



CONSTRUCTION MAINTENANCE AND ALLIED WORKERS CANADA

May 1, 2020

COVID-19 QUICK GUIDE

Dear Brothers and Sisters

As the COVID-19 pandemic continues, it is more important than ever for us all to come together and support each other through these challenging times. With that in mind, we are sharing some key updates and information that we hope will ease the anxiety and help provide you some peace of mind knowing, that if you have lost your employment because of COVID-19, there are options available, whether it be financial or help with your personal well being.

Financial Support

There are several different options for financial assistance that are available to you if you have lost your employment due to COVID-19 and we wanted to give you a quick reference guide of where to go to find out more:

- Service Canada and The Canada Revenue Agency have teamed up to create a simple and quick way for you to receive assistance that is available for BC and Alberta residents. You may be eligible for up to \$2,000 per month which will be a taxable benefit, regardless of whether it is through EI or CERB. This particular webpage will provide you even more information on additional benefits such as increasing Canada Child Benefit, special GST credit payments for low-and moderate-income families and mortgage support from financial institutions.
Visit: www.canada.ca/en/department-finance/economic-response-plan
- For BC Renters, there is the BC Temporary Rental Supplement (BC-TRS). If you have dependents, you may be eligible for up to \$500 a month, paid directly to your landlord. If you don't have dependents it is up to \$300 a month. There are qualification requirements so check out the website for more information and to apply.
Visit: www.bchousing.org/BCTRS
- In addition, there is a \$1,000 BC Emergency Benefit for Workers. This is a one time, tax free payment for BC residents whose ability to work has been affected by COVID-19. This new program and application process became available May 1.
Visit: www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports/emergency-benefit-workers
- ICBC is offering deferred insurance payments for up to 90 days, if you are on a monthly Autoplan payment plan.
Visit: www.icbc.com/insurance/buy-renew-cancel/Insurance-payment-plan/Pages/Default.aspx

- BC Hydro is also offering some payment options if you or your spouse have lost your employment due to COVID-19.
Visit: www.bchydro.com/accounts-billing/bill-payment/ways-to-pay/covid-19-relief-fund.html
- Alberta residents can also get assistance through their Provincial Government. Included in those provisions is an education property tax freeze, information on how to receive utility payment deferrals through your utility company, information on pausing student loan repayments and erased rules for RRIFs.
Visit: <https://www.alberta.ca/covid-19-supports-for-albertans>

*CMAW Pension & Benefit Plans Information

Our Plans Administrator, Bilsland Griffith, is in the process of mailing Pension and Benefit Plan update packages to you. Please watch your mail for it.

*Other Support

As a CMAW Benefit Plan member you and your family are also entitled to free, professional, confidential support services through your Employee and Family Assistance Program (EFAP) 24 hours a day, 7 days a week.

If you and/or your spouse or dependents are experiencing difficulty managing anxiety or stress, we encourage you to reach out for support and remember, it does not have to be strictly COVID-19 related (more detailed information please see page 4).

Visit: www.workhealthlife.com/

Phone: 1.800.387.4765

** Does not pertain to Local 506 or Local 2423 as you have your own Plans.*

There is some good news too

While we are all being inundated with negative information, we wanted to share some good news too.

CMAW Canada is all about community and as such, the CMAW Executive Board has just passed a motion that will provide each Local Union office with up to \$500 to donate toward their local food bank.

Our commemorative CMAW Local 1237 (Dawson Creek) Bursary Committee is in the process of awarding five (5) \$500.00 Pre-Apprenticeship bursaries to young people throughout the Province, who are interested in beginning their career in the trades.

Local 2300's Bursary Committee is reviewing applications from graduating students within their school districts who are going on to pursue careers in carpentry, joinery or millwright. The seven (7) selected individuals will be awarded a \$500 bursary each.

Good news on the job front...

Public health officials have begun discussions surrounding re-opening some businesses and reducing some of the restrictions we have all been following. As a result, some CMAW job sites are starting to open-up and, with that, our members are slowly returning to work.

LNG Canada, there is also some good news; ATCO is planning on bringing crews back over the next three (3) weeks and resuming work on the Cedar Valley Lodge project in Kitimat. Western Industrial Contractors Ltd. (WIC) has started work on site this week, they are gearing up for construction on the locking slab deck for the Marine Terminal in Kitimat.

Coquitlam Ridge Constructors picked up a bridge replacement project, 33km west of Needles, BC and will start manning up around May 18.

Emil Anderson Construction is mobilizing equipment to start work on the Highway #1 Improvement Project east of Revelstoke, BC.

Site C, PRHP has continued operations throughout the pandemic on work deemed critical path, which is scheduled to wrap up mid-May. We are optimistic that, as work winds down for PRHP, AFDE will start bringing crews back to continue on their portion of the project.

Most Local 1995 signatory contractors have continued to keep members employed over the last few months and some have recently secured substantial projects, which will keep them busy throughout the year.

CMAW is actively seeking opportunities with DCM in BC and Manitoba.

We are in this together

It is important for you to know that you are not alone. Your CMAW Executive Board and all your Brothers and Sisters are here with you, facing the same struggles and working together to get through this difficult time. We don't know how long this current phase will last but we are making a difference and we are flattening the curve. So now, more than ever, we need to continue to follow the directions of public health officials; be kind to each other and believe that we will come through this – stronger and better than ever.

In Solidarity,



Chris Wasilenchuk
President



Paul Nedelec
Secretary Treasurer



Jessie Gregory
CTPP & CBP Chair

CWPN/md



24-Hour, 7-days-a-week access to your EFAP

- Call **1.800.387.4765** toll-free number to access the EFAP services via the Care Access Centre. Morneau Shepell's dedicated Intake specialists are fully bilingual in English and French, and can help match you with appropriate service(s) and support. This call centre also acts as a crisis line and will triage calls for those requiring immediate support.
- Visit the EFAP website www.workhealthlife.com for access to a range of EFAP support services.
- Download the free **My EAP** mobile device application. (for Apple, Blackberry and Android-based devices)

Professional EFAP Counselling Services

Personal/Emotional	Family	Couple/Relationship	Work-related	Addiction-related
<ul style="list-style-type: none"> ▪ Stress/anxiety ▪ Depression ▪ Suicidal risk ▪ Self esteem ▪ Anger issues ▪ Life stages ▪ Post-trauma support ▪ Abuse 	<ul style="list-style-type: none"> ▪ Parenting ▪ Child behaviour ▪ Adolescent behaviour ▪ Blended family ▪ Communication ▪ Elder-related ▪ Extended family relations 	<ul style="list-style-type: none"> ▪ General relationship ▪ Relationship breakdown ▪ Separation/divorce ▪ Intimacy issues ▪ Communication ▪ Conflict resolution ▪ Family planning 	<ul style="list-style-type: none"> ▪ Workplace stress ▪ Work relationships/conflict ▪ Career planning ▪ Career resiliency ▪ Retirement planning ▪ Workplace violence/harassment ▪ Work performance 	<ul style="list-style-type: none"> ▪ Alcohol ▪ Drugs ▪ Other's addictions ▪ Smoking ▪ Gambling

Professional EFAP Work/Life Services

Legal Support Services <ul style="list-style-type: none"> ▪ Civil litigation ▪ Criminal law ▪ Landlord-Tenant ▪ Property law ▪ Real estate ▪ Will/estate ▪ Child custody ▪ Separation/divorce 	Family Support Service <ul style="list-style-type: none"> ▪ Planning a family/ Adoption ▪ Daycare ▪ Expectant/New parents: New Parent Package ▪ Home support services ▪ Parenting resources & information ▪ Special needs ▪ Compassionate care & bereavement ▪ Elder care resources & information ▪ Community programs & Residential care options 	Financial Support Services <ul style="list-style-type: none"> ▪ Bankruptcy ▪ Debt/credit ▪ Divorce ▪ Estate ▪ Insurance ▪ Investment planning ▪ Real estate/mortgage ▪ Retirement ▪ Taxes ▪ Employment transition
Health Coaching <ul style="list-style-type: none"> ▪ Condition management ▪ Risk reduction ▪ Weight management ▪ Healthy eating ▪ Responsible alcohol use ▪ Stress management 	Nutrition Support Services <ul style="list-style-type: none"> ▪ Disease state management ▪ General healthy eating ▪ Weight gain/loss ▪ Healthy eating on the go ▪ Accommodating shift work ▪ Regulating diabetes ▪ Preventing heart disease 	Naturopathic Services <ul style="list-style-type: none"> ▪ Physiology ▪ Diet ▪ Lifestyle ▪ Mental/emotional well-being