

COVID - 19 Supports

- **Canada Emergency Response Benefit (CERB)**. CERB will offer employed and self-employed Canadians who have lost their job as a result of COVID-19 \$2,000/month for the period from March 15 to October 3, 2020. Significantly, CERB **does not** replace **EI sickness benefits**. However, applicants should compare the amounts they are eligible for through either benefit, as EI offers a maximum of \$573/week, where CERB offers a maximum of \$2000/month (\$500/week).
- **Small businesses**, not-for-profit organizations and charities are eligible to receive [75% wage subsidies](#) to help keep their employees on payroll. Eligibility criteria will be announced within the next few days.
- **Blackfalds FCSS - (403)600-9066**
 - **Lunch Program**
 - **Emergency food hampers**
 - Supports and resources with applications
 - Up to date community information with regards to supports
- **Telus 'Connecting Families' program** - offering free internet services for first 2 months and then discounted rate after (must qualify) click on "contact us"
<https://www.connecting-families.ca/welcome>
- **'Internet for Good' program** - submit your 2018 Canada Child Benefit (CCB) statement showing your family net income of less than or equal to \$31,120 to TELUS at InternetForGood@telus.com
<https://www.telus.com/en/about/company-overview/community-investment/how-we-give/cause-campaigns/internet-for-good>
- **Mental Health Help Line** 1-877-303-2642
- **Kids Help line** at 1-800-668-6868
- **Text4Hope** Supporting Mental Health & Wellness in a Time of Stress & Isolation. Text **COVID19HOPE** to **393939** to subscribe.
- [Anxiety Canada](#)
- Self-Care Menu
<https://docs.google.com/document/d/1fvIIbaFQXQRDD0nq2DYwVxIvibGxSoTHuApG6daOg1w/edit>
- Center for Disease Control and Prevention: [Manage Anxiety and Stress](#)
- Center for Disease Control and Prevention: [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#)
- Alberta Health Services: [AHS Mental Health and Addiction Resources for Families and Children](#)
- New York Times: [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)
- The National Child Traumatic Stress Network: [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

- PBS: [How You and Your Kids Can De-Stress During Coronavirus](#)
- World Health Organization: [Helping children cope with stress during the 2019-nCoV outbreak](#)
- Dr. Laura Markham, clinical psychologist speaks about helping kids navigate through fear and anxiety around the coronavirus. https://youtu.be/IV_5qliG4NM
- Distance Learning: 8 Tips to Get Your Child Ready to Learn at Home
<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/online-learning-how-to-prepare-child>