

COVID-19 ESSENTIAL RESOURCES



**THOMPSON
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Career & Experiential
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HOUSING

- The BC Government is providing support for renters and landlords by providing a temporary rental supplement, halting evictions and freezing rents.
- BC Hydro is allowing customers to defer payments

Source: COVID-19 Provincial Support and Information

FOOD

- To Request a Food Bank Package
Email: info@trusu.ca
Phone: 250-828-5289
Website: <https://trusu.ca/services/food-bank/>



EMPLOYMENT

- The BC Emergency Benefit provides a one time payment of \$1000 for workers who have lost income.
- Employers must allow employees who are sick go home without requiring a doctors note.
- The Canadian Federal Government will provide \$2000 per month for up to four months to workers whose income drops to zero.

Sources: COVID-19 Provincial Support and Information; Canada's COVID-19 Economic Response Plan

IMPORTANT TIPS:

- If you are applying for rental supplement, write a letter to your landlord explaining your situation
- If you are eligible, apply for EI as soon as you stop working
- Keep up to date on the latest changes to Provincial and Federal COVID-19 support

If you have questions or require assistance:

CONTACT US:

Email: careereducation@tru.ca

Phone: 250-371-5627

Website: <https://www.tru.ca/cel.html>

