



COVID-19 Resources Infosheet
College Student Alliance

** Updated August 31st, 2020*

Resource	Source	Information	Link
FINANCIAL RESOURCES			
Canadian Emergency Student Benefit (CESB)	Federal Government	<p>From May to August 2020, the CESB provides a payment to eligible students in the amounts of: \$1,250 for each 4-week period, or \$2,000 for each 4-week period if you have dependents or a disability. Eligible students are one of the following: a Canadian citizen, registered Indian, permanent resident, or protected person; and have been enrolled in or graduated from a PSE program in December 2019 or later.</p> <p>* Applications are accepted until Sept. 30th, 2020 and are retroactive for May - Aug. 2020.</p>	CESB Infopage
Canadian Emergency Relief Benefit (CERB)	Federal Government	<p>The CERB serves to provide income support for those who have lost income resulting from COVID-19. This benefit is applicable to those we reside in Canada and have experienced wage and job losses resulting from COVID-19. The eligibility period for CERB is from March - Nov 2020. After November, CERB will be transitioned to EI.</p> <p>* These benefits are taxable and you will need to report any payments received on next year's tax filing.</p>	CERB Infopage
Indigenous Student Travel Grant	Ontario Government (OSAP)	<p>This grant is applicable to self-identifying Indigenous persons and those who live in First Nations communities in Ontario, who are enrolled in a post-secondary institution in Ontario. For purposes of this grant, communities defined as being Zone 3 or Zone 4 by Crown-Indigenous, qualify as a remote First Nations community. If your spouse or dependent children will be living with you while you are in postsecondary studies, their travel costs can also be considered through this grant.</p>	Grant Infopage - OSAP

Ontario Emergency Assistance	Ontario Government (Ministry of Children, Community and Social Services)	Ontario's emergency assistance will provide additional resources directly to individuals and families in financial crisis. This includes those who are not able to access federal assistance to cover needs such as food costs, rent, medicine and other essential services during this time. * Those who are already on Ontario Works or Ontario Disability Support Program (ODSP), tourists and visitors are not eligible.	Emergency Assistance Infopage
Ontario Support for Families	Ontario Government (Ministry of Education)	There is no income cap on this program. All parents are eligible if you have a child who is: <ul style="list-style-type: none"> • \$200 for children aged 0 to 12 • \$250 for children or youth aged 0 to 21 with special needs 	Family Support Infopage
ACADEMIC RESOURCES			
Learning to Learn Online	Contact North	In this five-week course, you will learn how online education differs from traditional classrooms while you develop your own personal plan and strategies for online learning success.	Learn to Learn Online
Open Library: Online Education Resources	eCampus Ontario	eCampus Ontario houses a large collection of online education resources including textbooks in digital format, to make reading materials for classes more accessible and affordable for students.	Open Library
12 Steps to Get Ready to Learn Online	Contact North	Contact North has highlighted 12 steps that students should try, if available to them, to help get ready for online classes this school year.	12 Steps for Online Learning
Distance Learning: Your Rights and Responsibilities	Centennial College	This document outlines your rights and responsibilities as a student learning from a distance. This document was published by Centennial College but would be applicable to other colleges as well.	PDF Link
Learning Online: A Guide for Students	eCampus Open Library	This resource is intended to assist post-secondary students in their transition to online learning. The resource provides students with specific strategies, resources, and tools necessary for success in an online course. Written by Ellyssa Walsh.	Learning Online Guide

MENTAL HEALTH RESOURCES			
Good2Talk	Ontario Government	Good2Talk is a free, confidential service for post-secondary students in Ontario, available 24/7/365. Good2Talk provides professional counselling and information and referrals for mental health, addictions and well-being.	Good2Talk
BounceBack	Ontario Government	BounceBack is a free, guided self-help program for people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.	BounceBack
Internet-Based Cognitive Behavioural Therapy	Beacon	Guided digital therapy with BEACON is personalized, and you receive support from a registered therapist that's always one-to-one.	Beacon
	AbilitiCBT	AbilitiCBT is an internet-based cognitive behavioral therapy (iCBT) program that you can access from any device, any time, and works by helping you understand and change the thoughts, feelings and behaviors that are causing you problems.	AbilitiCBT - Morneau Shepell
Peer-to-peer Support	Togetherall	An online, anonymous peer-to-peer support community for your mental health, in which members can support each other and access 24 hours a day, 365 days a year.	Togetherall
Counselling for Indigenous Women	Talk4Healing	Talk4Healing is a culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario.	Talk4Healing
Wellbeing and the Online Environment	CICMH	This is a toolkit on how to maintain your mental health as a student during a time of increased stress and isolation.	PDF Link
Online Chat Counselling for Indigenous Peoples	Hope for Wellness	The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.	Hope for Wellness
HOUSING RESOURCES			
Renting Updates:	Ontario Government	Updates on the renting and eviction process in Ontario in response	Renting Info

COVID-19		to COVID-19.	
Find your local housing service manager	Ontario Government	There are 47 service managers across Ontario that can help you find housing options in your area. Use the list on this page to get contact information for your municipality or district.	Housing Service Manager Search
How to solve a dispute with your landlord	Ontario Government	Learn about how you can make a complaint and how we can help if a landlord or tenant breaks a rule under the Residential Tenancies Act.	How to Solve a Dispute with your Landlord
Housing Law and COVID-19	Steps to Justice	Steps to Justice provides a list of FAQs on renter's rights and what you can do to protect yourself as a tenant.	Housing Law
EMPLOYMENT RESOURCES			
Your Rights at Work	Public Service Alliance of Canada	This webpage highlights your right to work in a safe work environment within the context of COVID-19.	Your Rights at Work
COVID-19 Workplace Health	Ontario Government	Learn about employers' responsibilities in keeping you safe at the workplace.	Ontario Workplace Info
Worker's Rights	Ontario Human Rights Commission	The OHRC provides FAQs on workers rights and COVID-19 from the Ontario Human Rights Code.	OHRC - Workers Rights
Canada Student Work Placement Program	Federal Government	Through the Student Work Placement program, we help give real-world, hands-on work experience to post-secondary students across Canada.	Canada Student Work Placement Program
Career Development for Students	Mitacs	Develop your career through new research connections, experience, and professional skills training. Funding is available for all disciplines.	Mitacs - Student Career Development
Career Launcher Internships	Career Launcher	Students and grads, find a paid internship and launch your career with exciting work experience.	Career Launcher

Employment Programs	Ontario Government	If you are under the age of 30, these programs and tools can help you build skills, start a business, or find work.	Employment Programs
Find your Local Employment Services	Find Help, Ontario Government	Search for employment service providers in your local area.	Find Help
INTERNATIONAL STUDENT RESOURCES			
International Student Information	Federal Government	https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/students.html#work	
College Information for International Students	Cambrian College	https://cambriancollege.ca/information-and-updates-on-covid-19/#international	
	Centennial College	https://www.centennialcollege.ca/covid-19-student-information-centre/international-students/	
	Confederation College	https://www.confederationcollege.ca/safe-campus/coronavirus-covid-19-information/covid-19-international-student-faqs	
	Fleming College	https://flemingcollege.ca/covid19/international-students	
	St. Lawrence College	https://stlawrencecollege.ca/programs-and-courses/full-time/international-what-you-need/welcome-information-fall-2020/	
	Northern College	http://www.northernnc.on.ca/message-international/	

COLLEGESTUDENTALLIANCE.CA

T. 416-340-1212

312 Adelaide Street West, Suite 301

Toronto, ON M5V 1R2