



Dear friend,

I understand that during these challenging times, trying to find the correct number or email to contact, or navigating municipal, provincial, and federal resources to find COVID-19 information can be difficult. Below is a list of resources and contacts you can use to get the information you require, which I will be updating frequently, starting with my own.

I am on standby 24/7 to help you. You can contact my office at 905-874-2609 or email me at gurpreet.dhillon@brampton.ca **at any time** for any inquiries.

Sincerely,

Gurpreet Singh Dhillon
Regional Councillor
City of Brampton, Wards 9 & 10



MUNICIPAL:

Peel Regional Health:

<p>Peel Public Health: Contact if you feel as though you are experiencing any of the COVID-19 symptoms.</p>	<p>905-799-7700 https://www.peelregion.ca/coronavirus/</p>
<p>COVID-19 Self Assessment Tool: Before going to get checked, take the self-assessment quiz online.</p>	<p>covid-19.ontario.ca/self-assessment</p>
<p>COVID-19 Assessment Centre: Visit if you have symptoms.</p>	<p>20 Lynch Street – Peel Memorial Centre Brampton, ON, L6W 2Z8 10:00AM – 8:00PM, 7 days a week</p>



COVID-19 Positive Case Statistics:	peelregion.ca/coronavirus/testing/#cases
Reporting Non-Compliance:	peelregion.ca/coronavirus/business/
Reporting a Non-Compliant Food Establishment	Call Peel Public Health at: 905-799-7700

City of Brampton:

Reporting Non-Compliant Businesses and Gatherings Over 5 People:	Residents in Brampton should call 311
Reporting Misuse of City of Brampton Facilities: If you see residents at parks, playgrounds, rec centers etc.	Call City of Brampton Security: 905-874-2111
City of Brampton Taskforces: <ul style="list-style-type: none"> - Seniors Support - Economic Support - Social Support - Youth Support 	Call 311 OR Covid19seniors@brampton.ca Covid19business@brampton.ca Covid19support@brampton.ca Covid19youth@brampton.ca
Brampton Backyard Garden Program New program promoting gardening and donation of produce to those in need. City of Brampton is offering free soil and seeds	Bramptongreencity@brampton.ca



Frequently Asked Questions	https://bit.ly/2yNLPcq
Ethnic Language Information For information in: <ul style="list-style-type: none">- ਪੰਜਾਬੀ (Punjabi)- اردو (Urdu)- ગુજરાતી (Gujarati)- हिंदी (Hindi)- தமிழ் (Tamil)	https://letsconnect.brampton.ca/general/

City of Brampton - Members of Council:

Mayor Patrick Brown

905.874.2600

MayorBrown@brampton.ca

Regional Councillor P. Vicente – Wards 1 and 5

905.874.2601

paul.vicente@brampton.ca

Regional Councillor R. Santos – Wards 1 and 5

905.874.2605

rowena.santos@brampton.ca

Regional Councillor M. Palleschi – Wards 2 and 6

905.874.2661

michael.palleschi@brampton.ca

City Councillor D. Whillans – Wards 2 and 6

905.874.2606

doug.whillans@brampton.ca

Regional Councillor M. Medeiros – Wards 3 and 4

905.874.2634

martin.medeiros@brampton.ca

City Councillor J. Bowman – Wards 3 and 4 City

905.874.2603

jeff.bowman@brampton.ca



Regional Councillor P. Fortini – Wards 7 and 8
 905.874.2611
pat.fortini@brampton.ca

Councillor C. Williams – Wards 7 and 8
 905.874.2671
charmaine.williams@brampton.ca

Regional Councillor G. S. Dhillon – Wards 9 and 10
 905.874.2609
gurpreet.dhillon@brampton.ca

City Councillor H. Singh – Wards 9 and 10
 905.874.2610
harkirat.singh@brampton.ca

PROVINCIAL:

<p>Telehealth Ontario:</p>	<p>Toll-free: 1-866-797-0000 Toll-free TTY: 1-866-797-0007</p>
<p>Price Gouging: File a complaint.</p>	<p>1-800-889-9768 Online through Ontario.ca</p>
<p>Stop the Spread Business Line: If you are unsure if your business is considered essential or reporting a non-essential business.</p>	<p>1-888-444-3659</p>
<p>COVID-19 Support for Businesses:</p> <ol style="list-style-type: none"> 1. Guidance for employers 2. Tax Relief 3. Financial Relief <ul style="list-style-type: none"> - Interest & Penalty Relief - Education Property Tax deferral - WSIB payment deferral - Affordable electric bills 	<p>https://www.ontario.ca/page/covid-19-support-businesses</p>



Auto Insurance:	Individuals must contact their insurance provider.
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Children and Families:

Support For Families: The Provincial government is providing an additional \$200 for kids 12 and under, or \$250 for children with special needs aged 0 to 21.	Apply online: Ontario.ca/SupportForFamilies
Learn at Home: Supplementary educational resources for elementary and secondary students to practice their math and literacy skills	https://www.ontario.ca/page/learn-at-home

Landlords/Tenants:

Social Justice Tribunal Ontario: Tenants cannot be evicted at this time however landlords can still file and serve evictions.	File for eviction online: http://www.sjto.gov.on.ca/ltb/e-file/ 416-645-8080
Rental Housing Enforcement Unit:	Rental Housing Enforcement Unit: 416-585-7214
Assistance for Landlords:	Contact the Landlord Tenant Board http://www.sjto.gov.on.ca/ltb/contact/ 1-888-332-3234 OR 416-645-8080 LTB@ontario.ca
Financial Assistance for Tenants:	Apply for COVID-19 emergency assistance: 416-325-5225



Mental Health and Addiction Support:

<p>Connex Ontario: Support for mental health, addictions and gambling for adults and frontline workers impacted by COVID-19.</p>	<p>ConnexOntario 1-866-531-2600</p>
<p>BounceBack: Free cognitive behavioural therapy (CBT) program that provides guided mental health, self-help supports for adults and youth.</p>	<p>Call 1-866-345-0224</p>
<p>Kids Help Phone: Children and youth 18 and under who need someone to talk to.</p>	<p>1-800-668-6868, for 24/7 virtual, phone and text support.</p>
<p>Good2Talk: Phone call and texting service that provides support to post-secondary students.</p>	<p>Call 1-866-925-5454.</p>

Brampton Members of Provincial Parliament:

Sara Singh, MPP Brampton Centre

905-454-1233

SSingh-QP@ndp.on.ca

Gurratan Singh, MPP Brampton East

905-799-3939

GSingh-QP@ndp.on.ca

Kevin Yarde, MPP Brampton North

905-495-8030

KYarde-QP@ndp.on.ca



Prabmeet Singh Sarkaria, MPP Brampton South
905-796-8669
prabmeet.sarkaria@pc.ola.org

Amarjot Sandhu, MPP Brampton West
905-595-1532
amarjot.sandhu@pc.ola.org

FEDERAL:

Individual Supports:

<p>Information on Financial Assistance:</p> <ul style="list-style-type: none"> - Individuals (CERB) - Students (CESB) - Businesses (Wage Subsidy) 	<p>Apply Here: https://bit.ly/3aEG4uR</p>
<p>Mortgage Deferrals:</p> <p>6 month deferrals are offered through the 6 largest banks of Canada; RBC, TD, BMO, CIBC, Scotiabank, and National Bank of Canada.</p>	<p>Contact your financial institution on how to apply.</p>
<p>Optional Deferral on Filing Taxes:</p> <p>The deadline to file was extended until June 2020. However you can file early at your discretion.</p>	<p>Canada Revenue Agency: 1-800-959-8281 OR My Account online https://bit.ly/2xhoJdY</p>
<p>Travellers Information:</p> <p>Citizens who are abroad and trying to get home, must contact their local MP.</p>	<p>Register with Foreign Affairs Canada: https://travel.gc.ca/travelling/registration AND E-MAIL: Canada: sos@international.gc.ca India: India.Consular@international.gc.ca OR Pakistan: info@canconlhr.org.pk</p>



Business Supports:

<p>Deferral on Filing Taxes: Deadline to file has been extended until August 31, 2020.</p>	<p>Canada Revenue Agency: 1-800-959-5525 OR My Business Account online https://bit.ly/3ePYYSZ</p>
<p>Business Credit Availability Program (BCAP): Help businesses obtain financing during COVID-19.</p>	<p>Contact your financial institution for more assistance.</p>

Brampton Members of Parliament:

Ramesh Sangha, MP Brampton Centre
 905-790-9211
Ramesh.Sangha@parl.gc.ca

Maninder Sidhu, MP Brampton East
 905-458-1474
Maninder.Sidhu@parl.gc.ca

Ruby Sahota, MP Brampton North
 (905) 840-0505
Ruby.sahota@parl.gc.ca

Sonia Sidhu, MP Brampton South
 905-846-0076
Sonia.Sidhu@parl.gc.ca

Kamal Khera, MP Brampton West
 905-454-4758
Kamal.Khera@parl.gc.ca