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## **Foreword**

This guide is a practical tool for community staff and volunteers as they work alongside persons living with disabilities and accessibility barriers, as well as Indigenous people with gifts.

The guide consists of 7 sections designed to foster awareness and understanding of the issues impacting members of our community. With practical strategies and shared knowledge from the lived experience of accessibility barriers, you will be empowered to support yourself and community members through housing, income and food security concerns.

This guide was made possible through generous support from the Winnipeg Foundation.

## **Introduction**

### **Disability Organizations in Canada**

#### **Disability Rights (1960s-2000s)**

Many of the organizations serving persons with disabilities in our community were a result of the disability rights movement, led by the desire of persons with disabilities to exercise control over their lives, not be the objects of charities and government services.

Following WWII, changes in society and technology mean that people with physical disabilities were increasingly participating in public life. Despite their increasing participation, they were still not decision-makers in their own lives. We were labelled as sick, unemployable and helpless by service providers, often leaving members of our community segregated in institutions and working menial jobs paying less than minimum wage.

Some members of our community members argued that being disabled does not limit their participation and inclusion in society. Instead, they argued that their exclusion was structural, caused by ingrained attitudes held by professionals and the public, inadequate transportation, and the inaccessibility of public spaces.

## **Rights and Protections**

1982: Canadian Charter of Rights and Freedoms enacted, explicitly recognizing “disability” as a protected category

2010: Canada ratified the UN Convention on the Rights of Persons with Disabilities (CRPD)

2013: The Accessibility for Manitobans Act (AMA) came into effect.

2019: *The Accessible Canada Act (ACA)* aims to achieve barrier-free Canada by 2040.<sup>i</sup>;

- Canadian Human Rights Act amended, Canadian Human Rights Commission responsible for monitoring the Government’s implementation of CRPD
- Establishes Accessibility Standards Canada

[The legal and human rights of Manitobans with disabilities](#) (Barrier Free Manitoba, n.d.)

## **MLPD’s History**

MLPD was established in 1974 by community members with lived experience to address the challenges faced by settlers with physical disabilities. Our founding members argued that disabled persons are consumers of services and have the right to identify their wants and needs regarding services offered to them.

MLPD developed services and businesses by and for persons with disabilities across several branches throughout Manitoba, including computer literacy programs and rural van transportation.

MLPD members were critical in advocating for a public transportation system for persons with physical disabilities, the creation of employment equity legislation, and the inclusion of disability as a protected category in the Canadian Charter of Rights and Freedoms.

## **Our Work at MLPD**

MLPD supports people experiencing disabilities and accessibility barriers, as well as Indigenous people with gifts.

As an organization founded by people of lived experience, we strive to break down barriers and build bridges between communities to create better and more inclusive communities for all.

We recognize that our work has not always reflected all those who experience accessibility barriers. Colonialism impacted the ways of thinking and being for the settlers who founded this organization. We also recognize that Indigenous people have been and continue to be a part of MLPD, though they often worked within a settler structure.

We further recognize the socioeconomic impacts of colonization on accessibility and inclusion. This has created barriers and building relationships between settlers with disabilities and Indigenous people with gifts. It has also created barriers disproportionately causing harm and preventing Indigenous people with gifts from accessing the services and resources to meet their needs.

## **Language Matters**

*“And the Elder said, ‘What many call disabilities, we call gifts.’”*

There is no traditional word for disability in most Indigenous languages. This understanding is deeply connected to cultural beliefs and practices that focus on strength and resilience. The unique perspectives of community members with accessibility needs are seen as gifts to the community, and sometimes spiritual gifts as well.

As part of our work to decolonize our practices, we recognize that disability is a word imposed and taken out by settlers. To ask Indigenous people to assimilate to the word disability would discriminate against their culture and language.

The need to protect and share culture and knowledge is a need that many settlers with disabilities may understand. At MLPD, we understand that the lived experience carried by settlers with disabilities and Indigenous people with gifts holds great value, even though we live within a system of colonization that does not recognize its full potential.

## **Creating Collective Access**

Experiences of accessibility barriers are diverse, and not all forms of exclusion members of our community experience are related to disability status. One way we can build communities that are accessible and inclusive to all is:

- 1) Recognize that we all experience disability, barriers and gifts differently
- 2) Build understanding and solidarity through two-way learning and relationship building
- 3) Centre the concerns of those most affected by accessibility barriers in the support we provide
- 4) Reflect on personal practices that foster collective access

## **Solidarity NOT Charity**

Direct support work for basic needs is necessary to the struggle to transform systems. Providing direct support work from the perspective of lived experiences of disability barriers is an important way to address the power imbalances between providers and users of services.

Peer support is intended to be flexible and promote shared responsibility in voluntary systems of care.

## Housing Concerns and Supports

### **Non-EIA Rent Assist**

Monthly money distributed by the provincial government to cover a portion of the cost of rent.

#### **How to Apply**

#### **Who's Eligible for Non-EIA Rent Assist**

- Fall within the income cutoffs provided by the Government of Manitoba
- Not be on EIA or living in subsidized living

#### **Required to Apply for Non-EIA Rent Assist**

- Completed application form
- Tax information
  - Option C printout or Proof of Income Statement
  - Current [Canada Child Benefit](#) information may be required
  - For newcomers they can provide Canada Child Benefit and GST information provided by Canada Revenue Agency

#### **How to Apply for Non-EIA Rent Assist**

### **EIA Rent Assist**

When you apply for EIA, you are automatically assessed for Rent Assist and it is included in your monthly deposit for EIA as shelter allowance. However, if your ability to cover rent has changed due to a loss of income, change in household composition, you will have to request that you be re-assessed for Rent Assist.

#### **How to Re-Apply for EIA Rent Assist**

- 1) For EIA for contact information, see [How to Apply for EIA](#)
- 2) [CUHC](#) and [NECRC](#) can offer advice and assistance if you seek additional support.

## Information for Tenants

### **Frequently Asked Questions**

#### **Is a deposit required to apply for a rental unit?**

- While this practice used to be accepted, RTB no longer allows landlords to require upfront payment to secure an application.

- Housing advocates advise that tenants do not give money as a deposit unless they have been approved for the place and are signing a lease.

#### **How much can a landlord charge for a damage deposit?**

- A landlord may not collect more than half a month's rent as a damage deposit or pet deposit.
- A landlord may not require a pet damage deposit or cleaning fee for service animals.

#### **Do I need a condition inspection report?**

- The law does not require that this report be conducted unless requested by the landlord or tenant.
- Because condition reports can offer protection from evictions and the withholding of damage deposits, it is recommended to ask if one will be completed.
- It is recommended that a tenant take pictures with date stamps on move-in day in the case of future disputes.

#### **What can I do if my landlord fails to address necessary repairs?**

- If a rental property is not up to the standards with tenants living in it, and the landlord refuses to address the issues, a report can be made to the RTB unless:
- The tenant is in rent arrears
- The tenant caused the damage
- In some cases, a city by-law enforcement may be notified to complete an inspection of the unit.
- Depending on your Legal Aid eligibility, you may be entitled to support from their [advocacy unit](#) to assist with informal and formal dispute resolution.
- Anyone renting in Winnipeg may access support through [NECRC's Tenant-Landlord Cooperation program](#).

#### **When is my landlord allowed to evict me?**

- Your landlord may issue a Notice of Termination form if you are three days late paying your rent or other tenant charges, breach tenant responsibilities defined by the Residential Tenancies Act, or if you breach a material term of your lease agreement.
- They may also ask you to leave for landlord's use of property (renovations, personal use, family member moving in).
- For more information, see [Landlord Rights & Responsibilities](#).

### **What can I do if I receive an eviction notice?**

- Call [Legal Aid's advocacy unit](#), regardless of Legal Aid eligibility, for timely information and support.

### **What can I do if I struggle to meet my responsibilities as a tenant?**

- Anyone renting in Winnipeg may access support through [NECRC's Tenant-Landlord Cooperation program](#).

### **What are reasonable accommodations?**

- Landlords are responsible for providing reasonable accommodations, which includes providing a place that is safe and habitable and setting [reasonable rules](#).
- Under the Accessibility for Manitobans Act and the [Manitoba Human Rights Code](#), landlords have a duty to accommodate persons with disabilities.

### **Are service animals considered a reasonable accommodation?**

- Service animals are considered reasonable accommodations that landlords have a duty to accommodate. However, Manitoba has no standardized identification or certification of service animals.
- For persons with service animals seeking rental accommodations, it is advised that they provide the landlord with documentation from a medical practitioner that describes:
  - The specific task performed by the animal
  - The necessity of the described task.

### **Are support animals considered a reasonable accommodation?**

- Support animals are not recognized as reasonable accommodations for persons with disabilities.

### **Where can I get support for accessing reasonable rental accommodations?**

- Legal Aid's [advocacy unit](#) can provide information around reasonable rental accommodations for persons with disabilities regardless of Legal Aid eligibility.

### **Tenant Rights & Responsibilities**

- 1) Pay rent on time
- 2) Keep their place and the building clean
- 3) Repair any damage they or their guests cause as soon as possible
- 4) Ensure they and their guests do not disturb other people in the building or neighbouring property
- 5) Ensure that they do not endanger the safety of others in the building or engage in criminal activity in the residential complex that:



- a. Causes damage to the unit or the complex,
  - b. Interferes with the enjoyment of the rental unit by others in the complex,
  - c. Negatively affects the security, safety, health, or well-being of others in the complex (this includes criminal activity by someone the tenant lets into the complex).
- 6) Provide adequate notice to the landlord prior to ending tenancy
  - a. Tenants on a periodic tenancy agreement must give the landlord at least one full tenancy period's notice (e.g. on a month-to-month agreement, a tenant must give one full month's notice).
  - b. Tenants on fixed-term agreements are obligated to pay rent until the end of the term. While tenants are typically required to adhere to their lease agreements until the term ends, there are some exceptions, including:
    - i. Health issues
    - ii. Rent increase above guideline
    - iii. Enrollment into a personal care home
    - iv. Domestic violence

### **Landlord Rights & Responsibilities**

- 1) When a written agreement exists, the tenant and the landlord must sign two copies, and the landlord must provide one copy to the tenant within 21 days of signing the agreement
- 2) Provide written notice (at least 24 hours, but no more than 14 days) before entering your rental unit unless you agree to let them in
  - a. If you have received written notice, or if there is an emergency, your landlord may enter your rental unit without your present
- 3) If your landlord asks you to move out of your rental unit, they must provide written notice using an approved form to end your tenancy
  - a. Approved forms:
    - i. Form 9: For non-payment of rent
    - ii. Form 10: For cause other than non-payment of rent
  - b. The notice must include:
    - i. Details about why you are being asked to leave
    - ii. The date you must vacate your unit
    - iii. How much notice landlords are required to provide depends on the type of tenancy agreement and the reason provided for eviction
    - iv. A statement saying that the tenant can agree with the landlords' notice
- 4) Ensure rental properties are reasonably safe and habitable by having proper locks and doors and doing necessary repairs
- 5) Investigate any complaints about a tenant disturbing other tenants
- 6) Provide a receipt when the tenant pays rent in cash
- 7) Give the tenant at least three months' notice before increasing the rent.
  - a. The notice must be provided in writing and contain details about:
    - i. how much the rent is now compared to how much it will be;
    - ii. the date when the increase will take effect

- iii. how much the landlord is allowed to raise the rent
  - iv. the rent increase guideline
  - v. an explanation that the rent increase is not legal unless the tenant is given 3 months' notice.
- 8) For above guideline rent increases, landlords must apply to the Residential Tenancies Branch for approval if they can demonstrate that the guideline won't cover their cost increases (see [GovMB fact sheet](#))

## **Contact List**

### **Legal Aid Advocacy Unit**

Daniel Gilson: 204-881-1714

Jennifer Unger: 204-985-8536

### **Tenant-Landlord Cooperation Program (NECRC)**

The TLC program helps individuals understand their rental rights and responsibilities and makes sure their rights are upheld. This program can assist tenants and landlords in resolving rental disputes.

- Advice with rental issues
- Support to prevent an eviction (do not need to have eviction notice served for NECRC to help)
- Managing conflict with landlords
- Navigating Residential Tenancy Branch (RTB)
- Responding to financial rental claims
- Advocating to EIA, Hydro and Water
- Stop utility shut offs
- Connecting to housing resources

Phone: 204-927-2335

Email: [lindsay@necrc.org](mailto:lindsay@necrc.org)

509 Selkirk Ave, Winnipeg, MB R2W 2M6

### **Community Unemployed Help Centre (CUHC)**

Offers free and confidential services for individuals trying to access provincial and federal income assistance programs.

Phone: 204-942-6556

Toll Free: 1-866-942-6556

Email: [info@cuhcmb.ca](mailto:info@cuhcmb.ca)

102B-275 Broadway Avenue, Winnipeg MB R3C 4M6

### **Residential Tenancies Winnipeg**

1700 – 155 Carlton Street Winnipeg MB R3C 3Y4

Telephone: 204-945-2476

Toll Free: 1-800-782-8403

Email: [rtb@gov.mb.ca](mailto:rtb@gov.mb.ca)

### **Residential Tenancies Brandon**

143-340 9th Street Brandon MB R7A 6C2

Telephone: 204-726-6230

Toll Free: 1-800-656-8481

Email: [rtbbrandon@gov.mb.ca](mailto:rtbbrandon@gov.mb.ca)

### **Residential Tenancies Thompson**

113-59 Elizabeth Dr Thompson MB R8N 1X4

Telephone: 204-677-6496

Toll Free: 1-800-229-0639

Email: [rtbthompson@gov.mb.ca](mailto:rtbthompson@gov.mb.ca)

## **Income Support**

### **Navigating Income Supports**

#### **Overview**

Fluctuations in income—whether due to disability adjustments, changes in employment, or other life events—can have an immediate impact on an individual’s ability to meet basic needs. Rapid support is essential to maintain stability during these transitions. This section includes:

1. Descriptions of federal and provincial income supports and tax credit.
2. Information about the eligibility criteria and application process for each support.

### **EIA General Assistance (GA)**

If you have no other way to support yourself or your family, you may be eligible for financial help for basic needs such as food, clothing and personal amounts, as well as coverage for essential health needs not provided through another program.

#### **What’s Included in EIA**

- If you have shelter costs, your application with EIA will also be used to see if you are eligible for shelter-related financial supports available through [Rent Assist](#).

- If you are eligible for EIA and Rent Assist, you will receive a single monthly payment for both benefits.
- If you are able to work, EIA will help you go back to work by providing supports to employment.

### **Who's Eligible for EIA**

- You live in Manitoba and are between 18 and 65 years of age.
- You do not have a disability and are a:
  - single person without dependents/children
  - couple without dependents/children
  - two parent family
- You are in financial need. (See below for more details.)

### **Determining Financial Need for EIA**

You may be eligible for assistance if the total cost of your or your family's monthly basic needs and shelter costs are more than your total financial resources. Your financial resources are based on your income and assets.

- For EIA, the cost of basic needs is based on:
  - the EIA basic allowance amount for your family size, the number of people in the family, their ages and relationships to each other
  - the cost of some of your ongoing medical needs
- Rent Assist is based on the cost of your shelter, utilities and fuel.
- If you can pay for your basic living costs, but cannot afford to pay for your or your family's health needs, you may be eligible for health care costs.

### **What You'll Need to Apply for EIA**

- For all members of the household, provide:
  - Social insurance number (SIN)
  - Photo identification
  - MB Health Card
  - If applicable, Status Card information
- Proof of current income (pay stubs?) and banking information (direct deposit)
- Lease information
- For applicants who are in high school:
  - Proof of enrollment
- For more, see, [EIA intake information checklist](#)

## How to Apply for EIA

- 1) [EIA pre-intake orientation](#)
- 2) Begin your application
  - a. In Winnipeg, you can begin your application by phone or in person
    - i. Call 204-948-4000. If you are deaf or hard-of-hearing, call 1-800-855-0511 (Manitoba Relay Service)
    - ii. Visit in-person at the 111 Rorie Street office. If you have children or require accessibility services, we will be pleased to help you at 128 Market Avenue.
      1. You will be seen on a first come, first served basis. We may not be able to start your application if you arrive after 3:00 p.m.
  - b. Outside of Winnipeg, you can call or visit in-person at your local [regional services office](#)
    - i. Call toll free 1-855-944-8111 to book an appointment. If you are deaf or hard-of-hearing, call 1-800-855-0511 (Manitoba Relay Service);
- 3) EIA Intake Appointment
  - a. Intake staff will ask questions about your household, housing situation, income, work status, education, medical and health conditions that might prevent you from working, any legal problems you may have
  - b. You will not be automatically considered for Manitoba Supports for Persons with Disabilities, even though EIA staff will ask about your health. **If you are looking to apply for MSPD you must ask for the disability assessment form at your intake appointment.**
- 4) Disputes
  - a. [EIA Issues Resolution Process](#)
  - b. If you have been guaranteed something in-person or over the phone, it is a good idea to follow-up on that conversation over email to have it documented in writing, like the details of your conversation (who, what, when, where).
  - c. For additional support, CUHC and NECRC both offer assistance with applications to all CoW residents.

## EIA Medical Barriers to Full Employment (MBFE)

### What's Included in MBFE

- Waived work expectations, an extra \$105/per month
- Exempt disability trusts/RDSPs and a certain amount of outside financial support
- Can access volunteer benefits

## **What You'll Need to Apply for MBFE**

- **Completed by a Physician, Nurse Practitioner, or a Registered Nurse with Extended Practice designation:** A [Disability Assessment Form] or [detailed letter] clearly establishing that a person has an existing physical or mental health issue that will last more than 90 days and prevent them from earning enough to cover basic needs

## **Manitoba Supports for Persons with Disabilities (MSPD)**

This program is for Manitobans who:

- Have a severe and prolonged disability that challenges daily living, *AND*
- Are financially eligible for income assistance

## **What's Included in MSPD**

- If eligible for this program, you can receive money for living expenses, housing and potentially other unique supports that you need. The amount you get will depend on your living situation and other financial resources you may have access to.
- The Community Helper services program can also help you build a strong support network and access programs that are right for you.

## **Who's Eligible for MSPD**

You will be entered into the program right away if you receive EIA Disability (now called Medical Barriers to Full Employment) plus one or more of the following qualifying disability supports:

- Receiving Community Living DisABILITY Services
- Living in a personal care home
- Receiving Canada Pension Plan Disability benefits

All Manitobans living with severe and prolonged disabilities may apply for the program. If you apply, you will be evaluated to find out whether you meet the basic eligibility requirements. Manitoba Supports will look at:

- Your financial situation, and
- The unique impact of your disability.
- Read more about [how the intake process will work](#).

## **How to Apply for MPSD**

**For those on EIA Disability (MBFE) and on one or more of the qualifying disability supports,**

- contact your current EIA worker to discuss your eligibility for Manitoba Supports

**For those on MBFE with no qualifying disability supports,**

- a financial assessment will not be required, but a disability assessment will be required.

**For those on one or more qualifying disability supports but not on MBFE,**

- a financial assessment will be required but a disability assessment will not be required.

**For those who are not on MBFE and are not receiving any qualifying disability supports,**

- a financial assessment and disability assessment will be required.

A decision will be made on whether all eligibility requirements have been met.

- Decisions will be appealable to the [Social Services Appeal Board](#).

**Contact Manitoba Supports**

- If you are already enrolled on Manitoba Supports and have questions about the program or your file, please contact [manitobasupports@gov.mb.ca](mailto:manitobasupports@gov.mb.ca) or call 204-948-6773 or toll-free 1-877-830-1044.
- If you are already enrolled on Manitoba Supports and need to contact the program or submit a document, you can use this [form](#), and select the drop down option “Manitoba Supports for Persons with Disabilities – DTM (114 Garry Street)”
- If you have feedback or general questions about Manitoba Supports, please contact: [disabilitysupport@gov.mb.ca](mailto:disabilitysupport@gov.mb.ca)

**55+**

A Manitoba Income Supplement provide four times a year. It can be up to \$173.90 for each payment

**Who’s Eligible for 55+**

- Individuals not on EIA
- Annual income of just under \$10,000 for a single person OR just under \$16,000 for a family

**What You’ll Need to Apply for 55+**

- Have a Social Insurance Number
- Up-to-date tax filing

## How to Apply for 55+

### **Disability Tax Credit (DTC)**

The DTC helps reduce the income tax that people with physical or mental impairments, or their supporting family members, may have to pay. It aims to offset some of the costs related to the impairment.

If the DTC total is more than the amount an individual owes on their taxes, the CRA will not refund the remaining amount of the credit.

Can be claimed going back to eligibility date or 10 years for tax adjustments (whichever is sooner)

### **What's Included in DTC**

- For children, money is provided by the federal government on the 20th of each month
- For income earners, there is an additional deduction for income taxes
- Those under 49 can access significant money through an [RDSP](#)

### **Who's Eligible for DTC**

You may be eligible for the DTC if a medical practitioner certifies that you have a severe and prolonged impairment in 1 of the categories, significant limitations in 2 or more categories, or receive therapy to support a vital function.

- [Marked restriction](#) (in one category)
- [Cumulative effects of significant limitations](#) (combine two or more categories)
- For more information, see [Who is Eligible for DTC](#)

### **How to Apply for DTC**

- 1) The person with the impairment or their [legal representative](#) must fill out Part A of the digital application form (online through your [CRA account](#) or by phone)
  - a. Online
    - i. Sign in to CRA account
    - ii. Scroll down to benefits and credits
    - iii. Select "Benefits and credits"
    - iv. Select the "Apply for DTC" button to open the digital form.
  - b. By phone
    - i. You have the option to talk to a call centre agent (1-800-959-8281) or use the automated voice service (1-800-463-4421)
      1. If you use a teletypewriter (TTY), call:  
[1-800-665-0354\(opens up tty application\)](#)



2. If you use the Canada VRS application, call:  
[1-800-561-6393](tel:1-800-561-6393)(opens up phone application)
3. If you use another operator-assisted relay service, call:  
[1-800-959-8281](tel:1-800-959-8281)
- ii. You must be able to confirm your identity before you begin
  1. Social insurance number
  2. Full name and date of birth
  3. Complete address
  4. Assessed tax return, notice of assessment or reassessment, other tax document, or be signed into CRA My Account
- iii. If you are calling on behalf of someone else, they must be present on the call to give their consent, or you must be authorized to call on their behalf
- 2) Part B of the application form completed by a qualified practitioner
  - a. Your practitioner will require the reference number from your application to complete Part B.
  - b. Fees charged for medical forms by practitioner will not be reimbursed. You may be eligible to claim it as a medical expense on your tax return.
- 3) Canada Revenue Agency will determine eligibility based on their criteria and notify applicant in writing.
  - a. [Disagreeing with the CRA's decision](#)
- 4) If your notice of determination says your application is approved, you may claim the DTC on your income tax return.
  - a. Your notice of determination will show which year(s) you are eligible for the DTC. You don't need to re-apply every year unless the CRA asks you to submit a new application.
- 5) Being eligible for the DTC may help you access other federal programs such as:
  - a. [Registered disability savings plan](#)
  - b. [Canada workers benefit disability supplement](#)
  - c. [Child disability benefit](#)

### **Canada Disability Benefit (CDB)**

The Canada Disability Benefit will be a monthly payment for working-age persons with disabilities who have low income. The first month of eligibility for the Canada Disability Benefit is June 2025 and it is expected that payments will begin in July 2025.

- Further information regarding the benefit application process will be posted on [this page](#) in the coming months.

## Who's Eligible for CDB

You must meet the following conditions:

- be a resident of Canada for the purposes of the *Income Tax Act*
  - For more information, [determine your residency status](#)
- have been approved for the Disability Tax Credit
- be between the ages of 18 and 64
- have filed an [income tax return](#) with the Canada Revenue Agency for the previous tax year.
- be one of the following:
  - a Canadian citizen
  - a permanent resident
  - a protected person
  - a temporary resident who has lived in Canada for the past 18 months
  - someone who is registered or entitled to be registered under the *Indian Act*

## Canada Child Benefit (CCB)

The Canada child benefit (CCB) 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. The CCB may include the [child disability benefit](#) and any related [provincial and territorial programs](#)

## Who's Eligible for CCB

You must meet **all** of the following conditions:

- You live with a child who is under 18 years of age
- You are [primarily responsible](#) for the care and upbringing of the child
- You are a resident of Canada for tax purposes
- You or your spouse or common-law partner must be **any of the following**:
  - a Canadian citizen
  - a permanent resident
  - a protected person (has received a **positive** Notice of Decision from the Immigration and Refugee Board)
- NOTE: An individual with a "Refugee Protection Claimant Document" is not eligible for the CCB
- a temporary resident who has lived in Canada for the previous 18 months, and who has a valid permit in the 19th month **other** than one that states "does not confer status" or "does not confer temporary resident status"
- an individual who is registered, or entitled to be registered under the [Indian Act](#)

You cannot get the Canada child benefit (CCB) for a foster child for any month in which Children's special allowances (CSA) are payable.

You may get the CCB if you live with and care for a child under a kinship or close relationship program from the governments of Canada, a province, a territory or an Indigenous governing body, as long as CSA are not payable for that child.

For more information, see [Children's special allowances](#).

### **When to Apply for CCB**

You should apply for the Canada child benefit (CCB) as soon as any of the following situations happen:

- your child is born
- a child starts to live with you, or returns to live with you after a temporary period with someone else
- you begin, end, or change a [shared custody arrangement](#)
- you get [custody](#) of a child
- you, or your spouse or common-law partner, start to meet the eligibility conditions under [Who can apply](#)
- If the child started living with you more than 11 months ago, you will need to provide [additional documents](#).

You don't need to apply separately for related Child Benefit provincial and territorial programs. The CRA will determine your eligibility when you apply for the CCB.

### **How to Apply for CCB**

- For more information, see [Apply for Canada Child Benefit](#)

#### **Through birth registration**

- 1) Birth registration is done by paper form at the hospital or birthing centre.
  - a. Be sure to provide your consent and social insurance number (SIN) for the Vital Statistics Agency to share with the CRA, otherwise you will have to apply for CCB another way.

#### **Online through MyAccount**

If you didn't apply for the CCB when you registered the birth of your newborn, you can apply online using My Account (your personal CRA account).

- 1) Sign in to [My Account](#)

- 2) From the Overview page, click on Benefits and credits from the Navigation menu on the left side of the screen
- 3) From the Benefits and credits page, locate the Child information and click on + Add.
- 4) You will be asked to complete 3 steps:
  - a. Confirm your contact information, your marital status and your citizenship
  - b. Enter your child's information
  - c. Review and submit your application
- 5) A confirmation screen will display the status of your application
  - a. If you're asked to submit additional documents, such as proof of birth for the child, select the "Submit documents" button.

### **PRIMARY CAREGIVER TAX CREDIT**

The Primary Caregiver Tax Credit provides recognition and financial support to individuals who serve as primary caregivers for more than 90 days. The primary caregiver may be a spouse, other relative, neighbour, or friend who provides care without remuneration. The credit may offset your caregiver expenses such as shopping, transport, outings and respite.

This credit is refundable and not income tested. This means you can claim it even if you do not have taxable income (including EIA recipients). An individual tax filer may claim a flat tax credit of \$1,400 per year for providing the unpaid care.

#### **Who's Eligible for the Primary Caregiver Tax Credit**

- The care recipient must:
  - a. be a resident of Manitoba;
  - b. reside in an area under the jurisdiction of a Regional Health Authority;
  - c. reside in a private residence (e.g., not a group home, foster home, hospital, personal care home or in supportive housing);
  - d. assessed as having care level requirements equivalent to level 2 or higher (see Registration Form); and
  - e. designate only one primary caregiver to claim this credit.
- The primary caregiver must:
  - a. be a resident of Manitoba;
  - b. provide caregiving for longer than 90 days;
  - c. personally provide care or supervision to the care recipient without reward or compensation of any kind; and
  - d. not be the spouse or common-law partner of a person who receives compensation or reward for providing care to a qualified care recipient.

## How to Apply for the Primary Caregiver Tax Credit

A doctor or nurse practitioner must fill out a [Level of Care Equivalency Form](#) that you must submit to register for the Primary Caregiver Tax Credit.

### Online

- 1) Click on the following link to complete and submit your [Primary Caregiver Registration Form](#)

### Paper Registration

- 1) Submit a copy of the [registration form](#) to the Manitoba Tax Assistance Office
  - a. Phone: 204-948-2115
  - b. Toll free: 1-800-782-0771
  - c. Email: TAO@gov.mb.ca

## **OLD AGE SECURITY (OAS) / GUARANTEED INCOME SUPPLEMENT (GIS) / SURVIVORS BENEFIT**

- An income support program for people who do not have enough of a Pension to support their retirement.
- EIA eligibility often ends at age 65 when OAS kicks in.
- For OAS Survivors Benefits, an applicant can potentially receive as early as age 60 up until the month of their 65th birthday

### What You'll Need to Apply for OAS/GIS

- Application
- Social insurance number (SIN)
- Up-to-date tax filing

## **CANADA PENSION PLAN (CPP)**

The Canada Pension Plan (CPP) retirement pension is a monthly, taxable benefit that replaces part of your income when you retire. If you qualify, you'll receive the CPP retirement pension for the rest of your life. It is available in several formats (regular, disability, survivors, split).

### What's Included in CPP

- You can still work if you are receiving a CPP retirement pension without reducing the pension amount.
- The [amount of your CPP retirement pension](#) depends on different factors, such as:
  - the age you decide to start your pension
  - how much and for how long you contributed to the CPP
  - your average earnings throughout your working life

### **Who's Eligible for CPP**

To qualify for a Canada Pension Plan (CPP) retirement pension, you must:

- be at least 60 years old
- have made at least one valid contribution to the CPP

### **What You'll Need to Apply for CPP**

- Completed application form
- Social insurance number (SIN)
- Personal identification

### **How to Apply for CPP**

**Apply for CPP by paper** (expect a decision by mail within 120 days)

- 1) Complete the form: [Application for a Canada Pension Plan Retirement Pension \(ISP-1000\)](#)
- 2) Submit the form
- 3) [Mail it](#) or drop it off at a [Service Canada office](#)

**Apply online through your My Service Canada Account** (expect a written decision within 28 days)

## **Food Security**

### **Harvest Manitoba**

*Website:* <https://www.harvestmanitoba.ca/>

*Location:* 1095 Winnipeg Avenue, Winnipeg, MB

*Contact:* Reception 204 982 3663

*Contact:* Sign up for a food bank 204 982 3671

*What they do:* Monthly food bank appointments and help with income taxes. Call, or go online, to sign up for a food bank that is closest to you. Provides a week's worth of food for a family.

You do not need to provide government-issued identification to access this service. If you would prefer to remain anonymous, you can request to use a password when you book your appointment.

### **Fact about Harvest Manitoba:**

Almost half (45%) of clients rely on employment as their main income source.

Half of all clients (50%) are living with a disability.

Almost all clients (85%) live in rented housing, including subsidized housing.

Most clients (68%) are female.

Nearly two-thirds (62%) of respondents have children.

Two-thirds of food bank clients (66%) earn \$20,000 or less per year.



**Manitoba  
Community  
Food Currency  
Program**

### **Manitoba Food Currency Program**

**Vouchers to use at Farmer's Markets**

<https://www.directfarmmanitoba.ca/manitoba-community-food-currency-program/>



**Too Good To Go**

### **Too Good to Go**

**Food Rescue App (get discounted food from stores)**

<https://www.toogoodtogo.com/>

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### **Grow-A-Row with Harvest Manitoba**

Gardening supplies provided by Harvest Manitoba. Grow a row of food for yourself, or donate extra to food banks.

<https://www.harvestmanitoba.ca/grow-a-row/>

## **Other Food Resources**

### **Agape Table**

*Website:* <https://www.agapetable.ca/>

*Location:* 364 Furby St., Winnipeg

*Contact:* 204-783-6369

[general@agapetable.ca](mailto:general@agapetable.ca)

*Status:* Non-profit Charity

*What they do:* Community based programming, they supply free bagged breakfast on weekdays.

### **Fireweed Food Co-op (Formerly known as Farm Fresh Food Hub)**

*Website:* <https://www.fireweedfoodcoop.ca/waste-not>

*Location:* 1145 Fife Street, Winnipeg

*Contact:* [info@fireweedfoodcoop.ca](mailto:info@fireweedfoodcoop.ca)

*Status:* Non-profit

*What they do:* Focuses on sustainable agriculture. They do some educating on sustainable agriculture and have programs such as having markets in Winnipeg with affordable and fresh produce. They also have programs to reduce food waste.

### **Food Matters Manitoba**

*Website:* <https://foodmattersmanitoba.ca/>

*Location:* 422 Notre Dame Ave, Winnipeg.

*Contact:* 204-943-0822

[info@foodmattersmantioba.ca](mailto:info@foodmattersmantioba.ca)

*Status:* Non-profit



*What they do:* They do advocacy and research on food systems issues. They have a program called Food Action Hub that provides free educational resources that covers topics of food security. They also work in partnership with Indigenous communities by supplying various resources for traditional harvesting, gardening, ceremonies, and much more.

### **Missions of Charity Fund**

*Website:* <https://mycharityfund.ca/charity/25617/missionaries-of-charity-inc>

*Location:* 167 Aikins Street, Winnipeg

*Contact:* 204-582-2773 (Gabriel Forest)

[gjforest@mymts.net](mailto:gjforest@mymts.net)

*Status:* Non-profit Charity

*What they do:* A religious organization that provides shelter as well as food and soup kitchens.

### **NorWest Co-op Community Food Centre**

*Website:* <https://norwestcoop.ca/community-food-centre/>

*Location:* 103- 61 Tyndall Ave, Winnipeg

*Contact:* 204-615-3117

*Status:* Non-profit Charity

*What they do:* Provides various programming for the community such as free drop in lunches, cooking classes, fruit and veggie market, crafting classes, and community advocacy.

### **St. Mathews Maryland Community Ministry**

*Website:* <https://stmatthewsmaryland.ca/programs/>

*Location:* 365 McGee Street, Winnipeg

*Contact:* 204-774-3957

[admin@stmatthewsmaryland.ca](mailto:admin@stmatthewsmaryland.ca)

*Status:* Non-profit Charity

*What they do:* A religious organization who offers many different kinds of food supports primarily for the West End neighbourhood such as soup and Bannock lunches, cooking programs, nutrition education, emergency food kits, community cafes, a drop-in centre that provides food. They also offer other services such as tax help and recreation.

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**“Eat Free Every Day in Winnipeg” A listing of places that offer community meals.**

<https://doorwayswinnipeg.ca/resources/community-supportservices/>

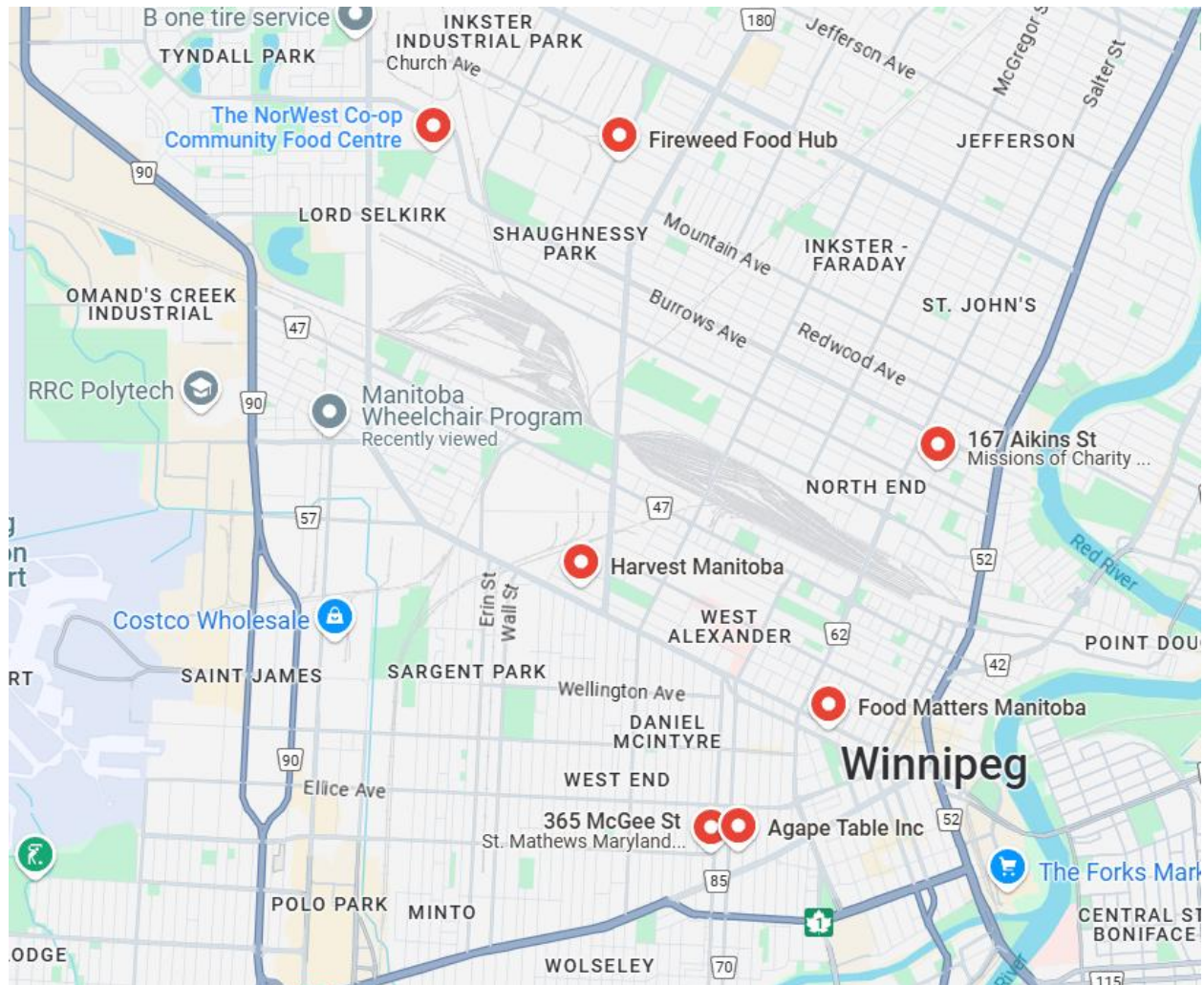


Figure 1 A map of the Food Banks listed in this guide.

## Mutual Aid

### What is Mutual Aid?

Mutual aid is a system where community members voluntarily and collaboratively share resources and services to meet each other's needs, often addressing social, economic, and political barriers. It is distinct from charity by its focus on peer-to-peer support and collective action.

- Focus on Community Needs
- Peer-to-Peer Support

- Resource Sharing (food, shelter, time, transportation, money)
- Not Charity
- Flattened Hierarchy & Consensus-Based Decision Making
- Building Solidarity & Sustainable Networks of Care
- Political Participation

## **Mutual Aid Resources**

### [What is Mutual Aid?](#)

### [Harm Reduction Guide to Coming Off Psychiatric Drugs](#)

**Description:** This 52-page illustrated guide contains the best information and most valuable lessons we've learned about reducing and coming off psychiatric medication. Based on more than 10 years of work in the peer support movement, it is used internationally by individuals, families, professionals, and organizations – The Icarus Project

Free download for [printer](#), [PowerPoint](#) and [audiobook](#) (mp3) versions

### [Madness and Oppression Guide](#)

**Description:** “This guide will help you make your own Mad Map. Drawing from the input of hundreds of members of the Icarus Project community, it will take you step by step through the process of creating your own wellness documents. The guides help you identify and share what you need for support in times of crisis, with the safety of knowing that you are drawing inspiration from tried and true resources shared by people with lived experiences. We hope you will recognize your own experiences in what others have written--and thus discover language to describe your experiences and new tools to maintain your well-being and transform your community.” – The Icarus Projects

### [Disability Justice and Creating Collective Access in Detroit](#)