make them more susceptible to COVID-19. This benefit is paid in one-week periods. See [here](#) for more information on CRSB.

Find Financial help during COVID19: Canada.ca have a short questionnaire that individuals can complete to help them determine what benefits they could apply for depending on their situation. Please go [here](#) to complete the questionnaire and you will be directed to some links with more information.

Please see below for examples of some of the benefits individuals may be eligible to apply for:

Employment Insurance (EI)

Due to the coronavirus disease (COVID-19) outbreak, there are changes to this program, see [here](#) for details. To determine if you are eligible to make a claim see [here](#) .

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

EI Sickness Benefits:

There are some temporary changes in place to the EI program to support you during COVID-19 and help you access EI sickness benefits. See [here](#) for information on the changes.

Employed or self-employed individuals can apply for *The Canada Recovery Sickness Benefit (CRSB)* if they are unable to work because they are sick or need to self-isolate due to COVID-19, or have an underlying health condition that puts them at greater risk of getting COVID-19. See [here](#) for more information on CRSB.

- Canada's Covid-19 Economic Response Plan- Support for Individuals:

See [here](#) for information on different supports available for the following individuals:

- Individuals and families.
- Students.

See [here](#) for changes that were made to the Canada Child Benefit since COVID19.

- Canada's Covid-19 Economic Response Plan- Support for Businesses:

See [here](#) for information on different supports available for businesses in the following areas:

- Avoiding layoff, rehiring employees and creating new jobs.
- Financial support, loans and access to credit.
- Support for self-employed individuals.
- Indigenous businesses.

Canada.ca have introduced a Business Benefits Finder. You answer a few questions, and it will determine what benefits your business may be eligible to apply for. See [here](#) .

- Canada's Covid-19 Economic Response Plan- Support for sectors:

See [here](#) for information on different supports available for sectors in the following areas:

- Agriculture and agri-food.
- Aquaculture and fisheries.
- Culture, heritage and sport.
- Energy.

- Transportation.
- Infrastructure.

- [Canada's Covid-19 Economic Response Plan](#)- Support for organizations helping individuals:

See [here](#) for information on different supports available for:

- Indigenous organizations and communities.
- Additional support for your organization.

- [Canada's Covid-19 Economic Response Plan](#)- Other measures to respond to COVID-19:

The Government of Canada has put in place various measures to help address the current needs of individuals and businesses during the COVID-19 pandemic. See [here](#) for information on different supports available for:

- [Support for businesses](#)
- [Support for sectors](#)
- [Support for organizations helping individuals](#)
- [Support for provinces and territories](#)

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.

You might be eligible for Ontario Works if you:

- Live in Ontario (and are not a visitor* or a tourist).
- Aged 16 or over
- Need help with your living expenses, meaning you do not have enough money to cover your immediate family's living expenses

Determining eligibility: The process to apply for OW requires several steps and documents to show that you qualify. See [here](#) to see all the steps and to determine eligibility.

**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).*

Please click on the links below for information on Income Assistance depending on which province you live in:

[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) 876-36

[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

[Marymount Food Bank](#)

204-338-797

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

[Saint 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