

Financial Supports in Self-Isolation

Detailed information regarding the financial aids available for COVID-19 relief for eligible Canadians. Find out how to apply for income support, employment insurance, pensions, and more assistance for low-income households.



Employment Insurance (EI) Sickness Benefits: Apply

Find information from the Government of Canada on Employment Insurance (EI) Sickness Benefits for employees affected by COVID-19.

Accessible from: <https://www.canada.ca/en/services/benefits/ei/ei-sickness/apply.html>

COVID-19: Income Support

Resource from the City of Toronto on income supports offered during the COVID-19 pandemic. Find information on employment insurance, job protected leave, mortgage and banking solutions, the Toronto rent bank, and more.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-financial-social-support-for-people/covid-19-income-support/>

Employment Insurance (EI) Sickness Benefits Fact Sheet

Infographic from the City of Toronto on Employment Insurance (EI) Sickness Benefits relating to COVID-19.

Accessible from: https://www.toronto.ca/wp-content/uploads/2020/03/8ed6-EI-Sick-Benefits-COVID-19_Fact-Sheet1.pdf

Apply for Emergency Assistance: Government of Ontario Income Support

Find information Learn how to get short term financial support if you are in a crisis or an emergency situation and don't have enough money for things like food and housing.

Accessible from: <https://www.ontario.ca/page/apply-emergency-assistance>

Public Pensions – COVID-19

Find information from the Government of Canada on public pensions during COVID-19. Find information on payments for persons with disabilities, seniors, and students.

Accessible from: <https://www.canada.ca/en/services/benefits/publicpensions/notice-covid-19.html>

One-Time Tax-Free Payment for Seniors

Find information from the Government of Canada on a one-time-tax-free payment for seniors during the COVID-19 pandemic.

Accessible from: <https://www.canada.ca/en/services/benefits/publicpensions/notice-covid-19/one-time-payment.html>

Ontario Child Benefit

Find information on the Ontario Child Benefits, which gives low-income to moderate-income families up to \$1,461 per child per year to help with the cost of raising children. You can receive this benefit if you are working or you are not working.

Accessible from: <https://www.ontario.ca/page/ontario-child-benefit>

Canada Child Benefit

Find information on the Canada Child Benefit (CCB), which is administered by the Canada Revenue Agency (CRA). It is a tax-free monthly payment made to eligible families to help with the cost of raising children under 18 years of age.

Accessible from: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

Financial Support for Childcare

Find information on different government subsidies and grants to help you pay for childcare or to support children with special needs.

Accessible from: <https://www.ontario.ca/page/child-care-subsidies>

One-Time Payment to Persons with Disabilities

Find information from the Government of Canada on a one-time payment to persons with disabilities during the COVID-19 pandemic.

Accessible from: <https://www.canada.ca/en/services/benefits/covid19-emergency-benefits/one-time-payment-persons-disabilities.html>

Emergency Housing Help – Housing Stabilization Fund

Find information from the City of Toronto on emergency housing help and the Housing Stabilization Fund.

Accessible from: <https://www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-renters/housing-stabilization-fund/>

Energy Assistance Programs

Information from the Neighborhood Information Post on a variety of energy assistance programs available. These include the Low-Income Energy Assistance Program, the Home Assistance Program, and the Ontario Electricity Support Program.

Accessible from: <http://www.nipost.org/energy-assistance-programs>

Toronto Rent Bank Program

Read from the Neighborhood Information Post about the Toronto Rent Bank Program. Learn about the eligibility criteria and application information for interest-free, repayable loans provided to low-income households facing eviction.

Accessible from: <http://www.nipost.org/toronto-rent-bank>

Access and Connections Program

Find information from the Neighborhood Information Post on the Access & Connections Program, which helps vulnerable, low-income people have reduced social isolation and helps with life stabilization.

Services include telephone access, internet processing, tax form assistance, case management, and more.

Accessible from: <http://www.nipost.org/access-and-connections-program>

Housing Trusteeship Program

Learn from the Neighborhood Information Post about resources for individuals who need short-term assistance in stabilizing their housing situation/preventing eviction, and supports in maintaining housing to establish independent living.

Accessible from: <http://www.nipost.org/housing-trustee-program>

LEAP: Low-Income Energy Assistance Program

Read from the Neighborhood Information Post on how you can qualify for the Low-Income Energy Assistance Program. Discover the specific Emergency Financial Assistance (EFA) income eligibility criteria to qualify for the program, and access the form to submit your application.

Accessible from: <http://www.nipost.org/leap>

Assistance Through Ontario Works

Learn from the City of Toronto about financial assistance available through Ontario Works. View information on eligibility criteria, how to apply, specific benefits you may receive, and more.

Accessible from: <https://www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works>

Service and Benefit Finder Tool

A tool from the City of Toronto that creates a personalized list of services, benefits, and subsidies offered through the City of Toronto that may be available to you. Determines your level of need based on financial, social, and housing factors.

Accessible from: <https://www.toronto.ca/community-people/employment-social-support/benefit-finder-tool/#0>

Canada Recovery Caregiving Benefit (CRCB)

Information from the Government of Canada on the Canada Recovery Caregiving Benefit, which assists individuals who must provide supervised care to a child or a loved one due to COVID-19. Find out eligibility requirements for the income support, periods in which you can apply, and more.

Accessible from: <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-caregiving-benefit.html>

Canada Recovery Benefit (CRB)

Learn about the Canada Recovery Benefit from the Government of Canada, which offers income support for employed persons directly affected by COVID-19 and ineligible for Employment Insurance (EI) benefits. Learn about the eligibility criteria, when you can apply, information on re-applying, and more.

Accessible from: <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-benefit.html>

Canada Recovery Sickness Benefit (CRSB)

Find information on the Canada Recovery Sickness Benefit from the Government of Canada, which provides income support to individuals who 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. Learn about the eligibility criteria, when you can apply, information on re-applying, and more.

Accessible from: <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-sickness-benefit.html>

Employment Insurance (EI) Maternity and Parental Benefits: What These Benefits Offer

Read about Employment Insurance (EI) maternity and parental benefits from the Government of Canada, including a benefit overview, eligibility requirements, and temporary changes to the program due to COVID-19.

Accessible from: <https://www.canada.ca/en/services/benefits/ei/ei-maternity-parental.html>

Employment Insurance (EI) Benefits for Self-Employed People: What This Program Offers

Learn about Employment Insurance (EI) benefits for self-employed people, including the 6 different types of benefits, how to register for the self-employed program, and temporary changes to the program due to COVID-19.

Accessible from: <https://www.canada.ca/en/services/benefits/ei/ei-self-employed-workers.html>

Employment Insurance (EI) Fishing Benefits - Overview

Read about Employment Insurance (EI) benefits for self-employed fishers who are actively seeking work. Find out how fishing benefits are calculated, eligibility requirements, and temporary changes to the program due to COVID-19.

Accessible from: <https://www.canada.ca/en/services/benefits/ei/ei-fishing.html>

Indigenous Peoples Resilience Fund Emergency COVID- 19 Application

Access the application by Community Foundations of Canada for the Indigenous Peoples Resilience Fund Emergency COVID-19 Application. Form describes potential applicable areas of support, asks for specific challenges presented by COVID-19, and outlines funding reporting requirements.

Accessible from: <https://communityfoundations.ca/wp-content/uploads/2019/04/IPRF-Application-Form-Fillable-Nov5.pdf>

The Indigenous Peoples Resilience Fund: Applicant Guide

An informational application guide by Community Foundations of Canada on eligible individuals and organizations for The Indigenous Peoples Resilience Fund. Document outlines eligibility criteria, how to apply for the fund, funding timelines, and a list of eligible expenses.

Accessible from: <https://communityfoundations.ca/wp-content/uploads/2020/06/IPRF-Application-Guidelines-FINAL-Oct10.pdf>

Ontario Caregiver Helpline

The Ontario Caregiver Helpline provides caregivers with a one-stop resource for information and support. Provides information on respite care in your area, support groups, information about financial support available to caregivers, and help navigating health and social service systems.

Accessible from: <https://ontariocaregiver.ca/find-support/helpline/>

211 Program: Government, Community-based, Non- Clinical Health and Social Services

A website from 211 describing their free and confidential services, which can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. During COVID-19, 211 can play an important role in helping you access social programs, such as getting groceries or running errands while self-isolating, assistance in applying for Government benefits, and accessing mental health services.

Accessible from: <https://211.ca>

COVID-19: Guide to Federal, Provincial, and Municipal Relief Programs

A guide from Gowling WLG (Wragge Lawrence Graham & Co) detailing federal, provincial, and municipal COVID-19 relief programs. Learn which relief programs are available, with key insights regarding access and eligibility.

Accessible from: <https://gowlingwlg.com/en/insights-resources/guides/2020/covid-19-government-relief-programs-guide/>