

## OW FINANCIAL

### Reminder to Report Changes

It is your responsibility to report changes right away so you receive the correct amount of assistance from Ontario Works and to assess if you qualify for other benefits.

Some key changes you must report include if you:

- start work, attend a training program or return to school
- receive earnings, training allowances or OSAP
- receive income from other sources, for example: rental income, WSIB, child care income, EI or support payments
- buy or sell any assets such as property or vehicles
- open or close bank accounts
- redeem any investments
- borrow money from family, friends or a lending company

### Applying for Ontario Works Online

**You can now apply online for Ontario Works at [www.ontario.ca/socialassistance](http://www.ontario.ca/socialassistance)**

The application includes a screening section that tells you whether or not you might be eligible before you start the application process.

The online application is:

- Available 24 hours a day, seven days a week
- Confidential
- Convenient
- Available in either English or French

If you have any questions, call the Community and Health Services Contact Centre at 1-888-256-1112 or TTY 905-762-0401.

## ONTARIO CHILD TAX BENEFIT

The Ontario Child Benefit (OCB) is a provincial government program that provides financial support to low income families to help provide for their children. Families who qualify for OCB receive up to \$92 per child per month to a maximum of \$1,100 per child per year.

There is no separate application for OCB. To receive the OCB, you must file an income tax return for the previous year and register your child for the Canada Child Tax Benefit. The Canada Revenue Agency will automatically review your eligibility for the benefit when your income tax return is assessed.

OCB payments are included with the Canada Child Tax Benefit and National Child Benefit Supplement monthly payments.

Visit [www.ontario.ca/childbenefit](http://www.ontario.ca/childbenefit) or call 1-866-821-7770 for more information.

**Income tax forms can be requested at 1-800-959-2221 or downloaded at [www.cra-arc.gc.ca/forms/](http://www.cra-arc.gc.ca/forms/)**

File your tax return to make sure you get all the benefits you are eligible for.

## FAMILIES & CHILDREN

### 2011 FREE Summer Camp

For children of York Region residents participating in Ontario Works (OW)

 NATURE  SWIMMING  CRAFTS  FRIENDS  SPORTS  ART  FUN

#### WHO:

Children – six to 13 years old

#### WHEN:

July until the first week of September  
• Depending on your eligibility.

#### HOW:

##### OW PARTICIPANTS:

Contact your Social Assistance Case Coordinator for a referral.

*Limited funding. First come, first served.*

#### OTHER:

- Children must bring their own lunch, drinks and snacks for each day of camp.
- Instruction is provided by trained and qualified recreation staff.
- Extended Day Camp may be available.
- 1 to 1 support funding is available for children with special needs.

#### FREE CAMP PACK

Each registered child will receive a **FREE Camp Pack** that includes:

- a knapsack
- a sun hat
- a water bottle
- sunscreen
- a lunch bag

Camp packs will be available for pick-up in June at your OW office.

## EMPLOYMENT & TRAINING

### youthreach //

**If you are between the ages of 15 and 30, are you looking for work, and have experienced conflict with the law, we can help!**

Choose a time and a place that best suits you for:

- One-on-one employment counselling
- Resume writing and job search help
- Connecting to jobs
- Referrals to community resources
- Free access to computers, wireless internet, telephones, newspapers, community info-boards and more....

**Call Cerian Segal today! 1-888-256-1112 ext. 2612**

*Making the right connections can make all the difference!*

*Funded in part through The Regional Municipality of York's Community Development and Investment Fund.*

## LIFE SUCCESS STRATEGIES WORKSHOP

**Exploring careers options?  
Looking for life success skills?**

COSTI Immigrant Services offers a **FREE** four-week program that provides individual coaching and group workshops to help you with your career goals.

**For more information call  
Pam Mitchell at 1-888-256-1112 ext. 2265  
Newmarket - July 4 to July 29**

**EMPLOYMENT & TRAINING CONTINUED**



**Want to work in  
Customer Service  
or Food Services?**

- Industry Specific Certification and Training
- A Customized *Return-to-Work* Action Plan
- A Personal Career Assessment
- Job Search Techniques
- Personal Success Skills
- Work Experience

**Smart Start is delivered at various locations  
throughout York Region**

**Please call for dates, times and locations**

**1-866-256-0861**

[smartstart@jobskills.org](mailto:smartstart@jobskills.org) [jobskills.org/smartstart](http://jobskills.org/smartstart)

Delivered by:



**Location: Vaughan | Start Date: July 4, 2011**



**STEPS**

Society for  
Permanent  
Recovery

**Are you in recovery or impacted  
by drug or alcohol addiction?  
Don't miss the chance to enroll in this  
8 WEEK PROGRAM**

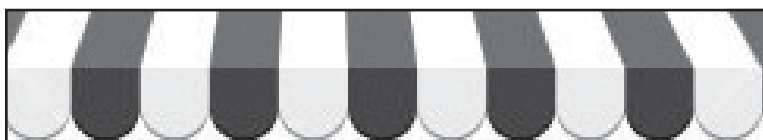
STEPS offers a pre-employment program providing computer training, individualized supports, job placements and much more.

You must be in recovery or impacted by drug and/or alcohol addiction and unemployed or underemployed to participate in this program.

**For more information call Jackie Tersigni  
at 905-850-3490 ext. 2507**

**NEXT SESSION DATES IN RICHMOND HILL:  
JUNE 27 TO AUGUST 19**

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York's Community Development and Investment Fund.*



**Retail & Grocery  
Customer Service Training Program**

**The March of Dimes offers a three-week  
customer service training program in retail,  
grocery and other related sectors.**

This program provides employability and customer service skills, safe food handling, job search techniques, interview skills and more!

**This program is offered monthly in many locations in York  
Region. For more information, please call:  
905-895-7529 ext. 6503**

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**NUTRITION**

**Here are some quick tips to enjoy  
vegetables and fruit this summer.**

**Think local.** Visit a farmers' markets and/or a pick your own farm this summer! Enjoy the freshness of locally grown vegetables and fruit.

**Make it convenient.** Wash your leafy greens when you bring them home and then store in a paper towel and plastic bag so they are ready for quick salads or to add in sandwiches.

**Plan ahead.** If you're slicing vegetables like cucumber, bell pepper or carrots for a salad, cut extra and place in containers for a quick healthy snack.

**Make it half.** Aim for half your bowl or plate to be a variety of colourful vegetables or fruit.

**Mix it up.** Use vegetables for your stir-fries, omelettes, casseroles and pita pizzas.

**Roll with it.** Wrap shredded carrots and cucumber together with pepper slices and some cheese or hummus, in a soft tortilla shell. You could do the same trick with a banana and some peanut butter.

**RECIPE**



**Pasta Salad**

This is a simple pasta salad that can be changed to include all of your favorite foods. If you are limited for time, you can also use any type of bottled salad dressing.

**Pasta**

- |        |   |       |
|--------|---|-------|
| 4 cups | cooked pasta (elbow macaroni or rotini)                           | 4L    |
| 1      | can (170 g) canned tuna, drained                                  | 1     |
| 2 cups | mixed vegetables, chopped   | 500mL |
|        | (can use: broccoli, peppers, cucumber, carrots, celery, tomatoes) |       |

**All Purpose Salad Dressing**

- |         |                      |      |
|---------|----------------------|------|
| 2 tbsp  | vegetable oil        | 30mL |
| 1       | clove garlic, minced | 1    |
| 2 tbsp  | vinegar              | 30mL |
| 1 tsp   | sugar                | 5mL  |
| 1/4 tsp | pepper               | 1mL  |

1. In a large bowl, combine pasta, tuna and mixed vegetables.
2. Mix the oil, garlic, vinegar, sugar and pepper in a small bowl.
3. Pour salad dressing over the pasta salad and toss. Refrigerate for 1 hour before serving.

**Variations:**

Any pasta shapes can be used for this salad. Instead of canned tuna, you can also try canned ham, chick peas, kidney bean, or any leftover meat.