

Ministry of Education – Support for Families

Learn about funding that families can apply for if they have children who are not in school or childcare because of coronavirus (COVID-19). Find out if you are eligible and how to apply.

About Support for Families

While schools and childcare centers are closed, parents can apply for direct funding to offset the cost of buying materials to support their children's learning, while they practice self-isolation and physical distancing.

Eligible parents will receive a one-time per child payment of:

- \$200.00 for children aged 0-12
- \$250.00 for children or youth aged 0-21 with special needs

This funding can help parents with the costs of workbooks, educational apps, educational subscription services, movies and other tools to support learning at home.

Parents refers to parents, guardians, and caregivers.

Eligibility

There is no income cap on this program. All parents are eligible if you have a child who is:

- Up to 12 years old
- Up to 21 years old with special needs

If you have more than one child, you must submit one application per child.

Before you apply, please note:

- Only one parent can apply for each child
- The parent who applies should have custody of the child

You are still eligible if you are a health care or front-line worker who is using emergency 24-hour childcare centers.

Ministry of Education – Support for Families (Cont'd)

How to Apply

Step 1: Gather the Required Information

- The name of your child's school and school board (if applicable)
- Your child's date of birth
- Your banking information
- A valid email address

Step 2: Complete the Application

Applications can only be submitted online. To access the online application, please visit:

<https://www.iaccess.gov.on.ca/FamilyAppWeb/public/index.xhtml> or www.ontario.ca

Step 3: Confirmation

After you submit your application, you will receive an:

- Email confirmation
- Application reference number

You may be contacted to verify the information you provided through this application.

Get Your Payment

You will get the payment through direct deposit. If you are unable to provide banking information and require a cheque, you may submit a special request for one. Simply indicate this on the application. Please note that processing cheques may take up to several months from the date you apply.

Get Help

We are here to help.

Call us at:

Toll-free: 1-888-444-3770

Toll-free TTY: 1-800-268-7095

Email: supportforfamilies@ontario.ca

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

April 2020

Canada Emergency Response Benefit (CERB) Application Portal Now Open

The application portal for the Canada Emergency Response Benefit is now open. The Canada Emergency Response Benefit (CERB) supports Canadians by providing financial support to employed and self-employed Canadians who are directly affected by COVID-19.

It provides a payment of \$2,000 for a 4-week period (the same as \$500 a week) for up to 16 weeks. After you apply, you should get your payment in 3 business days if you signed up for direct deposit. If you haven't, you should get it in about 10 business days.

Please visit the following link to start your application:
<https://www.canada.ca/en/services/benefits/ei/cerb-application.html>

Who can apply?

To be eligible, you must meet the following requirements:

- You reside in Canada
- You are 15 years old or more when you apply
- **For your first CERB application:**
 - You have stopped or will stop working due to reasons related to COVID-19
 - For at least 14 days in a row for the period you are applying for, you will not receive:
 - employment income
 - self-employment income
 - provincial or federal benefits related to maternity or paternity leave
- **For your subsequent CERB applications:**
 - You continue to not work due to reasons related to COVID-19
 - For the 4-week period you are applying for, you will not receive:
 - employment income;
 - self-employment income; or
 - provincial or federal benefits related to maternity or paternity leave.
- You have not quit your job voluntarily
- You did not apply for, nor receive, CERB or EI benefits from Service Canada for the same eligibility period.
- You earned a minimum of \$5,000 income in the last 12 months or in 2019 from one or more of the following sources
 - employment income
 - self-employment income
 - provincial or federal benefits related to maternity or paternity leave

Canada Emergency Response Benefit (CERB) Application Portal Now Open

How to Apply

There are two ways for Canadians to apply: online with CRA My Account or over the phone with an automated phone service. If applying online or by phone, Canadians will receive a payment by direct deposit or by cheque.

If applying online, Canadians will have to sign into CRA My Account. They should go to COVID-19: Canada Emergency Response Benefit in the alert banner at the top of the web page, select the period they want to apply for, declare that they qualify for the benefit and confirm the government has the right payment information.

If applying over the phone, Canadians can call the automated toll-free line at 1-800-959-2019. This is a dedicated line for CERB applications. Before people call, they should have their social insurance number and postal code handy to verify their identity.

Both services will be available 21 hours a day, seven days a week. Both services are closed from 3 a.m. to 6 a.m. ET for maintenance.

For more information, Canadians should go to canada.ca/en/revenue-agency/services/benefits/apply-for-cerb-with-cra.html#how

Questions about applying for CERB with CRA?

Find answers to common questions with this automated help line: 1-833-966-2099

To speak with an agent about CERB, or CRA My Account: 1-800-959-8281

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

April 2020

Free Online Training, Webinar and Youth Leadership Program

We have compiled information on some awesome opportunities for you to take advantage of while you are staying home during the COVID-19 pandemic. Smart Serve Ontario is offering free online training and certification throughout the month of April, Crisis and Trauma Resource Institute is offering a free webinar titled “Mental Health & Resilience During COVID-19, and the Standing Bear Indigenous Youth Leadership Program is available online to youth aged 14-24. Please see below for details.

Smart Serve – Free Online Training & Certification During the Month of April 2020.

Smart Serve is offering free online training/certification for the month of April 2020. Individual Certification training can be completed online 24/7. The training will prepare you to work in any environment where alcohol is sold, served, or sampled in the province of Ontario. Get ready to learn with short videos, quizzes, text/audio, activities, and games before completing the Final Certification Test online.

Online Training

- Takes about 3-4 hours
- You can stop/start your training
- Your progress is saved as you learn
- You must complete the Training and Final Test within 30 days
- You will have two (2) attempts at the Final Test
- Your Final Test will be Proctored

To enroll in the free training, please visit: <https://smartserve.ca/online-training/>

Crisis and Trauma Resource Institute Offers Free Webinar

Mental Health & Resilience During COVID-19

The COVID-19 pandemic is reshaping our lives in a way that has great potential to impact our mental health. Key changes include heightened anxiety in our local community and the world; social and physical disconnection from others; and the ever-present threat of an unfolding unknown. These factors can create new mental concerns, or exacerbate existing ones, such as anxiety, depression, trauma, and our patterns of coping. This webinar will explore key factors for understanding the impact of the COVID-19 pandemic. To access the free webinar, please visit: <https://ca.ctrinstitute.com/free-webinar/>

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

April 2020

Free Online Training, Webinar and Youth Leadership Program (Cont'd)

Standing Bear Indigenous Youth Leadership Program

Did you know that the Standing Bear Indigenous Youth Leadership Program is available online, for Indigenous youth (First Nations, Métis and Inuit) between the ages of 14-24?

The online format of the program is free to use and designed to help youth learn more about their culture and themselves through a number of fun activities. Youth have the option to join the program at any time and achieve certification at their own pace. The program consists of a Core Leadership Certificate and six elective streams, to align with youth interests and needs. The Core Indigenous components help youth gain a better understanding and view of their community and the world around them through activities that explore worldviews, individual holistic health, traditional knowledge, and holistic leadership for community wellbeing. After completing one of the core components in the Core Leadership Certificate, users can dive into any of the specialized streams listed below and begin completing the activities.



Community Changemaker, where youth will work to identify and understand their own unique strengths and abilities. The Changemakers stream helps youth understand how to serve as a changemaker and support the needs of their family and community using their strengths.



Exploring Career and Life Skills is about finding your purpose and passion in life. The Exploring Career and Life Skills stream can help youth find their footing on a path that's right for them and feel confident as they explore that path.



Cultural Education encourages youth to learn about where we come from, who we come from and learn to appreciate and celebrate our history and culture. The Cultural Education stream can help youth learn to appreciate what culture can provide for us as Indigenous people and how it teaches us to be resilient and live in balance with the world around us.



Creative Arts is where youth learn about developing a connection to spirit, identity, and our inner creativity. The Creative Arts stream helps youth honor creation through art and learn more about the impact art can have on guiding leadership, community building and sense of self.

Free Online Training, Webinar and Youth Leadership Program (Cont'd)



Health and Wellness is about taking only what is needed and always giving thanks (being thankful) for all that sustains us. It is about respecting ourselves, our spirit and our wellness and always acknowledging our deep connection to the world around us.



Sport and Recreation focuses on leadership in sport and rec and emphasizes the importance of teamwork, family, and community and leading by example. The stream discusses how participation in sport and recreational activities build skills sets such as problem solving, strategy development, time management and teamwork, and so many more.

REGISTERING ON THE MY.ISWO PORTAL

1. Register the account for the youth who will be using the My.ISWO Portal (portal use is limited to ages 14-24).
2. The parent/guardian email address and user email address must be different.
3. Accounts for users under the age of 18 must be verified in order for youth to gain full access to the portal.
4. Only one account is needed per user to access the portal and all of the available programs, including the Standing Bear Indigenous Youth Leadership Program.
5. You can use your My.ISWO portal account to register for future ISWO events such as tryouts, camps, workshops, etc. If you previously registered for a Team Ontario tryout using the My.ISWO portal please use the same login information.
6. Contact Portal@iswo.ca with any questions or for assistance.

To get started, please visit: <https://my.iswo.ca/start/>

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

April 2020

Note: For our members who reside outside of the Province of Ontario, please contact the provincial Social Services Department in which you reside.

Do you receive Ontario Works or ODSP?

Ontario Works Covid-19 Benefit
\$50.00 for singles and \$100.00 for families
You must request this benefit directly from
the TBDSSAB office by calling 766-2111

ODSP Covid-19 Benefit
\$100.00 for singles and \$200.00 for families
Call your local office at 473-3130 to request
these funds

Let's Stop COVID-19

Stay Safe

Stay

Home

Made with PosterMyWall.com

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

April 2020

The Healing & Wellness Department Presents: Springtime Art Contest



With our community members staying at home during the COVID-19 pandemic, we will be holding a “Springtime Art Contest” to promote healthy lifestyles at home. This contest will have 3 age categories and is open to all Band and Community Members. The theme of the contest will be “Spring”. The days will start to get longer and warmer, the birds will start to sing, the trees will start to bud, the flowers will start to bloom, and the animals will give birth to their young. Spring is an exciting time of year as the season represents renewal, rebirth and regrowth.

- Children’s Category** **0 - 12 Years Old**
- Youth’s Category** **13 - 17 Years Old**
- Adult’s Category** **18 + Years Old**

Interested children and youth are being asked to draw, paint or color a picture of what spring means to you. Take a photo of your finished product and email it to Mike Ignace with the required information. All children and youth who submit an entry will be entered into a participation draw. **Participation draws (for each/all categories) will be as follows:**

- 1st Name Drawn - \$50.00 Walmart Gift Card
- 2nd Name Drawn - \$50.00 Walmart Gift Card
- 3rd Name Drawn - \$50.00 Walmart Gift Card
- 4th Name Drawn - \$50.00 Walmart Gift Card
- 5th Name Drawn - \$50.00 Walmart Gift Card

Adults are asked to submit one original scenic photograph that captures “Spring”. Please email your springtime scenic photograph to Mike Ignace along with the required information. One photo will be selected, by a panel of judges, for the grand prize of \$250.00. All adults who enter the contest will be entered into a participation draw. The winner of the grand prize will not be entered into the participation draw. Prizes are as above but will include a:

Grand Prize (Adult Category Only) - \$250.00 in Walmart Gift Cards

RULES - We will only accept one submission per person. All drawings, paintings, colorings, and photos must be originals and must be deemed appropriate. The theme is “**Spring**”. Late submissions will not be accepted. Photos may be edited but maintain a realistic and natural appearance.

SUBMITTING YOUR ARTWORK - Submit artwork to: mignace@lacadesmillelacs.ca
Include in your email: Participant Name, Participant Age, Address, Contact Information, Description of artwork.
Deadline: **April 30, 2020 (11:59PM)**
*****All entries will be uploaded to our Community Website Photo Gallery following the contest.*****