

Accessing Community Resources & Connecting with Employment Opportunities

during COVID-19



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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



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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
- Klinik 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



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?

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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/holisitc-housing>



Do you have any questions about
housing policies and supports?

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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
 - Awards and scholarships; October 1 deadline
 - Call 204-474-8197 or email awards@umanitoba.ca
- UMSU Hardship Fund
 - Public transit, loan, grant
 - <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
- Source: <https://www.canada.ca/en/departement-finance/economic-response-plan.html#individuals>



Do you have any questions about
financial supports?

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Career Services

Supporting Your Job Search

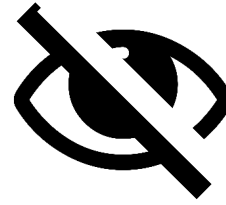
- Directing you to resources and Information
 - Occupational
 - Employment
- Connecting you with the employer community
- Finding opportunities that support your career goals
- Supporting your resume and cover letter development
- Preparing you for online interviews





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



What we're doing to help

Bridging Employer Connections

- Who's Hiring?
- careerCONNECT
 - <https://www.uofmcareerservices.ca>
- STEP / FSWEF
- Networking
 - LinkedIn
- Where else to look
 - Instagram...



Do you have any questions about connecting to employment opportunities?

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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](tel: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





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