

LEN  
**WEBBER MP**  
CALGARY CONFEDERATION



# YOUR FAMILY GUIDE

**MAKE SURE  
YOU ARE  
GETTING ALL  
YOUR BENEFITS**

Subscribe to my newsletter at  
[www.LenWebberMP.ca](http://www.LenWebberMP.ca) or scan here.





I am pleased to provide you with this special Family Guide that highlights a number of federal programs, services and information sources to help you, and your family, make the most of federal government programs.

Many benefit programs require that you apply to receive the benefits and many are 'income tested' meaning that these benefits are targeted to those most in need.

Before applying for benefits, it is strongly advised that you file your tax return(s). In addition to being a requirement for some programs, filing your tax return ensures you get your annual tax refund and a number of automatic support payments. You could be missing out on thousands of dollars a year.

If you have any questions about the programs in this booklet, please reach out to my office for assistance.

As always, my staff and I would be pleased to help you.

In your service,

Len Webber, MP  
Alberta Caucus Chair

*Please take the time  
to return the survey in  
this booklet postage-free.  
Thank you!*

 [Len.Webber@parl.gc.ca](mailto:Len.Webber@parl.gc.ca)

 [/lenwebberyc](https://www.facebook.com/lenwebberyc)

 [/lenwebberMP](https://www.instagram.com/lenwebberMP)

 [LenWebberMP.ca](http://LenWebberMP.ca)

 [@webber4confed](https://twitter.com/webber4confed)

## WHERE TO GET HELP

Your family can get assistance faster by directing your questions to the right place. Here is a list of some common issues and the level of government that handles them.

### Municipal — City of Calgary

 [www.Calgary.ca](http://www.Calgary.ca)

 311



- Property Issues
- Local Road Maintenance
- Planning & Permits
- Economic Development
- Building Standards
- Parks & Recreation
- Waste Collection & Recycling
- Public Transit
- Police & Bylaw Enforcement
- Animal Control & Welfare

### Provincial — Government of Alberta

 [www.Alberta.ca](http://www.Alberta.ca)

 310-0000 (from within Alberta)



- Birth/Marriage/Death Certificates
- Workplace Compensation Board
- Education, Training & Student Aid
- Healthcare
- Disability Supports
- Child & Family Services
- Vehicle Registration
- Traffic Safety Act

### Federal — Government of Canada

 [www.canada.ca](http://www.canada.ca)

 1 800 O-Canada (1-800-622-6232)



- Indigenous Relations & Treaties
- Canada Revenue Agency (CRA)
- Employment Insurance (EI)
- Guaranteed Income Supplement, Old Age Security & Canada Pension Plan
- Veterans Affairs
- Citizenship, Immigration & Passports
- Canada Border Services Agency
- Firearms Licensing
- Air, Rail & Marine Safety Regulations
- Telecommunications Regulations
- Canada Post
- Criminal Law
- National Defence

## YOUR BENEFITS FINDER

 [www.CanadaBenefits.gc.ca](http://www.CanadaBenefits.gc.ca)

 1 800 O-Canada (1-800-622-6232)



The Government of Canada has many programs, services and grants available for Canadians. Are you getting all your benefits?

Fortunately, there is a handy website that allows you to determine what benefits you may be entitled to by answering a few simple multiple-choice questions.

By visiting [www.CanadaBenefits.gc.ca](http://www.CanadaBenefits.gc.ca), and completing the quick multiple-choice questions, your possible benefits are short-listed and additional information is provided on how to apply.



In addition to federal programs and benefits, your customized results will also include many provincial programs and benefits.

Many who do not think they are entitled to any benefits are often surprised to find out that they are. Take a moment and ensure you are getting everything you are entitled to.

## BUSINESS BENEFITS FINDER

 [www.Innovation.Canada.ca](http://www.Innovation.Canada.ca)

 1-833-201-4358 (toll-free in Canada)



The Government of Canada has over 1,600 programs, services and grants available for Canadian businesses of all sizes — including not-for-profit organizations. The Business Benefits Finder will help you and your family business maximize its full potential.

In just two minutes you can get a tailored list of government programs and services for your business. It's everything you need in one place. Give it a try today!

## CANADA CHILD BENEFIT (CCB)

 [www.Benefits.gc.ca](http://www.Benefits.gc.ca)


 1 800 O-Canada (1-800-622-6232)



The **Canada Child Benefit (CCB)** is a tax-free monthly payment made to eligible families to help them with the cost of raising children under 18 years of age. The CCB might include the **Child Disability Benefit** and any related provincial programs.

## CANADA DISABILITY BENEFIT (CDB)

 [www.Canada.ca/disability](http://www.Canada.ca/disability)

 1-800-387-1193



The **Canada Disability Benefit (CDB)** is a tax-free monthly payment for families who care for a child under age 18 with a severe and prolonged impairment in physical or mental functions. (You do not need to apply for this benefit if your child is already receiving the Disability Tax Credit (DTC).)

## CPP CHILD BENEFIT

 [www.Canada.ca/ CPP](http://www.Canada.ca/ CPP)

 1-800-277-9914 (TTY 1-800-255-4786)



The **CPP Child Benefit** provides a monthly payment to the dependent children of disabled or deceased Canada Pension Plan (CPP) contributors.

Depending on your situation, you would apply for:

- 1) a **disabled contributor's children's benefit** – a monthly payment for a child of the person receiving a CPP disability benefit; or
- 2) a **surviving children's benefit** – a monthly payment for a child of the deceased contributor.

## MATERNITY & PARENTAL BENEFITS

 [www.Canada.ca/EI](http://www.Canada.ca/EI)

 1 800-206-7218 (TTY 1-800-529-3742)



Employment Insurance maternity and parental benefits provide financial assistance to: people who are away from work because they're pregnant or have recently given birth; AND parents who are away from work to care for their newborn or newly adopted child. You could receive 55% of your earnings, up to a maximum of \$668 a week. Benefits can be paid over 12 or 18 months.



## DENTAL BENEFITS

 [www.Canada.ca/Dental](http://www.Canada.ca/Dental)

 1 800-206-7218 (TTY 1-800-529-3742)



The **Canada Dental Benefit (CDB)** is intended to help parents pay for dental care for children 12-and-under who are **not** covered by dental insurance. It is restricted to families with a net income under \$90,000 and is a direct, tax-free benefit.

The **Canadian Dental Care Plan (CDCP)** is a new program that is gradually opening up applications to Canadians based on age with full access for all available in 2025. It is for Canadian residents who do **not** have access to dental insurance and have an adjusted family net income under \$90,000.

## VICTIMS BENEFITS

 [www.Canada.ca/ESDC](http://www.Canada.ca/ESDC) (click on 'Benefits by Audience')

 1 800-622-6232 (TTY 1-800-926-9105)



There is special financial support for parents who take time from work to deal with the criminal death or disappearance of a child.

## STUDENT INFORMATION & SERVICES

 [Canada.ca/en/services/benefits/education.html](https://Canada.ca/en/services/benefits/education.html)

 1 800 O-Canada (1-800-622-6232)



### High School Diploma

Open career doors by getting your high school diploma or a GED equivalent.

### Saving For Education

Learn how to contribute to a child's **Registered Education Savings Plan (RESP)** to save for their post-secondary education or apprenticeship training.

### Budgeting for Education

Learn about saving early and paying off student debt.

### Student Aid

Get student loans, grants, scholarships and other aid.

### Investigate Careers

Explore wages, outlooks, and education needed for top jobs.

### Find Programs & Schools

Get information on training you need to reach your goals.

### Study Abroad

Information for those planning to study or pursue a research project in a foreign country.

### Information for Newcomers

Learn more types of schools, classrooms, registering your children, adjusting to school, volunteering, adult education and post-secondary schools.

### Support for Apprentices

Earn while you learn as an apprentice in the skilled trades.

### Lifelong Learning Plan

Learn how to finance training or education with your RRSP.

## SCHOLARSHIPS & GRANTS

 [Canada.ca/en/services/finance.html](https://Canada.ca/en/services/finance.html)

 1 800 O-Canada (1-800-622-6232)



Get information and apply for undergraduate, graduate, doctoral and post-doctoral scholarships, awards and bursaries.

## EMPLOYMENT & CAREER RESOURCES

 [www.JobBank.gc.ca](http://www.JobBank.gc.ca)

 1 800 O-Canada (1-800-622-6232)



The **Job Bank** has employment opportunities from across Canada and is a great way to find your next career. You can search for jobs by type, title, location, full-time or part-time. You can also filter for jobs catering to those with disabilities, newcomers, Indigenous people or for Canadian veterans. You can even set up alerts for new opportunities as they arise.

### School to Work Transition Tool

 [www.JobBank.gc.ca/career-planning/school-work-transition](http://www.JobBank.gc.ca/career-planning/school-work-transition)

Not sure what to study? Are you debating between aeronautics and cybersecurity, or game design and mechanical engineering, or maybe radiology and forensic chemistry? Use the **School to Work Transition Tool** to find what jobs graduates have and how much they earn. Make informed choices about your education and get the job you want.

### Career Quizzes & Tests

 [www.JobBank.gc.ca/career-planning/quizzes](http://www.JobBank.gc.ca/career-planning/quizzes)

**Career quizzes and tests** can help you choose, change or develop your career. Use them as a starting point to get to know yourself better and explore the career opportunities available to you.

### Job Profiles

 [www.JobBank.gc.ca/career-planning/search-job-profile](http://www.JobBank.gc.ca/career-planning/search-job-profile)

Learn more about an occupation: available job opportunities, typical wages, career prospects, skills, job requirements and more.



## CAREER OPPORTUNITIES



[www.JobBank.gc.ca](http://www.JobBank.gc.ca)



1 800 O-Canada (1-800-622-6232)



Here are some unique career opportunities with large government departments that are offering hundreds of exciting career opportunities across Canada and around the world.

Unlike many employers, they will pay you during your training and may also cover your university/college education costs. In addition, these careers also offer you full benefits and pensions.



### Royal Canadian Mounted Police

[www.rcmp-grc.gc.ca/en/police-officer-careers](http://www.rcmp-grc.gc.ca/en/police-officer-careers)



The RCMP offers an exceptional careers, letting you make a real difference in local communities and on the national and international stage. No other police force provides the variety of opportunities as the RCMP, as well as continued learning and growth.



### Canadian Armed Forces

[www.Forces.ca](http://www.Forces.ca)



A career in the Forces is not always as a soldier, a pilot or a sailor. The reality is that most jobs resemble the careers we see every day. There are social workers, cooks, welders, accountants, psychologists, dentists, lawyers, and every job in-between. There are also many careers that do not require any post-secondary education as the specialized training is provided by the Forces at no cost to you.



### Canadian Security Intelligence Service

[www.Canada.ca/CSIS](http://www.Canada.ca/CSIS)



Adventurous? Resilient? Thrive on solving complex problems? Are you ready for a challenging career in advancing Canada's national security interests? If YES, then apply today.

## CANADA PENSION PLAN (CPP)



[www.Canada.ca/CPP](http://www.Canada.ca/CPP)



1-800-277-9914 (TTY 1-800-255-4786)



The **Canada Pension Plan (CPP)** retirement pension is a monthly, taxable benefit that replaces part of your income when you retire. If you qualify, you'll receive the CPP retirement pension for the rest of your life.

## CANADA PENSION PLAN DISABILITY



[www.Canada.ca/CPP](http://www.Canada.ca/CPP)



1-800-277-9914 (TTY 1-800-255-4786)



The **Canada Pension Plan Disability (CPPD)** benefits are designed to provide partial income replacement to eligible CPP contributors who are under age 65 with a severe and prolonged disability.

There are two eligibility criteria for the CPPD program.

First, applicants must have made contributions to the program in four of the last six years, with minimum levels of earnings in each of these years, or three of the last six years for those with 25 or more years of contributions.

Second, they must demonstrate that their physical or mental disability prevents them from working regularly at any job that is substantially gainful, and that it is long-term and of indefinite duration or is likely to result in death.

There are two CPPD benefits: 1) the **disability pension**, provided to individuals who meet the eligibility requirements and are not yet receiving a retirement pension, and 2) the **post-retirement disability benefit**, which is provided to individuals who are found to be disabled after the start of their retirement pension.

## OLD AGE SECURITY (OAS)

 [www.Canada.ca/OAS](http://www.Canada.ca/OAS)

 1-800-277-9914 (TTY 1-800-255-4786)



The **Old Age Security (OAS)** pension is a monthly payment for those over age 65 or older. It is based on the amount of time you have lived in Canada after turning 18. This is an income-tested benefit and enrollment should be automatic.

## GUARANTEED INCOME SUPPLEMENT

 [www.Canada.ca/GIS](http://www.Canada.ca/GIS)

 1-800-277-9914 (TTY 1-800-255-4786)



The **Guaranteed Income Supplement (GIS)** is a monthly payment for those 65 or older. It is based on income and is available to Old Age Security pensioners with low income. It is not taxable.

In many cases, you be notified by letter when you could start receiving the first payment. If you do not receive this letter the month after you turn 64, you may have to apply.

## EI CAREGIVER BENEFITS

 [www.Canada.ca/EI](http://www.Canada.ca/EI)

 1-800-206-7218 (TTY 1-800-529-3742)



EI caregiving benefits provide assistance while you are off work to care for a critically ill or injured person, or someone needing end-of-life care. You could get 55% of your pay, up to a maximum of \$668/week. As a caregiver, you don't have to be related to or live with the person you care for or support, but they must consider you to be like a family member.

## GENEALOGY & FAMILY HISTORY

 [www.library-archives.canada.ca](http://www.library-archives.canada.ca) & [veterans.gc.ca](http://veterans.gc.ca)

 1-866-578-7777 (TTY—1-866-299-1699 )



There are many records that can help you learn more about your ancestor's experiences and service to Canada.

### Census Records

Search and access copies of censuses from the past.

### Employment Records

You can research a person's employment, including those who were self-employed.

### Ethno-cultural Groups

Use the many resources for researching people from any ethno-cultural group.



### Immigration Records

Search passenger lists, border entry and deportation records .

### Citizenship Records

Find naturalization records from 1851 to the 1950s.

## Military History

 [library-archives.canada.ca/eng/collection/research-help/military-heritage](http://library-archives.canada.ca/eng/collection/research-help/military-heritage)

Library and Archives holds a collection of records of the Canadian men and women who have served their country in military and in the early years of the North West Mounted Police.

## Canadian Virtual War Memorial

 [www.veterans.gc.ca/eng/Remembrance](http://www.veterans.gc.ca/eng/Remembrance)

This registry honours and remembers the sacrifices of over 118,000 Canadians who have given their lives serving in uniform.

## EMERGENCY MENTAL HEALTH HELP

 TEXT to **9-8-8** (Open 24 hours a day, every day)

 CALL **9-8-8** (This is a free call, just like 911)



Emergency mental health help is available by **calling or texting 9-8-8**. You will get free help, a safe space to talk to people who won't judge you. Call right away if you are having thoughts of ending your life, have thought about the steps of ending your life, or feel that you are experiencing emotional pain that is too hard to bear.

## UPDATE YOUR ADDRESS

 [Canada.ca/en/government/change-address.html](https://Canada.ca/en/government/change-address.html)

 1-800-959-8281



It is important that you keep your address information current with the Government of Canada. For security and privacy reasons, mail is used as a primary communication method. They will also use mail to send you your credentials for online access.



## SAFETY NOTICES & RECALLS

 [www.canada.ca/recalls](http://www.canada.ca/recalls)

 1 800 O-Canada (1-800-622-6232)



Is your food part of that E.Coli recall? Has your vehicle been recalled? Has your medication been recalled? Is your airfryer unsafe? Subscribe your family to important consumer warnings, notices, advisories and recalls. You can also make reports about products you believe are unsafe.

## PASSPORTS

 [www.Canada.ca/Passport](http://www.Canada.ca/Passport)

 1-800-567-6868 (TTY 1-866-255-7655)



Getting a passport is a simple process and can often be done by mail. In most cases, you can simply renew your Canadian passport if you have had one issued before. Adult passports are valid for 10 years. In an emergency, you can even get one issued by the end of the next business day. **You should not travel outside Canada with a passport that is set to expire in six months or less.**

## REGISTER YOUR TRIP

 [www.travel.gc.ca/travelling/registration](http://www.travel.gc.ca/travelling/registration)


 1-800-567-6868



When you and your family travel, we hope for the best, but must plan for the worst. Part of prudent travel planning should include registering your trip for free with the federal government. This will allow the government to reach you in an emergency and will make it much easier to provide assistance in a foreign country.

## TRAVEL ADVISORIES & WARNINGS

 [www.travel.gc.ca/travelling/advisories](http://www.travel.gc.ca/travelling/advisories)

 In Emergency: 613-996-8885, [sos@international.gc.ca](mailto:sos@international.gc.ca)



**You are responsible for your own safety when travelling.** Please use the free travel advisories and warnings information to make the right decision. Enter your destination to know what risks there are, how to mitigate them and how to get help.

## GRANTS & CONTRIBUTIONS



[Canada.ca/en/employment-social-development/services/funding.html](https://Canada.ca/en/employment-social-development/services/funding.html)



The Government of Canada has many funding and granting programs for individuals and organizations. These can be a great way to kickstart new jobs, support training and social development. In addition, there are many programs to support our community organizations that benefit your family directly.

## GOVERNOR IN COUNCIL APPOINTMENTS



[Canada.ca/en/government/system/government-appointments.html](https://Canada.ca/en/government/system/government-appointments.html)



The Government of Canada encourages Canadians to apply for more than 1,500 Governor in Council (GIC) appointments. The open and transparent processes for selecting GIC appointees encourages continued trust in Canada's democracy and ensures the integrity of its public institutions. The open, transparent, and merit-based selection processes reflect the fundamental role that GIC appointees play as they serve on commissions, boards, Crown corporations, agencies, and tribunals across the country.

## BUY GOVERNMENT SURPLUS



[www.GCSurplus.ca](http://www.GCSurplus.ca)



1-844-991-1385 (TTY 1-800-926-9105)



Have you ever wanted a good deal for your family? The federal government sells and auctions surplus equipment and property daily. **GC Surplus** has been around for 80 years and allows Canadians to bid on everything from aircraft and horses to office equipment and toys. You can use filters to find exactly what you are looking for and even set up email notifications.

LEN

**WEBBER MP**

CALGARY CONFEDERATION



**CALGARY OFFICE**

301-4600 Crowchild Trail NW  
Calgary, Alberta T3A 2L6

403-220-0888

(Appointments are required)

**OTTAWA OFFICE**

812 Confederation Bldg.  
House of Commons  
Ottawa, ON K1A 0A6

(Mail can be sent postage-free)

**[www.LenWebberMP.ca](http://www.LenWebberMP.ca)**



Centre Block with the House of Commons side on the left and the Senate side on the right.