

SERVICE CANADA PROGRAMS AND SERVICES FOR INDIVIDUALS

Service Canada provides Canadians with a single point of access to services and benefits.

Employment Insurance (EI) Benefits

EI benefits may be available to workers who have lost their jobs. Information sessions are available for affected individuals to assist them in filing their claim and to provide information about additional benefits.



For more information:

 Canada.ca/EI
 1-800-206-7218

Work-Sharing

Work-sharing is an agreement between employers, employees, and Service Canada to avoid layoffs through lower than average business periods. This measure provides income support to employees eligible for Employment Insurance benefits who work a temporarily reduced workweek while their employer recovers.

For more information:


 Canada.ca/en/employment-social-development/services/work-sharing
 1-800-206-7218

Skills, Training and Employment Supports

Employment Assistance and Training

The Government of Canada invests in the Labour Market Transfer Agreements with provinces and territories so they can support Canadians.

For more information:

 Canada.ca/en/employment-social-development/programs/training-agreements/lmda

Apprenticeship, Grants and Loans

The Government of Canada provides a range of supports to help apprentices complete their training. These include apprenticeship grants, loans, tax credits and Employment Insurance benefits during in-school training.

For more information:

 Canada.ca/apprentice
 1-866-742-3644

Jobs and Career Exploration

Job Bank

Job Bank offers an online listing of job postings from across Canada, job alerts, labour market information, career exploration, and resume building.

For more information:

 jobbank.gc.ca

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

Labour Market Information

Learn more about an occupation you are interested in including: wages, outlooks, education, and skills needed.

For more information:

 jobbank.gc.ca

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

Job Alerts

Job Alerts is a free email service that notifies you of new job postings up to twice a day.

For more information:


 jobbank.gc.ca/jobsearch/jobalertregistration

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

My Service Canada Account

Creating a My Service Canada Account provides convenient and secure access to view and update your programs and benefits information online.

Register or access now at:

 Canada.ca/my-service-canada-account


Pensions

Canada Pension Plan Retirement Pension (CPP) and Disability Benefit (CPP-D)

CPP provides a monthly retirement benefit to eligible applicants. CPP-D provides a monthly disability benefit to eligible applicants who have a disability and cannot work at any job on a regular basis. Benefits may also be available to their dependent children.

For more information:

 Canada.ca/ CPP


 1-800-277-9914

Old Age Security (OAS) and Guaranteed Income Supplement (GIS)

OAS is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements. GIS provides a monthly non-taxable benefit to OAS pension recipients who have a low income and are living in Canada.

For more information:

 Canada.ca/OAS


 1-800-277-9914

Persons with Disabilities

Opportunities Fund for Persons with Disabilities (OF)

Through funding organizations, the OF helps people with disabilities to prepare for, obtain and maintain employment, thereby increasing their economic independence and participation in the labour force.

For more information:

 Canada.ca/en/employment-social-development/services/funding/disability-opportunity-national


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

Indigenous

Indigenous Skills and Employment Training Program (ISET)

ISET links Indigenous Canadians looking to find a new job or upgrade their skills with training that meets labour market demands.

For more information:

 Canada.ca/en/employment-social-development/programs/indigenous-skills-employment-training

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


Youth

Youth Employment Strategy

The Youth Employment Strategy helps young Canadians between the ages of 15 and 30 to get the information and gain the skills, job experience and abilities they need to make a successful transition to the workforce.

For more information:

 Canada.ca/en/services/youth

 1-800-935-5555


Veterans

Veterans Affairs Canada (VAC)

Financial support, healthcare, disability and other benefits are available to current and former members of the Canadian Armed Forces or the RCMP, and their families.

For more information:

 Canada.ca/en/services/veterans/veterans.gc.ca/eng


 1-866-522-2122

TTY: 1-833-921-0071

More Information

For the complete list of our programs and services, please visit our website or contact us:

 Canada.ca/ESDC

 1 800 O-Canada (1-800-622-6232)
TTY: 1-800-926-9105

 [@Service Canada E](https://twitter.com/ServiceCanadaE)