

Current as of July 21, 2020

Federal Supports for Individuals

This list represents federal supports for individuals which have been made public through federal announcements and other resources and is not necessarily comprehensive. The Government of Canada is maintaining a list of supports, which is available on [Canada.ca](https://www.canada.ca).

Passive Measures

These items do not directly require action on the part of individuals to benefit from, or are primarily information-sharing initiatives

- The deadline to pay any balance owing from the 2019 tax year has been [extended to September 1, 2020](#).
- For those who submit [personal tax instalments quarterly](#), the deadline to pay March 2020 and June 2020 quarterly instalments has been extended to August 31, 2020. This also applies to any other instalments that would normally be due any time between March 18 and August 31. No interest or penalties will accumulate on these amounts during this period.
- The government announced it is [reducing the minimum withdrawal](#) from Registered Retirement Income Funds (RRIFs) in 2020 by 25 per cent to provide more flexibility to seniors who are concerned they may have needed to withdraw more from their RRIFs than necessary during a time of economic downturn.
- Student loan repayments have been put on pause for six-months, with no interest accumulating during this time. This applies to both [Canada Student Loans](#), and the [Ontario Student Assistance Program \(OSAP\)](#). Voluntary payments can still be made during this time, and will go entirely towards the principal of the loan.

Active/Application Based Measures

These items require individuals to apply or actively participate

- The federal government has established the [Canada Emergency Response Benefit \(CERB\)](#), which will provide \$2,000 a month for up to four months for those who have had their incomes impacted as a result of the COVID-19 pandemic.
- Post-secondary students who are facing difficulty finding work during the pandemic can apply for the [Canada Emergency Student Benefit \(CESB\)](#).

Current as of July 21, 2020

Provincial Supports for Individuals (Ontario)

This list represents Government of Ontario supports for individuals which have been made public through provincial announcements and other resources and is not necessarily comprehensive, especially given the rate at which new announcements are being made.

Passive Measures

These items do not directly require action on the part of individuals to benefit from, or are primarily information-sharing initiatives

- Student loan repayments have been put on pause for six-months, with no interest accumulating during this time. This applies to both the [Ontario Student Assistance Program \(OSAP\)](#) and [Canada Student Loans](#). Voluntary payments can still be made during this time, and will go entirely towards the principal of the loan.
- Provincial legislation has been passed which provides [job-protected leave](#) for employees who cannot work due to COVID-19, including those who need to be away to provide child care because of school or day care closures or to care for other relatives. These measures are retroactive to January 25, 2020.

Active/Application Based Measures

These items require individuals to apply or actively participate

- The province is providing additional funding to the Low-income Energy Assistance Program to support individuals who are facing difficulty paying their energy bills. In London, this program is administered through the [Housing Stability Bank](#).
- The [Ontario Support for Families](#) provides \$200 per child 12 and under, or \$250 per child with special needs 21 and under. Parents must apply for the benefit if they have not already applied for the Support for Parents benefit available during the education strikes.
- The province has announced one-time interim funding available for existing Ontario Works recipients through the City of London Discretionary Benefits Program and may be available for COVID-19 related expenses. Existing Ontario Works recipients can find out if they are eligible by calling **519-661-4520** or emailing socialservices@london.ca. Recipients of the Ontario Disability Support Program (ODSP), should contact their ODSP caseworker by phone or email.