

FINANCIAL SUPPORT FROM THE GOVERNMENT

Anywhere in Canada	<p>1-800-O-Canada (1-800-622-6232) Canada Revenue Agency 1-800-959-8281 help with MyAccount 1-800-387-1193 help with benefits 1-866-426-1527 help with benefits for callers in the North</p> <p>https://www.ourcommons.ca/members/en/search Call 2-1-1 or 3-1-1 for community support information.</p>
British Columbia	<p>1-888-COVID-19 Text: 1-604-630-0300 https://www.leg.bc.ca/learn-about-us/members</p>
Alberta	<p>1-310-0000 toll free in the province http://www.assembly.ab.ca/net/index.aspx?p=mla_report&memPhoto=True&alphaboth=True&alphaindex=True&build=y&caucus=All&conoffice=True&legoffice=True&mememail=True</p>
Saskatchewan	<p>1-800-667-6102 https://www.legassembly.sk.ca/mlas/mla-contact-information/</p>
Manitoba	<p>1-866-626-4862 Chat: https://www.gov.mb.ca/contact/ https://www.electionsmanitoba.ca/en/Voting/WhatsMyElectoralDivision</p>
Ontario	<p>1-888-789-4199 https://www.ola.org/en/members/current</p>

FINANCIAL SUPPORT FROM THE GOVERNMENT CONTINUE

Quebec	1-800-863-6582 OR 1-877-644-4545 http://www.assnat.qc.ca/en/deputes/allaire-simon-17941/index.html
New Brunswick	1-800-442-9799 https://www2.gnb.ca/content/gnb/en/contacts/MLAReport.html
Nova Scotia	1-800-670-4357 https://nslegislature.ca/members/profiles
Prince Edward Island	1-800-236-5196 or 902-368-6440 https://www.assembly.pe.ca/members
Newfoundland and Labrador	1-833-771-0696 https://www.assembly.nl.ca/Members/members.aspx
Yukon	1-800-661-0408
Northwest Territories	1-867-767-9000
Nunavut	1-867-975-5400

SICK LEAVE DURING ILLNESS, SELF-ISOLATION OR QUARANTINE

Worked 600+ hours in last 52 weeks and paid into Employment Insurance?	
Yes	No
<p>EI Sickness Benefits are available. Find out more here: https://www.canada.ca/en/services/benefits/ei/ei-sickness/apply.html</p> <p>Step 1: Obtain Record of Employment (ROE) from Employer Step 2: Apply for EI https://srv270.hrdc-drhc.gc.ca/AW/introduction?GoCTemplateCulture=en-CA or 1-833-381-2725</p> <p>If you haven't started receiving your EI Sickness benefits, your application will be automatically assessed for 'Canada Emergency Relief Benefit (CERB)'. Do not send in a new EI Sickness benefits application.</p> <p>Important: check the labour rules on job protection for your province or federally if you work in banking, transportation, telecommunications or other federally regulated industries.</p>	<p>Canada Emergency Relief Benefit (CERB) Find out more here: https://www.canada.ca/en/departement-finance/economic-response-plan.html Step 1: Apply https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html or 1-800-O-Canada (1-800-622-6232)</p> <p>You are eligible if:</p> <ul style="list-style-type: none"> - you have had at least \$5,000 in income from work (employment or self-employment), or - EI maternity or parental benefits, or - Quebec's parental benefits program QPIP in the last year, AND - NO income from employment, self-employment, any EI benefit or QPIP for at least 14 consecutive days. <p>Important: check the labour rules on job protection for your province or federally if you work in banking, transportation, telecommunications or other federally regulated industries.</p>
<p>BENEFIT: 15 weeks, up to 55% of your regular pay or \$573, whichever is less</p>	<p>BENEFIT: \$2,000 lump sum every 4 weeks of eligibility to a max of 16 weeks between March 15 and October 3</p>

CARING FOR THE SICK AND UNABLE TO WORK

Worked 600+ hours in last 52 weeks and paid into Employment Insurance?	
Yes and care for someone critically ill	No
<p>EI Caregiver Benefits could be available. Find out more here: https://www.canada.ca/en/services/benefits/ei/caregiving/apply.html</p> <p>Step 1: Obtain Record of Employment (ROE) from Employer Step 2: Apply for EI Caregiver benefit https://srv270.hrdc-drhc.gc.ca/AW/introduction?GoCTemplateCulture=en-CA or 1-833-381-2725</p> <p>If you haven't started receiving your EI Caregiver benefits, your application will be automatically assessed for 'Canada Emergency Relief Benefit (CERB)'. Do not send in a new EI Caregiver application.</p> <p>Important: check the labour rules on job protection for your province or federally if you work in banking, transportation, telecommunications or other federally regulated industries.</p>	<p>Canada Emergency Relief Benefit (CERB) Find out more here: https://www.canada.ca/en/department-finance/economic-response-plan.html</p> <p>Step 1: Apply https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html or 1-800-O-Canada (1-800-622-6232)</p> <p>You are eligible if:</p> <ul style="list-style-type: none"> - you have had at least \$5,000 in income from work (employment or self-employment), or - EI maternity or parental benefits, or - Quebec's parental benefits program QPIP in the last year, AND - NO income from employment, self-employment, any EI benefit or QPIP for at least 14 consecutive days. <p>Important: check the labour rules on job protection for your province or federally if you work in banking, transportation, telecommunications or other federally regulated industries.</p>
<p>BENEFIT: 15 weeks, up to 55% of your regular pay or \$573, whichever is less</p>	<p>BENEFIT: \$2,000 lump sum every 4 weeks of eligibility to a max of 16 weeks between March 15 and October 3</p>

LAID OFF

Worked 600+ hours in last 52 Weeks and paid into Employment Insurance	
Yes	No
<p>EI Regular Benefits could be available. Find out more here: https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit.html</p> <p>Step 1: Obtain Record of Employment (ROE) from Employer Step 2: Apply for EI Regular benefits https://www.canada.ca/en/services/benefits/privacy-notice.html or 1-800-622-6232</p> <p>If you haven't started receiving your EI Regular benefits, your application will be automatically assessed for 'Canada Emergency Relief Benefit (CERB)'. Do not send in a new EI Regular benefit application.</p> <p>Important: check the labour rules on job protection for your province or federally if you work in banking, transportation, telecommunications or other federally regulated industries.</p>	<p>Canada Emergency Relief Benefit (CERB) Find out more here: https://www.canada.ca/en/department-finance/economic-response-plan.html Step 1: Apply https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html or 1-800-O-Canada (1-800-622-6232)</p> <p>You are eligible if:</p> <ul style="list-style-type: none"> - you have had at least \$5,000 in income from work (employment or self-employment), or - EI maternity or parental benefits, or - Quebec's parental benefits program QPIP in the last year, AND - NO income from employment, self-employment, any EI benefit or QPIP for at least 14 consecutive days. <p>Important: check the labour rules on job protection for your province or federally if you work in banking, transportation, telecommunications or other federally regulated industries.</p>
<p>BENEFIT: Between 14-45 weeks, up to 55% of your regular pay or \$573, whichever is less</p>	<p>BENEFIT: \$2,000 lump sum every 4 weeks of eligibility to a max of 16 weeks between March 15 and October 3</p>

STAYING AT HOME FROM WORK FOR KIDS (NO SCHOOL/DAYCARE)

<p>May 2020: Federal government will automatically pay a lump sum top-up to the Canada Child Benefit (CCB). Find out more here: https://www.canada.ca/en/services/benefits/ei/caregiving/apply.html</p> <p>Step 1: Ensure you receive the CCB extra payment in May</p> <p>If not, you need to ensure your taxes have been filed – https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html or 1-800-O-Canada (1-800-622-6232)</p> <p>CCB Apply to get the Benefit: https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>Important: check the labour rules on job protection for your province or federally if you work in banking, transportation, telecommunications or other federally regulated industries.</p> <p>If employed, ask if you have paid family leave, or if they will use the new federal wage subsidy to keep employees on payroll with work modifications. Find out more here: https://www.canada.ca/en/departement-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html</p>	<p>Canada Emergency Relief Benefit (CERB) Find out more here: https://www.canada.ca/en/departement-finance/economic-response-plan.html</p> <p>Step 1: Apply https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html or 1-800-O-Canada (1-800-622-6232)</p> <p>You are eligible if:</p> <ul style="list-style-type: none"> - you have had at least \$5,000 in income from work (employment or self-employment), or - EI maternity or parental benefits, or - Quebec's parental benefits program QPIP in the last year, AND - NO income from employment, self-employment, any EI benefit or QPIP for at least 14 consecutive days. <p>Important: check the labour rules on job protection for your province or federally if you work in banking, transportation, telecommunications or other federally regulated industries.</p> <p>If employed, ask if you have paid family leave, or if they will use the new federal wage subsidy to keep employees on payroll with work modifications. Find out more here: https://www.canada.ca/en/departement-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html</p>
<p>BENEFIT: Up to \$550 per month per child + provincial amounts</p>	<p>BENEFIT: \$2,000 lump sum every 4 weeks of eligibility to a max of 16 weeks between March 15 and October 3</p>

NOT LAID OFF BUT NOT RECEIVING MONEY FROM EMPLOYER

<p>Wage Subsidy for Employers</p> <p>Ask if your employer will use the new federal wage subsidy to keep employees on payroll with work modifications.</p> <ul style="list-style-type: none"> •Employers subsidy up to 75% if employees are paid during COVID crisis. •Employers need to show a 30% decline in revenues during COVID crisis. •Eligible employers: corporations, non-profits, charities. 	<p>Canada Emergency Relief Benefit (CERB) Find out more here: https://www.canada.ca/en/department-finance/economic-response-plan.html Step 1: Apply https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html or 1-800-O-Canada (1-800-622-6232)</p> <p>You are eligible if:</p> <ul style="list-style-type: none"> - you have had at least \$5,000 in income from work (employment or self-employment), or - EI maternity or parental benefits, or - Quebec's parental benefits program QPIP in the last year, AND - NO income from employment, self-employment, any EI benefit or QPIP for at least 14 consecutive days. <p>Important: check the labour rules on job protection for your province or federally if you work in banking, transportation, telecommunications or other federally regulated industries. Canada Emergency Relief Benefit</p>
<p>Find out more here: https://www.canada.ca/en/department-finance/economic-response-plan.html</p>	<p>BENEFIT: \$2,000 lump sum every 4 weeks of eligibility to a max of 16 weeks between March 15 and October 3</p>

IS MY EMPLOYER FOLLOWING RULES?

If you work at a bank, air transportation, telephone or cable services, radio/TV, marine shipping, rail or other federally-regulated work, you are probably covered by the federal labour code.

Find out more here: <https://www.canada.ca/en/employment-social-development/programs/employment-equity/regulated-industries/apply-labour-standards.html> or 1-800-O-Canada (1-800-622-6232)

More about your rights: <https://www.canada.ca/en/employment-social-development/services/labour-standards/reports.html>

If you work for another kind of employer, you are probably covered by provincial or territorial rules.

Alberta: <https://www.alberta.ca/employment-standards.aspx>
1-877-427-3731

B.C.: <https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards>
1-833-236-3700

Manitoba: <https://www.gov.mb.ca/labour/standards/index.html>
1-800-821-4307

New Brunswick: https://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/People/content/EmploymentStandards.html
1-888-452-2687

Newfoundland and Labrador: <https://www.gov.nl.ca/aesl/labour/>
1-877-563-1063

N.W.T.: <https://www.ece.gov.nt.ca/en/services/employment-standards>
1-888-700-5707

Nova Scotia: <https://novascotia.ca/lae/employmentrights/>
1-888-315-0110

Nunavut: <http://nu-lsco.ca/>
1-877-806-8402

Ontario: <https://www.ontario.ca/page/ministry-labour-training-skills-development>
1-800-531-5551

P.E.I.: <https://www.princeedwardisland.ca/en>
1-800-333-4362

Québec: <https://www.cnt.gouv.qc.ca/en/accueil/index.html>
1-844-838-0808

Saskatchewan: <https://www.saskatchewan.ca/business/employment-standards>
1-306-787-2438

Yukon: <http://www.community.gov.yk.ca/es.html>
1-800-661-0408 local 5944

SELF-EMPLOYED & SUMMER JOB

Benefits for self-employed	
Benefits	<p>If you receive income from your self-employment through payroll deductions including EI premiums, you may be eligible for EI Sickness benefits. You may also want to apply for the Canada Emergency Relief Benefit (CERB) in the meantime (see table 2 on Sick Leave for more information).</p> <p>If you do not pay into EI, you could apply for the CERB.</p>
Children	<p>If you have children, ensure you are receiving eligible Canada Child Benefit (CCB) and GST Credit. Note these will be topped-up due to the COVID crisis.</p> <p>If you do not have children, depending on income you may qualify for the GST Credit or Canada Workers' Benefit. Find out more here: https://www.canada.ca/en/revenue-agency/services/child-family-benefits.html</p>

Benefits for students with no summer jobs to pay tuition in the fall		
Did you work for any pay in 2019 or in the last 12 months	Yes	No
Did you make \$5,000 during the work you did?	Yes	
As of March 15th, have you had a period of no paid work for 14 consecutive days?	Yes	
	<p>You might be eligible for the Canada Emergency Relief Benefit (CERB) (see table 2 on Sick Leave for more information).</p>	<p>Apply for student financial assistance. Find out more here: https://www.canada.ca/en/services/benefits/education/student-aid/grants-loans.html</p> <p>Contact the Student Financial Centre/Student Association of your school to inquire on how they are helping students with issues related to the COVID crisis.</p>

TROUBLE WITH RENT

British Columbia	<p>1-866-465-6873 or 1-888-268-4319 to connect you to appropriate assistance</p> <ul style="list-style-type: none"> - New temporary rent supplement of \$500 available for low and moderate income renters - Find out more here: https://www.bchousing.org/COVID-19 - BC Hydro assistance: https://www.bchydro.com/news/presscentre/newsreleases/2020/bill-relief-covid-19.html - BC Emergency Benefit for Workers will pay a one-time \$1,000 payment in May for those in receipt of EI or the CERB. https://www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports#BCEBW
Alberta	<p>1-877-427-4088</p> <ul style="list-style-type: none"> - Programs to help low-income renters are available - Find out more here: https://www.alberta.ca/affordable-housing-programs.aspx - Electricity and Natural Gas bills payments delayed for up to 90 days - New one-time Emergency Benefit payment for Workers will pay a one-time payment in May for those in receipt of EI or the CERB
Saskatchewan	<p>1-888-215-2222</p> <ul style="list-style-type: none"> - SK Emergency Benefit for Workers will pay a one-time up to \$900 payment in May for those in receipt of EI or the CERB - Find out more here: https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-information-for-businesses-and-workers/support-for-workers/self-isolation-support-program
Manitoba	<p>1-800-782-8403</p> <ul style="list-style-type: none"> - May be eligible for Provincial Rent Assistance Program - Find out more here: https://www.gov.mb.ca/fs/eia/rent_assist.html or 1-877-587-6224 - Utility Bill payment assistance through Neighbours Helping Neighbours program: 204-949-2106
Ontario	<p>1-888-332-3234</p> <ul style="list-style-type: none"> - Current ban on evictions for overdue rent - Financial assistance questions: 1-416-924-2543

TROUBLE WITH RENT CONTINUE

Quebec	1-800-683-2245 or 1-514-873-2245 - Current ban on evictions for overdue rent - Financial assistance questions: 1-877-644-4545 - QC Emergency Benefit for Workers will pay a one-time payment in May for those in receipt of EI or the CERB. Call 1-800-863-6582
New Brunswick	1-888-762-8600 - Current ban on evictions for overdue rent - Might be eligible for the Rent Supplement Assistance Program - Find out more here: https://www2.gnb.ca/content/gnb/en/services/services_renderer.8655.Rent_Supplement_Assistance_Program.html
Nova Scotia	1-800-670-4357 - Current ban on evictions for overdue rent - Topping-up payments for those receiving income assistance (automatic) - Find out more here: https://beta.novascotia.ca/documents/residential-tenancy-guides
Prince Edward Island	1-800-240-9798
Newfoundland and Labrador	1-833-771-0696
Yukon	1-800-661-0408
Northwest Territories	1-800-661-0760
Nunavut	1-877-279-2331