Accessing Community Resources & Connecting with Employment Opportunities
during COVID-19
Zoom Protocols

• Presentation will be recorded
  • Video and mic turned off for privacy reasons
  • Will share on social media once it’s available

• Screenshot to keep information you want

• Write questions in chat as we go
  • Presenters will try to answer as we go
  • Also Q&A opportunity at the end

• Also share resources in chat that you about!
Accessing Community Resources & Connecting with Employment Opportunities during COVID-19
Agenda

- Food, supplies, and technology
- Mental Health
- Supports for Students with Disabilities
- Housing
- Financial Aid and Awards
- Connecting to Career Opportunities
Daily/weekly changes and updates

- Join or follow local organizations and groups on social media to get the most up-to-date information

- Tune into government updates on COVID-19
  - Daily updates and announcements
  - Constant changes/improvements to benefits and policies
Community Resources

Food and Supplies

• Food banks – Winnipeg Harvest
• Neighbourhood drop-in centres, resource centres
• Meal pick-up and delivery: Food4All, Serve the People
• Groceries and care packages
  • Bear Clan Den, Food Not Bombs, Ma Mawi
• Mutual aid and caremongering groups (Facebook)
  • We got this - Winnipeg
  • MAS (mutual aid society) Winnipeg
  • CareMongering- WINNIPEG Community Response
Community Resources

Technology

• Let your professor or instructor know if you are facing barriers to accessing computers or Internet
  • Ask them to contact Jesse.Singer@umanitoba.ca on your behalf to request support

• Computers for Kids
  • https://inspirecommunityoutreach.ca/computers-for-kids/

• Mother Earth Recycling (204-942-7900)
  • Low-cost refurbished computers
Do you have any questions about supports for food, supplies, and technology?
Mental Health

University of Manitoba Resources

• U of M Student Counselling Centre
  • Call 204-474-8592 or email

• Spiritual Care
  • Call 204-298-2467 or email Edgar.French@umanitoba.ca

• Speak to an Elder-in-Residence (204-474-8850)

• Student Support Case Management
  • Call 204-474-7423 or email stadv@umanitoba.ca

• COVID-19 Circle of Support (May 6, 6-8pm)
  • Email spiritualcare@umanitoba.ca to register
Mental Health

24/7 Community Resources

• Empower Me - Multilingual 24-hour phone line
  • Call 1-844-741-6389

• Sara Riel - 24-hour Peer Support phone line
  • Call 204-231-0217

• Kids Help Phone 24-hour text or phone line
  • Call 1-800-668-6868
  • Text 686868 for children and 741741 for adults

• Klinic Crisis Line 24/7 phone line
  • Call 1-888-322-3019
Mental Health

Community Resources

• ADAM Support line
  • Call (204) 925-0600 or email at adam@adam.mb.ca
  • 9 am - 9 pm weekdays and 10 am - 4 pm weekends

• Aulneau Renewal COVID 19 Wellness Check
  • https://aulneau.com/covid-19-update/

• BIPOC Mental Health Workers Resource List
  • http://cnwpg.org/bipoc-mental-health-workers-resource-list/

• AbilitiCBT Virtual Therapy Program
  • https://manitoba.abiliticbt.com/
Students with Disabilities

University of Manitoba Resources

• Student Accessibility Services
  • Call 204-474-7423 (Fort Garry) or 204-272-3190 (Bannatyne)
  • Email student_accessibility@umanitoba.ca

Community Resources

• Manitoba Possible (Society for MBs with Disabilities)
  • Call 204-975-3010 or email info@manitobapossible.ca

• Learning Disabilities Association of Manitoba
  • Call 204-774-1821 or email info@ldamanitoba.org

• Manitoba Brain Injury Association
  • Virtual programming via Zoom and Facebook Live

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Students with Disabilities

Employment and Financial Resources

• BreakingItDown Employment Portal
  • Interactive space for students or recent graduates with disabilities and potential employers
  • Learn about personal branding as a job seeker with a disability, disclosure and accommodation, etc.
  • www.BreakingItDown.NEADS.ca

• Canadian Council on Rehabilitation and Work
  • https://www.ccrw.org/

• Scholarships Across Canada
  • www.DisabilityAwards.ca
Do you have any questions about supports for mental health and students with disabilities?
Housing

Amendments to Residential Tenancies Act

• Rent increases frozen from April 1 onwards
• Late fees prohibited for failure to pay rent during COVID-19
• Landlords prohibited from issuing a notice of termination (eviction notice)
  • Except for health and safety reasons or unlawful activities (excludes non-payment)
• Non-urgent eviction hearings postponed from March 24 onwards; will be scheduled once suspension is lifted
• Source: https://www.gov.mb.ca/cca/rtb/covid19.html
Finding Housing

University Resources
• University of Manitoba Off-campus Housing
• Students in residence must request an extension

Community Resources
• Places 4 Students
  • https://www.places4students.com/Places/School?SchoolID=hEdpDLbh3d8%3d
• Winnipeg Rental Network
• New Journey Housing (international & newcomer students)
  • Call 204-942-2238 or email info@newjourneyhousing.com
Housing Supports

Tenant Advocacy
• Student Support Case Management
• Residential Tenancies Branch
• Tenant-Landlord Cooperation Program (NECRC)

Other Resources
• Neighbours Helping Neighbours Manitoba Hydro Program
  • https://www.hydro.mb.ca/community/neighbours_helping_neighbours/
• Spence Neighbourhood Association: Holistic Housing
  • https://www.spenceneighbourhood.org/holistic-housing
Do you have any questions about housing policies and supports?
Other Tips and Resources

• Student Support Case Management
  • Call 204-474-7423 or email stadv@umanitoba.ca
• West Central Women’s Resource Centre
  • https://wcwrc.ca/community-resources-available-during-covid-pandemic

• Join or follow local organizations and neighbourhood groups on social media
• Tune into government updates on COVID-19
Financial Supports

University Resources

• Student Aid and Awards
  • Emergency Loans
    • Part-time students not eligible for emergency assistance
    • [https://umanitoba.ca/student/fin_awards/emergency_loan.html](https://umanitoba.ca/student/fin_awards/emergency_loan.html)
  • Awards and scholarships; October 1 deadline
  • Call 204-474-8197 or email [awards@umanitoba.ca](mailto:awards@umanitoba.ca)

• UMSU Hardship Fund
  • Public transit, loan, grant
  • [https://umsu.ca/services-and-support/advocacy/](https://umsu.ca/services-and-support/advocacy/)
Financial Supports

Student Loans

• 2020/21 Student Loan Applications
  • For most provinces, applications go live around June 1, 2020

• Broadening eligibility

• Raising maximum weekly amount to $350

• Increasing Canada Student Grants to $6,000
  • For eligible full-time students, students with permanent disabilities, and students with dependents

• Student loan repayments and interest suspended until September 30, 2020
Financial Supports

Government Responses

• Canada Emergency Response Benefit ($2,000)
• Canada Emergency Student Benefit ($1,250/$1,750)
• Canada Student Service Grant (up to $5,000)
• Removing 20 hour per week restriction for international students working in essential services until August 31, 2020

Do you have any questions about financial supports?
Career Services

Supporting Your Job Search

• Directing you to resources and Information
  • Occupational
  • Employment

• Connecting you with the employer community

• Finding opportunities that support your career goals

• Supporting your resume and cover letter development

• Preparing you for online interviews
VISIBLE JOB MARKET

• Published job postings
• Newspapers, job boards
• Company / industry websites

HIDDEN JOB MARKET

• Industry research & media
• Relationships & networking
• Reaching out to employers

UNDERSTAND THE JOB MARKET

umanitoba.ca
What we’re doing to help

Bridging Employer Connections

• Who’s Hiring?
• careerCONNECT
  • https://www.uofmcareerservices.ca
• STEP / FSWEP
• Networking
  • LinkedIn
• Where else to look
  • Instagram…

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Do you have any questions about connecting to employment opportunities?
What else would you like to learn about?

Next up:

- Student Affairs Virtual Chats every Wednesday, 1-2pm
  - Need to register online
  - Check U of M calendar or social media
- Check social media for upcoming webinars
  - Facebook: http://facebook.com/umservicelearning
Contact Information

• Career Services
  • Call 204-474-9456 or email cs.receptionist@umanitoba.ca

• Community Engaged Learning
  • Call 204-474-6992 or email Anny.Chen@umanitoba.ca

• Financial Aid & Awards
  • Call 204-474-9531 or email awards@umanitoba.ca

• Student Accessibility Services
  • Call 204-474-7423 (Fort Garry) or 204-272-3190 (Bannatyne)
  • Email student_accessibility@umanitoba.ca

• Student Support Case Management
  • Call 204-474-7423 or email stadv@umanitoba.ca