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| **Have you had difficulty making ends meet?** | |
| **Available Resources** | **Details** |
| 1) Canada Child Benefit (CCB) | - The Government of Canada is providing an extra $300 per child through the CCB for 2019-2020  - This is a one time increase to the May CCB payment for the July 2019- June 2020 benefit year  - You do not need to reapply for CCB to receive it (should be automatic if initially receiving it) |
| 2) Goods and Services Tax Credit | **-** A one time payment starting April 9 for low and modest income families ($400 average benefit for individuals, close to $600 for couples)  - Do not need to apply for this, if you are eligible, you will get it automatically |
| 3) Mortgage Payment Deferral | - Ask bank/lender if eligible for a 6 month deferral |
| 4) Canada Emergency Response Benefit (CERB) | - Taxable benefit of $2000 every 4 weeks up to 16 weeks for eligible workers who have lost their income to COVID-19  - Does not apply to people receiving EI  - You cannot have earned more than $1000 for the entire four-week benefit period of your new claim  - Online application: <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>  - Phone: 1‑800‑959‑2019 or 1‑800‑959‑2041 |
| 5) Canada Emergency Student Benefit (CESB) | - For students and new grads if not eligible for CERB or EI or unable to work due to COViD-19  - 1250$ for students, 2000$ if students have dependents or disabilities, May – August 2020  - More details soon |
| **Visit:** <https://www.canada.ca/en/department-finance/economic-response-plan.html> for # 1 - 5 | |
| 6) For Ontario Works (OW) and Ontario Disability Support Program (ODSP) Recipients | -   Additional funding available to help pay for COVID-19 related items (e.g. cleaning supplies, transportation, clothing)  - Contact local OW/ODSP office for additional funds  - Do not have to visit office to provide written documentation at this time |
| **Visit:** <https://www.ontario.ca/page/covid-19-support-people> | |
| 7) Small Business Owners | Visit: [https://www.canada.ca/en/department-finance/economic-response-plan.html#businesses](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.canada.ca_en_department-2Dfinance_economic-2Dresponse-2Dplan.html-23businesses&d=DwMFAg&c=rE3mhBYFJfJGqQ7WI0-DPw&r=pF0WL1-GRiuaR5Pb7cVTK_G40l1X9TVSYVvHj7VcjII&m=Xjf6seNZT45ErSuwYfiewjaSzZKPyxt5vDw16k66XCI&s=jr5tLvaWDpKAkESbGw5BXIZmEu_YkGRIwdbbDtOuBP8&e=) for more information |

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| **Are you having trouble feeding your family?** | |
| **Available Resources** | **Details** |
| 1) Newmarket Food Pantry | - Call 905-895-6823 ext 120 for at home delivery  - Be home between 10am-1pm, will receive a call from driver day of delivery |
| **Visit:** <https://newmarketfoodpantry.ca/> | |
| 2) The Food Bank of York Region | - Home delivery program  - Deliveries made Monday to Friday between 8am to 3pm |
| **Order Form:** <https://fbyr.ca/portal/covid-19-order-form/> | |

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| **Do you have a safe place to live?** | |
| **Available Resources** | **Details** |
| 1) Emergency Assistance | - For Ontario Residents in a crisis/emergency situation, (e.g. evicted, abusive relationship, worried about safety)  - Not applicable if already on OW or ODSP  - Approximately 733$ a month if single, more with children, up to 48 days of support  - Amount and time dependent on situation |
| **Apply online**:<https://ea.mcss.gov.on.ca/>  **Steps of Application:** <https://www.ontario.ca/page/apply-emergencyassistance> | |
| 2) Emergency Housing | **Blue Door Shelter**  Phone # 905-898-1015  <https://bluedoor.ca/>    **Inn from the Cold**  Phone # 905-895-8889  <http://www.innfromthecold.ca/> |

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| **Are you or your child having difficulty with mental health?** | |
| **Available Resources** | **Details** |
| 1) Connex Ontario | - For connecting to mental health and/or addictions services across Ontario  - Call 1-866-531-2600 (toll-free) |
| **Visit:** <https://www.connexontario.ca/> | |
| 2) Internet / App Based Cognitive Behavioral Therapy Options | a) Beacon: Digital CBT, free during COVID-19  <https://info.mindbeacon.com/btn542?utm_campaign=CVD&utm_source=ongov&utm_medium=web&utm_content=en>  b) Mindshift: Free CBT resource from anxietycanada.ca  <https://www.anxietycanada.com/resources/mindshift-cbt/>  c) Pacifica: Evidence Based CBT app  d) AbilitiCBT: Internet based CBT with online therapist support  <https://ontario.abiliticbt.com/home> |
| 3) Kids Help Phone | - Access to counselling information on local services and referrals, available 24/7  - Website includes COVID-19 related info for children  Call: 1-800-668-6868 |
| **Visit:** <https://kidshelpphone.ca/>  <https://kidshelpphone.ca/topic/covid-19/> for information related to COVID-19 | |
| 4) CAP Centre | Open and accepting referrals for therapy services, using telehealth.  Psychological services for: anxiety, ADHD, ASD, behavioral difficulties, depression, family distress, LD, OCD, selective mutism, sleep disorders & disturbance, parenting issues, giftedness  Call: 905-841-7886  Email: [admin@thecapcentre.com](mailto:admin@thecapcentre.com) |
| **Visit:** <http://www.thecapcentre.com/> | |
| 5) Kinark Child and Family Services | Providing virtual clinical services for clients in community-based Child and Youth Mental Health, Autism and Intensive Support and Supervision Program services  Central Intake remains open from 9am – 5pm |
| **Visit:** <https://www.kinark.on.ca/>  <https://www.kinark.on.ca/resources-for-children-youth-and-families-during-the-pandemic/> For resources specific to COVID-19 | |
| 6) York Support Services Network | - Connecting to mental health resources in york region - 289.340.0348 or toll free 1-844-660-6602 (16 years or older)  - Community Crisis Response - 1-855-310-COPE (2673)  🡪 24/7 phone support, 7am to midnight texting |
| **Visit:** <https://www.yssn.ca/>  Apply online for case management services or live chat with crisis worker: **cope.yssn.ca** | |