Topic	Agency/Program	Resource
Benefits	Canada Pension	Canada Pension Plan
&	Plan	Phone: 1-800-277-9914
Support		Monday to Friday from 8:30 am to 4:30 pm
Programs	Old Age Security	Online filing & communication available
		Website: canada.ca/en/services/benefits/publicpensions/cpp.html
		The Canada Pension Plan (CPP) provides contributors and their families with partial replacement of
		earnings in the case of retirement, disability or death. Almost all individuals who work in Canada outside
		Quebec.
		<b>Retirement Pension:</b> You can apply for and receive a full CPP retirement pension at age 65 or receive it
		as early as age 60 with a reduction, or as late as age 70 with an increase.
		<b>Post-retirement Benefit:</b> If you continue to work while receiving your CPP retirement pension, and are
		under age 70, you can continue to participate in the CPP. Your CPP contributions will go toward post-
		retirement benefits, which will increase your retirement income.
		<b>Disability Benefits:</b> If you become severely disabled to the extent that you cannot work at any job on a
		regular basis, you and your children may receive a monthly benefit.
		Survivor's Pension: When you die, a pension may be paid to your surviving spouse.
		<b>Death Benefit:</b> Provides a one-time payment to (or on behalf of) the estate of a deceased CPP
		contributor.
		<b>Children's Benefits:</b> Provide monthly payments to dependent children of disabled or deceased CPP
		contributors.
		The provisions of CPP include:
		<b>Pension Sharing:</b> Married or common-law couples in an ongoing relationship may voluntarily share their
		CPP retirement pensions.
		Credit Splitting for divorced or separated couples: The CPP contributions you and your spouse or
		common-law partner made during the time you lived together can be equally divided after a divorce or
		separation.
		<b>Child-Rearing Provision:</b> If you stopped working or received lower earnings to raise your children, you
		may be able to use the "child-rearing provision" to increase your CPP benefits.
		Old Age Security (OAS) Program
		Phone: 1-800-277-9914
		Monday to Friday from 8:30 am to 4:30 pm
		Online filing & communication available
	<u> </u>	Website: canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html

Topic	Agency/Program	Resource
		The Old Age Security (OAS) program is the Government of Canada's largest pension program. It is funded
		out of the general revenues of the Government of Canada, which means that you do not pay into it
		directly. The OAS pension is a monthly payment available to seniors aged 65 and older who meet the
		Canadian legal status and residence requirements. YOU MAY NEED TO APPLY TO RECEIVE IT.
		In addition to the OAS pension, there are three types of OAS benefits:
		Guaranteed Income Support (GIS): If you live in Canada and you have a low income, this monthly non-
		taxable benefit can be added to your OAS pension.
		Allowance: If you are 60-64 years old and your spouse or common-law partner is receiving the OAS
		pension and is eligible for the GIS, you might be eligible to receive this benefit.
		<b>Allowance for the Survivor:</b> If you are 60-64 years of age and you are widowed, you might be able to receive this benefit.
	Employment &	Website: canada.ca/en/employment-social-development.html
	Social	<b>Links Include:</b> employment insurance; find a job; benefits payment calendar; public pensions; family
	Development	benefits; disability benefits; hire a temporary foreign worker; training; housing benefits; funding
	Canada –	programs; workplace standards; education; corporate information; benefits by audience; publications &
	Government of	reports; communities; and campaigns.
	Canada	<b>Labour Program:</b> Promotes safe, healthy, cooperative and productive workplaces that benefit us all.
		Service Canada: Provides Canadians with a single point of access to government services and benefits.
	Ontario Disability	<b>Address:</b> 4 Montreal Rd., 3 <sup>rd</sup> Floor, Cornwall (Ministry of Community and Social Services)
	Support Program	<b>Phone:</b> 613-932-3381 or
	(ODSP)	1-800-565-5374
		Website: mcss.gov.on.ca/en/mcss/programs/social/odsp/
		"If you have a disability and need help with your living expenses, you may be eligible for the Ontario
		Disability Support Program (ODSP). ODSP offers: financial assistance to help you and your family with
		essential living expenses; benefits, for you and your family, including prescription drugs and vision care;
		help finding and keeping a job, and advancing your career. ODSP offers two types of support:
		Income Support – financial assistance provided each month to help with the costs of basic needs, like
		food, clothing, and shelter. Income support also includes benefits, like drug coverage and vision care, for
		clients with eligible family members.
		Employment Supports – Services and supports to help clients with disabilities find and keep a job and
		advance their careers."
	ODSP Action	Website: odspaction.ca
	Coalition	

Topic	Agency/Program	Resource
		"The ODSP Action Coalition is a province-wide network of people with lived experience in ODSP, disability
		organizations, community agencies, anti-poverty groups and community legal clinics. We push for
		improvements to the ODSP so that people with disabilities can live with justice and dignity.
		What we do: lobby members of Provincial Parliament (MPPs), including key government ministers;
		consult with government staff; bring media attention to disability and poverty; organize public events,
		local demonstrations and actions; build networks between other groups and organizations to push for
		disability rights; gather statistics and document the experiences of people on ODSP to push for
		improvements to ODSP; provide information and materials on disability rights and the ODSP program;
		Provide referrals for low-income people who want to appeal ODSP decisions or make a complaint
		regarding ODSP to the provincial Ombudsman; encourage ODSP recipients and agencies to form ODSP
		support groups in their communities to provide practical support to people with disabilities on ODSP."
	Ontario Drug	Phone: 1-800-268-1154 (information line)
	Benefit Program	Phone: 1-800-575-5386 (Trillium Program)
	(ODB)	Website: health.gov.on.ca
		Weekdays from 8:30 am to 5 pm.
		"Ministry of Health and Long-Term Care covers most of the cost of prescription drug products listed in
		the Ontario Drug Benefit Formulary. If you belong to one of the following groups of Ontario residents
		and you have valid Ontario Health Insurance (OHIP), you are eligible for drug coverage under the ODB
		Program: people 65 years of age and older; residents of long-term care facilities; residents of Homes for
		Special Care; people receiving professional services under the Home Care program; and, Trillium Drug
		Program recipients.
		Trillium Drug Program: Intended for Ontario residents who have a valid Ontario Health Card and who
		have high prescription drug costs in relation to their net household income. The annual deductible is
		approximately 4% of the net household income from the previous taxation year as reported to the
		Canada Revenue Agency and is paid for in eligible prescription drug expenditures. The Program provides
		coverage for prescription drug products listed in the Ontario Drug Benefit Formulary/ Comparative Drug
		Index."
	Ontario Works	<b>Address:</b> 340 Pitt St., 4 <sup>th</sup> floor, Cornwall (Social and Housing Services)
	Office -SDG	<b>Phone:</b> 613-933-6282 (intake: extension 1) or
		1-877-727-9277
		Monday to Friday from 8:30 am to 4:30 pm
		Website: mcss.gov.on.ca/en/mcss/programs/social/ow/
		"Ontario Works (OW) helps people who are in financial need. It offers two types of assistance:

Topic	Agency/Program	Resource
		Financial Assistance – income support to help with the costs of basic needs, like food, clothing and
		shelter; health benefits to clients and their families.
		<b>Employment Assistance</b> – to help clients find, prepare for and keep a job. This assistance may include:
		workshops on resume writing and interviewing; job counselling; job-specific training; and access to basic
		education, so clients can finish high school or improve their language skills.
		In most cases, a client must agree to participate in employment assistance activities in order to receive
		financial assistance.
		Emergency Assistance is also available to people who are in crisis or an emergency situation (e.g. people
		who lost their homes, are leaving an abusive relationship and/or are worried about their safety.)
		Dundas County Satellite Site
		Address: 530 Fred St., Suite G4, Winchester
		<b>Phone:</b> 613-448-3987 or
		1-877-448-3987
		Monday to Friday from 8:30 am to 4 pm
Citizenship	Immigration	<b>Phone:</b> 604-235-6576
And	Direct	Monday to Saturday from 7 am to 11 pm
Immigration		Email: option through website
		Website: immigrationdirect.ca
		"Canadian Immigration & Citizenship Form Services – easy step-by-step instructions to help you fill out
		all your Canadian immigration paperwork."
	Immigration and	Website: canada.ca/en/services/immigration-citizenship.html
	Citizenship	"Apply to travel, study, work or immigrate to Canada, apply for citizenship, a permanent card or refugee
	Canada	protection, check the status of your application or find a form."
	TR Leger	Address: 1500 Cumberland St., Cornwall
	Immigrant	<b>Phone:</b> 613-933-9626 extension 4414 or
	Services	1-877-875-3437
		Email: info@trlimmigrantservices.ca
		Website: trlimmigrantservices.ca
		Welcome Centre / Main Office Hours are Monday to Friday from 9:15 am to 2:15 pm
		"Immigrants and Newcomers to Canada are welcome to visit our centre to: used the computer, internet,
		phone, fax; find information regarding housing, employment, education, health, transportation,
		community and government services, etc.; receive help completing immigration or citizenship

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		applications; speak to a qualified Settlement Worker regarding immigration or settlement questions;
		receive information regarding English as a Second Language and LINC programs."
Federal	Member of	Address: 621 Pitt St., Cornwall
Government	Parliament (MP)	<b>Phone:</b> 613-937-3331 or
– local	for Stormont,	1-888-805-2513
information	Dundas, and	Email: guy.lauzon@parl.gc.ca
	South Glengarry	Website: guylauzon.ca
		Winchester Satellite Site
		Address: North Dundas Municipal Office, 636 St. Lawrence St.
		Mondays from 8:30 am to 12:30 pm
		Morrisburg Satellite Site
		Address: South Dundas Municipal Building, 34 Ottawa St., 3 <sup>rd</sup> floor
		Mondays from 1 to 4 pm
	Member of	Address: 2399 Parkedale Ave., Brockville (Thousand Islands Mall)
	Parliament (MP)	<b>Phone:</b> 613-498-3096 or
	for Leeds-	1-866-498-3096
	Grenville,	Email: gord.brown@parl.gc.ca
	Thousand	Website: gordbrownmp.ca
	Islands, and	Monday to Friday from 9 am to 4:30 pm; Closed from noon to 1 pm
	Rideau Lakes	Kemptville Satellite Site
		Address: North Grenville Municipal Centre, 285 County Road 44
		Wednesdays from Noon to 2 pm
Municipal	Municipality of	Address: 285 County Rd. 44, Kemptville
Government	North Grenville	<b>Phone:</b> 613-258-9569
– local		Website: northgrenville.ca
information		Email: general@northgrenville.on.ca
	Municipality of	Address: 36 Ottawa St., Morrisburg
	South Dundas	<b>Phone:</b> 613-543-2673
		Website: southdundas.com
		Email: mail@southdundas.com
	Township of	Address: 636 St. Lawrence St., Winchester
	North Dundas	Phone: 613-774-2105

Topic	Agency/Program	Resource
		Website: northdundas.com
		Email: info@northdundas.com
Police	Ministry of	Address: 25 Grosvenor St., 18 <sup>th</sup> floor, Toronto
& Probation	Community	<b>Phone:</b> 416-326-5000
	Safety &	Website: mcscs.jus.gov.on.ca/english/corr_serv/
	Correctional	"Ontario's Correctional Services establishes, maintains, operates, and monitors adult correctional
	Services	institutions and probation and parole offices."
		Probation and Parole Services (Adult) – Cornwall Office
		Address: 331 Pitt St., Suite 201, Cornwall
		<b>Phone:</b> 613-933-6335
		Probation and Parole Services (Adult) – Brockville Office
		Address: 32 Wall St., 2 <sup>nd</sup> Floor, Brockville
		Phone: 613-345-3061
		Probation and Parole Services (Adult) – Ottawa West Office
		Address: 10-A Hearst Way, Kanata
		<b>Phone:</b> 613-270-8260
	Ontario	Emergency Phone: 911
	<b>Provincial Police</b>	Non-Emergency Phone: 1-888-310-1122
		Both are 24-hour toll free
		Website: opp.ca
		Morrisburg Detachment
		Address: 6 Fifth St. West
		<b>Phone:</b> 613-543-2949
		Winchester Detachment
		Address: 547 St. Lawrence Street
		<b>Phone:</b> 613-774-2603
Provincial	Member of	Address: 120 Second St., West, Cornwall
Government	Provincial	Phone: 613-933-6513
– local	Parliament	Email: jim.mcdonellco@pc.ola.org
information	(MPP) for	Website: jimmcdonellmpp.ca
	Stormont,	

Topic	Agency/Program	Resource
	Dundas, and	
	South Glengarry	
	Member of	Address: 100 Strowger Boulevard, Suite 101, Brockville
	Provincial	<b>Phone:</b> 613-342-9522 or
	Parliament	1-800-267-4408
	(MPP) for Leeds-	Email: info@steveclarkmpp.com
	Grenville,	Website: steveclarkmpp.com
	Thousand	Monday to Friday from 8:30 am to 4:30 pm
	Islands, and	
	Rideau Lakes	
Taxes	Canada Revenue	Website: canada.ca/en/revenue-agency.html
	Agency	"The Canada Revenue Agency (CRA) administers tax laws for the Government of Canada and for most
		provinces and territories, and administers various social and economic benefit and incentive programs
		delivered through the tax system."