### FAMILY SUPPORT DURING COVID-19



### **FINANCES**



- Canadian Emergency Response Benefit (CERB): If you stopped working due to COVID-19, <u>apply to CERB</u> for up to \$500/week for up to 16 weeks.
- Canada Child Benefit (CCB) payment increase: If you received CCB this year, you may get \$300 extra/child.
- <u>B.C. Emergency Benefit for Workers</u>: If you are eligible for CERB, you may <u>apply</u> to receive a \$1,000 payment if your ability to work has been impacted.

### **HOUSING**

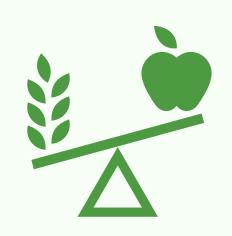


**DID YOU KNOW?** Most <u>evictions</u> are not allowed & rent increases are <u>frozen</u>.

- **BC Temporary Rent Supplementation**: Provides up to \$500/month towards rent for <u>eligible renters</u>. <u>Apply here</u> or call 1-877-757-2577.
- Mortgage Support: Banks are offering mortgage payment relief through deferred payments. See banks' COVID-19 pages.
- <u>Emergency Housing</u>: <u>List of shelters</u> in Lower Mainland. **Call 2-1-1** for help.

#### **More FINANCE & HOUSING Resources**

### **FOOD**



**DID YOU KNOW?** Many <u>schools</u> are still providing meal programs to students.

- Food Banks BC: Find a food bank near you, call 1-855-498-1798, or email them.
- Food Asset Maps: Showing free food locations & other services near you!

Want to learn more about **healthy eating during COVID-19?**Check out <u>HealthLink BC</u> or call **8-1-1** to talk to a dietician (9am-5pm, M-F).

# CHILDCARE & LEARNING

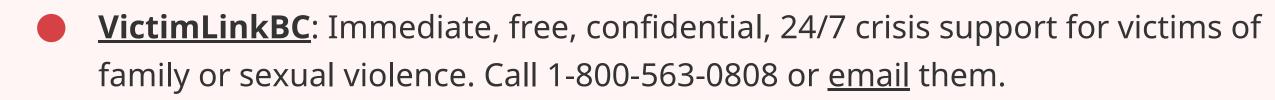
- <u>Temporary Emergency Childcare</u>: Are you an essential worker? <u>Request</u> childcare for kids up to age 5 years. For ages 5-12 years, contact their school.
- Changes to Affordable Child Care Benefit: If your income has changed, you may be able to get a higher benefit amount. Call 1-888-338-6622.



- <u>Everyday Anxiety Strategies for Educators (EASE)</u>: Free learning programs for ages 5-12 years & parents to help manage worries in fun & easy ways.
- **WE schools @ home**: Free tools for at-home learning for grade levels K-12.

### More SCHOOL & LEARNING incl. Anti-Racism Resources

### **SAFETY**





- **ShelterSafe**: Shelters for women, youth and children experiencing abuse.
- <u>Transition Houses & Safe Homes List</u>: Transition & safe homes list in BC.
- WAVAW Rape Crisis Centre: For immediate crisis and long-term support services, call 1-877-392-7583

IF YOU ARE IN IMMEDIATE DANGER, CALL 9-1-1

Created by the Family Resources Support Tool (FRST) team. Give us feedback at <a href="mailto:FRST@gmail.com">FRST@gmail.com</a>.

### FAMILY SUPPORT DURING COVID-19



#### **MEDICAL CARE**

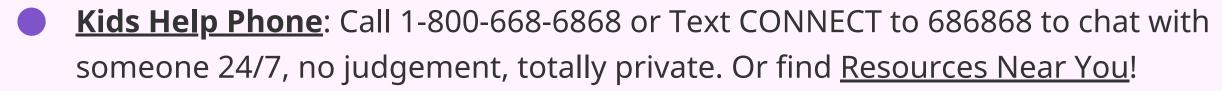


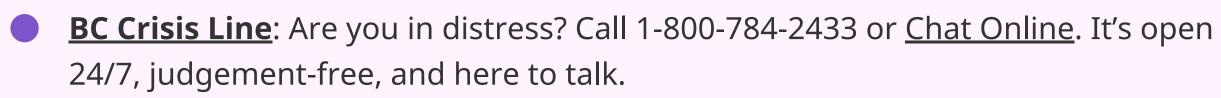
Got medical needs? **Your doctor/nurse** *wants to see you*!

Call your family doc/nurse or nearest <u>walk-in clinic</u> to be seen virtually or in person.

- **BC Children's Hospital**: Learn about COVID-19 & Children and what to expect if you have an appointment at BC Children's Hospital.
- BC's COVID-19 Self-Assessment Tool & Testing sites.
- BCCDC Caring for Children with COVID-19: Learn more about what to do if you are concerned your child might have COVID-19.

## MENTAL WELLNESS







- <u>Kelty Mental Health</u>: virtual mental health <u>resources</u>, parent/youth <u>peer support</u>,
  & <u>parenting tips</u> during COVID-19. Call Kelty at 1-800-665-1822.
- BC Virtual Mental Health Support during COVID: variety of virtual, low/no cost counselling & supports. Also find an inventory of BIPOC therapists in BC.

### More MENTAL WELLNESS Resources

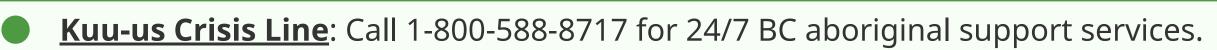
### YOUTH HEALTH

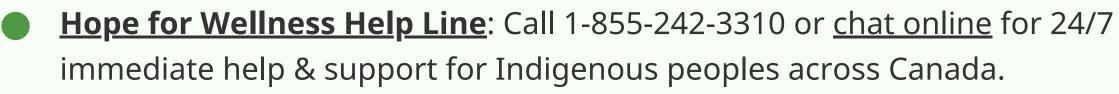


- <u>Foundry</u>: Drop-in <u>counselling</u> by voice, video & chat for youth 12-24 years old or caregivers. Find personalized supports on <u>Pathfinder</u> or call 1-833-308-6379.
- Youthspace.ca: Online crisis & emotional support every day 6pm-12am. Text *youthspace* to 778-783-0177 or online chat. Find more youth & coping resources.
- **Black Youth Helpline:** Connect with educational, health, and community resources specific for black youth. Call their helpline at 1-833-294-8650.

### More YOUTH HEALTH Resources

# RESOURCES FOR INDIGENOUS PEOPLES







- First Nations Health Authority (FNHA) COVID-19 Info Page: Info, FAQs, resources & podcast by FNHA Chief Medical Officer.
- First Nations Virtual Doctor of the Day: If you don't have a doctor/nurse, call 1-855-344-3800 to book a virtual visit for primary and mental health care.

### **DIVERSITY**



- Children & Youth w Special Needs MCFD Response to COVID-19: Call your CYSN Worker or your local MCFD office for Emergency Relief Funding & Respite.
  See changes to the At Home Program & medical supplies.
- <u>Autism Program</u>: Call 1-877-777-3530 or <u>email</u> for <u>Funding Extensions</u>. For <u>community resources</u>, call Autism Information Services 1 844 878-4700.
- Parenting Support Services of BC: Need to talk? Call BC Parenting Support Line 1-877-345-9777, M-F 10am-4pm or register for online parenting support circles.