



Resources for Indigenous Families

OBTAINING ID

SEED and Citizen's Bridge help people living on a low income to obtain government issued identification (ID), open bank accounts, and provide assistance to apply for eligible benefits.

- **SEED's Access to Benefits program** – An appointment can be booked by calling **204-927-9945** in Winnipeg or emailing atob@seedwinnipeg.ca. Space is limited. SEED also helps people **file income tax returns**.
- **Citizen's Bridge** – (Serving adults) Contact any of the 120 Community Referral Partners listed at https://www.facebook.com/pg/CitizensBridge/about/?ref=page_internal (click on *General Information* - and click on *See More*) for a referral. Citizen's Bridge can also help with obtaining a **learner's/driver's licence**.

FILING TAXES

- If it is not known when a **tax return was last filed**, this information as well as **tax slips** can be requested from Canada Revenue Agency by phone (**1-800-959-8281**). Community Financial Counselling Services is offering **virtual tax clinics** for eligible low-income individuals – now available for all Manitobans; call **204-989-1913**. Drop-off services are available by appointment only. Call **204-989-1902**. <https://www.debthelpmanitoba.com/taxes-benefits/>.

INCOME

- **Employment and Income Assistance (EIA)** [<http://www.gov.mb.ca/fs/eia/> or call **204-948-4000**]. EIA provides **financial help** to Manitobans who have no other way to support themselves or their families. This includes benefits from the Rent Assist Program that helps with **housing costs**. For people who are able to work, EIA will help them go back to work by providing supports to **employment**.
- **Manitoba Child Benefit Program** – monthly financial assistance for low-income families who are NOT on EIA. Also provides help with some of the costs of children's prescription eyeglasses. Apply online or contact **1-800-563-8793**.

HEALTH, DENTAL, DRUGS, AND VISION CARE

- **Indigenous Services Canada** – A federal government department providing information and services (e.g., **health, education, housing**, etc.) to Indigenous people in the Manitoba Region. Call **1-800-567-9604** or email: Infopubs@aadnc-aandc.gc.ca. Website: <https://www.canada.ca/en/indigenous-services-canada.html>.
- **Non-Insured Health program** – For First Nations and Inuit people, this program through the federal government pays for **drugs, dental services and other health benefits** not otherwise covered under provincial programs. Go to: www.canada.ca/en/health-canada/services/non-insured-health-benefits-first-nations-inuit.html

HOUSING

- **Eagle Urban Transition Centre (EUTC)** – Serving as a central location for clients seeking **transitional support** while living in and/or relocating to Winnipeg. EUTC assists First Nation clients with issues including **housing, social assistance, addictions, resources for youth** and services/programs in the areas of **training/employment and education**. Call **204-954-3050** or online at: <https://manitobachiefs.com/urban/>.
- **Manitoba Housing Authority** - A variety of **housing** options are available to provide affordable and subsidized accommodation for families, seniors and single people who are living on low or moderate incomes. Call **204-945-4663** or toll free **1-800-661-4663**.

EDUCATION AND TRAINING

- **Manitoba 211** – For a list of resources on **education, health services, employment, housing, individual and family support**, visit <https://mb.211.ca>, click on Indigenous Peoples and enter in the client's location.
- **Canada Learning Bond (CLB)** – a payment of \$500 up to \$2,000 that the Government of Canada gives to eligible families to help with the cost of the child's education after high school. Families do not have to put any of their own money into the RESP to get this bond. Apply online at <https://www.smartsaver.org/how-to-start-my-resp.shtml> or call ACORN to register for the CLB, toll free: **1-866-991-0025**.

COVID-19 RESOURCES

- Financial Relief Navigator [<https://financialreliefnav.prospercanada.org/>], an online tool listing **resources from governments, financial institutions, telecoms and internet providers**. Dr. Jennifer Robson (Carleton Univ.) has compiled information on [Google Drive](#) to assist those that may have questions. It can be printed for distribution to your clients.