

Vancouver and Canadian Community Resources

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Childcare

[How to Access Childcare](#)

[Province of BC Affordable Child Care Benefit](#)

[Canada Child Benefit](#)

[BC Child Benefit Programs](#)

Course Materials

[Vancouver Campus Textbook Trade Group](#)

Libraries

- [Adler University Library](#)
- [Vancouver Public Library](#)

Low-Cost Textbook Retailers

- [Abebooks](#)
- [SlugBooks](#)
- [Vital Source](#)

Employment and Job Loss

Canada Recovery Benefit (until September 2021): [See eligibility and application info.](#)

[Employment Insurance](#) (changes in effect until September 2021)

[BC Government Resources for Getting Back to Work](#)

[Work BC](#)

Financial Support

The [BC Recovery Benefit](#) (the benefit) is a one-time direct deposit payment for eligible families, single parents or individuals (applications accepted until June 30, 2021).

[British Columbia Hardship Assistance](#)

[Overview of Hardship Assistance](#) for individuals and families, eligible for income assistance under the Employment and Assistance Act or disability assistance under the Employment and Assistance for Persons with Disabilities Act

Information on finding and applying for [Government Hardship Grants](#)

[Indigenous Services Canada](#) (ISC): Information to improve access to high quality services for First Nations, Inuit and Métis

Food

Food Banks

[Free and low-cost food resources in Vancouver](#)

[Archway Community Service](#)

[Share Society](#)

[Richmond Food Bank](#)

[Surrey Food Bank](#)

[Sources Food Bank – South Surrey/White Rock](#)

[BC Food Banks](#)

[Quest Food Exchange](#)

[Muslim Food Bank](#)

[Global Access and Inclusion Network](#)

[Food Banks Canada](#) – Find a food bank near you

Low-Cost Grocery Stores and Chains

- [No Frills](#)
- [FreshCo](#)
- [The Independent](#)
- [Buy-Low Foods](#)

Healthcare

Find Vancouver Student Health Care Provider Information on Adler University's [COVID-19 webpage with Student Resources](#)

[Canada Recovery Sickness Benefit](#)

[Canada Recovery Caregiving Benefit](#)

Mental Health Supports

[EmpowerMe](#): Vancouver Campus Student Assistance Program. Call toll-free 24/7 1-833-628-5589 for mental health support

Summary of [COVID-19 mental health supports](#) compiled by the Adler University Library -

[Here2Talk](#): Mental health support for post-secondary students, provided by the BC government

[Virtual mental health supports for British Columbians](#)

[Mental health, substance abuse and low-cost counselling resources](#) by the Canadian Mental Health Association

[COVID-19 mental health supports](#), including low-cost counselling, from the Canadian Mental Health Association

[Foundry](#): Resources for ages 12-24

[Bell Let's Talk](#) – COVID-19 mental health resources

[Bounce Back](#) aims to be an empowering and practical way of learning key life skills that can boost your mood and help you turn the corner.

General mental health information: [Canadian Mental Health Association British Columbia Division](#) and [Here to Help](#).

- For mental health information, referral and support, email help@cmha.bc.ca or bcpartners@heretohelp.bc.ca

The [Hope for Wellness Help Line](#) offers immediate help to all Indigenous peoples across Canada

[Canada Suicide Prevention Service](#): Call 833.456.4566 anytime; or send a text to 45645 from 4pm to midnight ET

Housing

[Adler University Vancouver Campus Housing Resource](#) group on Facebook

[Mortgage Supports](#) (Canadian Banks)

[BC Rent Bank](#)

[BC Housing](#)

[BC Hydro – Customer Crisis Fund Application](#)

International Students

[Travel Support Funds](#)

Adler University will be offering coverage of up to \$1,500 per eligible international student in response to the mandatory hotel quarantine expenses. This travel benefit is available to international students travelling for an essential or emergency purpose. Please use the [Travel Benefit Application Form](#) to submit your claims for review.

Immigration Consultations - Students who require support with study and work permit applications may be eligible for a consultation with a Registered Canadian Immigration Consultant (RCIC). If you require this support, please contact Colin Osaka, International Student Services Coordinator at cosaka@adler.edu.

Internet, Data, and Technology

Technology

- [Telus Tech for Good](#): For students with disabilities
- [Muslim Food Bank Computer Distribution](#) (open to University students)

Internet

- [Telus Internet for Good](#)
- [Rogers Connecting Families](#)
- [Wifi Map Vancouver](#)
- [Connecting Families](#)

Transportation

[ICBC \(Insurance Corporation of BC\) COVID-19 rebate](#)

[ICBC Monthly Payment Deferral](#) (for up to 90 days)

Tuition Assistance

General Information

- [BC Student Loan Response to COVID-19](#)
- [Canada Student Loan Response to COVID-19](#)
- [Student Line of Credit](#)
- [Lifelong Learning Plan](#)
- [Student Aid BC](#): Information on grants, scholarships, and other financial supports

Canadian Scholarship Search Engines

- [Key to Scholarships](#)
- [Scholarships Canada](#)
- [Yconic](#)
- [Scholar Tree](#)
- [Student Awards](#)
- [99 Scholarships](#)

External Scholarship Opportunities

Note: Not all students will be eligible for the following scholarship opportunities. Please read the guidelines carefully and direct any questions to the scholarship organization.

Davies Charitable Foundation Fellowship Proposal

Deadline: April 15, October 15

Terms of reference: Established by the Davies Charitable Foundation and awarded on the basis of academic excellence for a year of study/research at the post-doctoral or fellowship level. Applicants must have been born in the Kingston, Ontario area or have resided in the area for at least five years prior to the student's 20th birthday. The fellowship is tenable in all disciplines and at the University of the student's choice.

Contact: The Davies Charitable Foundation, 245 Alwington Place, Kingston ON, K7L 4P9, Tel: (613) 546-4000 or 1-800-472-4796.

Web: www.daviesfoundation.ca

Email: daviesfoundation@cogeco.ca

The Duke of Edinburgh's Award

Deadline: unknown

Terms of reference: The Duke of Edinburgh's Award is: An international youth program for ages 14-25. The program opens to all young people. Participants can do the Award as a member of a youth group/organization or they can work on the award as an independent.

Contact: The Duke of Edinburgh's Award, 4086 Shellbourne Street, Victoria BC, V8N 4P6, Toll-Free: 1-888-881-7788

Web: www.dukeofed.org

The Foundation for the Advancement of Aboriginal Youth

Deadline: October 14

Terms of reference: These awards are given to a student or returning student of Aboriginal descent and residents of Canada. Applicants must be enrolled and accepted in a first, second, or third year college or university program, preferably in the areas of business, accounting, marketing, medical or technology. Consideration will be given to applicants who have made contributions to their community by volunteering or providing a leadership role for educational goals and a potential career choice in the future. Application should include copies of recent transcripts; a completed registration form; two letters of reference (no relatives), one personal and one academic, and a letter from an educational institution indicating confirmation of registration or a photocopy of school application form.

Contact: The Foundation for the Advancement of Aboriginal Youth, 204A St. George Street, 2nd Floor, Toronto ON, M5R 2N5, Tel: (416) 961-8663, Fax: (416) 961-3995, Toll Free: (800) 465-7078.

Web: www.ccab.com

Email: faayinfo@ccab.com

The Grant For Women Awards - Soroptimist Foundation of Canada

Deadline: January 31

Terms of reference: The Soroptimist Foundation of Canada annually offers several \$7500 grants to female graduate students in Canada to assist them with university studies, which will qualify them for careers, which will improve the quality of women's lives. Applicant must be: 1) a female, 2) a Canadian citizen or landed immigrant, 3) registered in a graduate or graduate level or professional program of studies in an accredited Canadian university, 4) pursuing a course of studies which will lead to a career mainly of service to women, 5) intending to spend a minimum of two years in such a career in Canada 6) intending to use the award in the academic year following receipt of it.

Contact: West Canada, Grant Manager: Jean Violette, 3628 Greentree Lane, North Vancouver, British Columbia V7R 4C4.

Web: www.soroptimistfoundation.ca

Heroes of Our Time Awards

Deadline: June 1

Terms of reference: There are seven awards in the amount of \$2,000 each for First Nations citizens at the post-secondary school level who have completed at least one year and have demonstrated exceptional academic abilities. Applicants must be actively involved within the First Nations community.

Contact: Assembly of First Nations Resource Centre, Heroes of Our Time Awards, Suite 1002, 1 Nicholas Street, Ottawa ON, K1N 7B7, Tel: (613) 241-6789, Fax: (613) 241-5808.

Web: www.afn.ca

Indian and Northern Affairs Canada Post-Secondary Student Support Program

Deadline: February 28

Terms of reference: To be eligible you must be Inuit or registered as Indian, have lived only in Canada for the past year and have met a university's or college's entrance requirements, have been accepted into university or college for a program of studies. This funding is open to both full-time and part-time students and you must be registered in at least a year-long course to receive funding. Indian and Northern Affairs

Canada (INAC) defines the limits of funding every year. You can also apply for the following funding in addition to the above programs:

- Monetary Incentives - for post-graduate or professional degree student payments of up to 1,500 for continuing with program.
- Strategic Scholarships - for students of commerce, public or business administration, economics, applied and physical science, mathematics, computer science, forestry and engineering scholarships of up to \$3,500 annually.
- Academic Achievement Scholarships - undergraduate students who have at least a B average may apply for scholarships of up to \$1,000 annually.

Contact: If you have Band Membership, apply to your Band or Tribal Council office. If you are not a Band Member, you can apply at the Native Education Centre, 285 E. 5th Avenue, Vancouver BC, V5T 1H2, Tel: (604) 873-3761, Fax: (604) 873-9152.

Web: www.ainc-inac.gc.ca or <https://www.sac-isc.gc.ca/eng/1100100033679/1531406248822>

Pam Koczapska Memorial Award

Deadline: May 1

Terms of reference: Up to \$1,000 awards, the Pam Koczapska Memorial Award will honor students planning a career in education or in any professional field that will benefit the Upper Sto:lo people. Financial need is considered. Applications must include a transcript of grades or a letter from someone from your school stating your grades, a letter of recommendation and a letter explaining your goals and expectations.

Contact: sto:lo Sitel Advisory Committee, Coqualeetza Centre, Box 370, Sardis BC, V2R 1A7, Tel: (604) 858-9431, Fax: (604) 858-8488.

Raymond A. LeClair Memorial Scholarship Award (Coquitlam Foundation)

Deadline: February 20

Terms of reference: The successful applicant must be a resident of the City of Coquitlam, have achieved good academic standing, have a history of school and/or community involvement, demonstrate an ability to successfully undertake a program of studies, attend an interview with the selection committee, begin designated studies within eight months of formal notification of selection and submit a written report upon completion of the applicable terms of studies. This is geared to students looking for a career in Public Administration. Applications must include a letter of application, which should include a statement outlining why the applicant merits the award, completed application form, a resume, a copy of appropriate school transcript and two letters of reference.

Contact: Grants Committee Chair, Coquitlam Foundation, PO Box 2, 1207 Pinetree Way, Coquitlam BC, V3B 7Y3, Tel: (604) 927-3006, Fax: (604) 927-3015.