



Black Legal Action Centre

Suite 221 – 720 Spadina Avenue, Toronto, Ontario M5S 2T9

Financial Aid Resources

- [Financial Aid Navigator](#)
An online resource tool where you can learn about the help you can get to raise your income or lower your expenses during the COVID-19 pandemic.
- [Canada Emergency Response Benefit](#) (CERB) may provide you with temporary income support if you have stopped working because of COVID-19. Visit the Government of Canada [website](#) for more information.
- [Ontario Electricity Support Program](#)
A program designed to help reduce electricity bills for low-income households. The program provides a monthly on-bill credit for eligible households.
Visit www.ontarioelectricitysupport.ca for more information.
- [Low-Income Energy Assistance Program](#)
LEAP is designed for low income families and individuals who are having difficulty in paying a utility bill (water, hydro). Families and individuals may qualify for a one time grant through an application process.
Visit www.oeb.ca for more information.
- [Income Security Advocacy Centre](#)
Access income support in the wake of COVID-19.
For a list of resources and information, click [here](#).
- [Ontario Support for Families](#)
Learn about funding that families can apply for if they have children who are not in school or child care because of coronavirus (COVID-19).
Visit their website for more information and to apply:
<https://www.ontario.ca/page/get-support-families>

- Current Ontario Works and ODSP Recipients
Additional funding is available. If you're on Ontario Works, apply through [MyBenefits](#) or by contacting your caseworker. If you're on ODSP, contact your caseworker.
- For information about supports for small businesses, click [here](#). If you have questions about the wage subsidy for businesses and how it can help you, please click [here](#).
- COVID-19 GTA Black Community Emergency Support Fund: Black Lives Matter-Toronto will be giving out one time stipends of \$125 or \$250 to Black people through an online application process, depending on need (please self-assess).

Mental Health & Wellness Resources

- 8 Mental Health Practices for People of African Descent while isolated. Click [here](#) for more information.
- [Canadian Drug Policy Coalition](#)
COVID-19: Advice for people who use drugs. Click [here](#) for more information.
- Cassandra Francis, MCP|RP Qualifying Intern Psychotherapist
Click [here](#) for more information or email at cfrancis@integrahealthcentre.com
- [TAIBU Community Health Clinic](#)
TAIBU provides primary health care and related services for Black populations across the Greater Toronto Area. They can be reached at 416-644-3536 or visit their website at www.taibuchc.ca
- [The 519](#): Mental Health, Housing & Newcomer Services
Services are available by phone & online. Click [here](#) for more information.
- [Toronto/GTA Mental Health Resource List during COVID-19](#)

Resources for Children, Youth and Families

- [Caribbean African Canadian Social Services](#) (CAF CAN)
In partnership with the Toronto District School Board, CAF CAN is providing mental health supports to children, youth and their families. They can be reached at 416-740-1056 or info@cafcan.org.
- [Delta Family Resource Centre](#)
Telephone counselling supports for youth and families. For general assistance to youth and their families seeking information on programs and services available in the community, as well as individual, group, family, trauma, mental health counseling (via phone), food access, support for youth in contact with the Criminal Justice System and their families, visit their [website](#).
- Harriet's Youth Support Line - One-on-one counselling
Culturally responsive supports for youth due to COVID-19
24hr Crisis Response Line – 416-712-0844;
info@tubmancommunity.org; jdunn@peacebuilders.ca
- [Midaynta Community Services](#) - Project Turn Around
Support for youth in contact with the Criminal Justice System and their families. For more information about their services, please visit their [website](#) or email them at info@midaynta.com.
- [Woodgreen Rights of Passage](#)
For online programming specific to African-Canadian men and women, see their [website](#) or contact Paul Osbourne at 416-645-6000 ext. 2320.

Housing Resources

- [Community Development Council Durham](#)
The Housing Stability Program helps qualified Durham singles, couples and families keep their rental housing and not become homeless by offering financial assistance for rental arrears to low income tenants. See their website for more information, call 905-686-2661 or email info@cdcd.org.

Immigration Resources

- Migrant Knows Your Rights: COVID-19 ID requirement. Click [here](#) to read the fact sheet.
- Immigration Law and sex work: Have detailed of safety plan. Click [here](#) to read the fact sheet.
- I am not a Canadian citizen. Can immigration authorities detain me? Click [here](#) for more information. ([Steps to Justice](#))
- Migrant Know Your Rights Guide (No One is Illegal Toronto) – Click [here](#) to visit their website and learn more.

Resources for Artists

- [COVID-19 Freelance Artist Resources](#)
- [Emergency Survival Fund](#)
For LGBTQ2S artists, performers, tip-based workers.
- [Music Africa Inc.](#) is offering Income Tax Filing Assistance for Artists. Please email info@musicafrika.ca for further information.
- Ontario Arts Council – For more information about additional support and resources for Ontario artist, click [here](#).
- [The AFC](#)
Through compassionate and confidential support, The AFC provides emergency financial aid for Canadian entertainment professionals.
- [Unison](#)
Unison Benevolent Fund is a non-profit, registered charity that provides counselling and emergency relief services to the Canadian music community.
- [Woodcock Fund Grant](#)
Emergency funds for Canadian professional writers in mid-project.

Food Bank/Food Security Resources

- For a list of Food Banks in your community, please click [here](#).
- Foodshare: COVID-19 Response Emergency Good Food Box. Click [here](#) to learn more.
- [Black Creek Community Farm](#): For an Emergency Food Box Application Form, click [here](#).

COVID-19 Portable Toilets and Hand-Washing Stations

- For a list of locations for portable toilets and hand-washing stations in Toronto, click [here](#).

Other Crisis, Information and Resources Services

- Black Health Alliance: For various resources and wraparound services, visit their [website](#) or call (647) 367-6656.
- Canadian Black Chambers of Commerce has a list of resources serving our community during COVID-19. Click [here](#) for more information.
- [COVID-19 and Ontario Human Rights Code – Questions and Answers](#)
- Community and Social Services Hotline (24/7): 2-1-1 or www.211toronto.ca
- Emergency Shelter Access (24/7): 416-338-4766 or 1-877-338-3398
- Telehealth Ontario (24/7): 1-866-797-0000
- Ontario Legal Line (24/7): 416-929-8400
- Online legal information: www.cleo.on.ca and www.stepstojustice.ca
- You can find live updates and information about Canada's response to COVID-19 here: <http://canada.ca/coronavirus/>
- Get the latest updates about COVID-19 in Ontario including daily updates, an online self-assessment tool, access to COVID-19 lab test results and learn about federal measures of interest to community groups and not-for-profit organizations. Click [here](#) for more information.