Social Services Benefits in Newfoundland and Labrador, 2026

Provincial and federal programs, amounts and contacts · Guardians of Recovery · as of September 25, 2026

Filing a tax return every year is the single most important step: most of these benefits (NL Child Benefit, Income Supplement, Seniors' Benefit, Canada Child Benefit, Groceries and Essentials Benefit) are paid automatically only to people who file, even with no income. Amounts change each year; confirm with each department.

Provincial programs

Income Support and related help

Program	Department	Amount and eligibility (2026)	Contact
Income Support (basic benefits)	Social Supports and Well-Being (SSWB)	Monthly basic: $561 single adult, $1,122 couple, $729 single parent (does not include shelter, fuel or special needs). Rent/mortgage up to $522 (single living alone), $299 (single with roommate), $598 (couple). Fuel supplement $71 (Island), $132 (Labrador); $150 cost-of-living allowance in coastal Labrador. Age 18+, NL resident, financial assessment. "Last resort": EI, CPP etc. must be applied for first.	1-877-729-7888 (fastest way to apply) incomesupport@gov.nl.ca
Vision care (Income Support clients)	SSWB	Eye exam: $100 contribution (every 12 months for children, 36 months for adults). Glasses: up to $290 single vision, $350 bifocal.	1-877-729-7888
Dental (Income Support clients)	SSWB / Health and Community Services	Children 0–12: universal dental program (all NL children). Teens 13–17 on Income Support: same services. Adults: exam, x-rays, routine fillings and extractions every 3 years; standard dentures every 8 years.	1-877-729-7888 Dental info: 1-800-440-4405
Special Diet Allowance	SSWB	Up to $60/month for foods needed for a medical condition, with medical documentation.	1-877-729-7888
Hearing-related devices	SSWB	One-time: visual smoke detector up to $250, Alertmaster up to $155, TTY up to $422. Medical verification required.	1-877-729-7888
Extended Drug Card	SSWB / NLPDP	Families who leave Income Support for work keep the drug card for 12 months.	1-877-729-7888

Program	Department	Amount and eligibility (2026)	Contact
Funeral Assistance	SSWB	Professional fees up to $5,000; additional costs (plot, grave liner, honorarium) up to $1,500; mileage $1.25/km over 8 km. For Income Support recipients and low-income people with few assets. Program applies for the CPP death benefit where eligible.	1-877-729-7888 incomesupport@gov.nl.ca
Services for Victims of Violence	SSWB and NL Housing	Emergency transportation to a shelter or safe place, housing help, personal allowance, start-up allowance for furniture and essentials, social worker services. Amounts set by circumstances.	Income Support 24/7: 1-877-729-7888 NLHC: 1-888-709-7090 Shelters: thanl.org In danger: RNC or RCMP / 911

Families and children

Program	Department	Amount and eligibility (2026)	Contact
NL Child Benefit (NLCB)	SSWB, paid by CRA	July 2026–June 2027: $157.33/month for the first child, $166.83 second, $179.16 third, $192.50 each additional (1 child $1,888/yr; 2 children $3,890/yr). Full benefit if family net income is under $20,397; reduced up to $38,193. No application: file taxes and receive the Canada Child Benefit.	SSWBInfo@gov.nl.ca CRA: 1-800-387-1193
Prenatal-Early Childhood Nutrition Supplement (PECNS)	SSWB, paid by CRA (prenatal portion by province)	$150/month for pregnant people and per child under 5 in low-income families.	SSWBInfo@gov.nl.ca 1-877-729-7888
$10-a-day child care	Education and Early Childhood Development	Regulated centres and family homes in the Operating Grant Program charge no more than $10/day for infant, toddler, preschool and full-day school-age care.	709-729-5097 education@gov.nl.ca
Child Care Subsidy	Education and Early Childhood Development	Income-tested help that removes or lowers the cost of regulated child care (including the $10/day fee) for eligible families.	Metro (St. John's): 709-729-4331 Harbour Grace: 709-945-6557 Grand Falls-Windsor: 709-292-6283 Corner Brook: 709-637-2763 Goose Bay: 709-896-3591

Tax-delivered credits and supplements

Program	Department	Amount and eligibility (2026)	Contact
NL Income Supplement	Department of Finance, paid by CRA	Up to $520/year single, $589 with a spouse, plus $231 per child under 19; extra $231 for each spouse with the DTC. Paid quarterly with the federal benefit.	CRA: 1-800-387-1193
NL Seniors' Benefit	Department of Finance, paid by CRA	$1,882/year for seniors 64+ with family net income up to $30,409; partial up to $46,549.	CRA: 1-800-387-1193
NL Disability Benefit	SSWB, paid by CRA	Up to $400/month for ages 18–64 with the DTC (see the separate disability benefits guide).	SSWBInfo@gov.nl.ca
Home Heating Supplement (furnace and stove oil)	Department of Finance	Up to $500 per household (income $100,000 or less); partial, minimum $200, up to $150,000. Must buy at least 250 L of oil in 2026. Apply for 2026 purchases by January 15, 2027.	709-729-4645 1-844-729-4645 OilSupplement@gov.nl.ca

Health coverage

Program	Department	Amount and eligibility (2026)	Contact
NL Prescription Drug Program: Foundation Plan	Health and Community Services (HCS)	100% of eligible drugs for Income Support recipients, children in care and people in supervised care.	1-888-859-3535 healthinfo@gov.nl.ca
NLPDP: 65Plus Plan	HCS	Seniors 65+ receiving OAS and GIS: drugs covered; pay dispensing fee up to $6.	1-888-859-3535
NLPDP: Access Plan	HCS	Low-income coverage (co-pay by income). Net income limits: $42,870 families with children, $30,009 couples, $27,151 singles. Includes dental for teens 13–17.	1-888-859-3535
NLPDP: Assurance Plan	HCS	Catastrophic coverage when drug costs exceed 5% (income under $40,000), 7.5% ($40,000–$75,000) or 10% ($75,000–$150,000) of net income.	1-888-859-3535
Medical Transportation Assistance	Department of Labrador Affairs	Help with major travel costs to reach specialized insured medical services away from home.	1-833-729-6106
Special Assistance Program (medical supplies and equipment)	HCS, via NL Health Services	Dressings, catheters, incontinence supplies, oxygen, orthotics, wheelchairs, walkers, commodes. Financial eligibility assessed.	Regional NL Health Services office

Program	Department	Amount and eligibility (2026)	Contact
Provincial Home Support Program	HCS, via NL Health Services	Subsidized personal care, household help and respite, based on functional and financial assessment.	Regional NL Health Services office

Housing

Program	Department	Amount and eligibility (2026)	Contact
Rental Housing Program (social housing)	NL Housing Corporation (NLHC)	5,500+ units. Rent is 25% of net monthly income. For households under set income limits who pay over 30% of income on rent and heat or are in unsuitable housing.	Avalon: 709-724-3197 Corner Brook: 709-639-5201 Gander: 709-256-1300 Grand Falls-Windsor: 709-292-1000 Goose Bay: 709-896-1920 Marystown: 709-279-5375 Stephenville: 709-643-6826
Rent Supplement Program	NLHC	Subsidizes rent in privately owned units for low-income tenants. Apply through NLHC.	Regional NLHC office (above)
Home Repair Program (merging with Home Energy Savings Program, fall 2026)	NLHC	Forgivable loan rising from $5,000 to $10,000 ($13,000 in Labrador); lifetime max $30,000; reapply every 5 years. Income limit $42,500 ($65,000 Labrador).	Regional NLHC office nlhc.nl.ca
Home Modification Program	NLHC	Accessibility changes. Forgivable loan doubling from $7,500 to $15,000 (fall 2026). Income limit $51,500 ($65,000 Labrador). No OT report needed for minor work like grab bars.	Regional NLHC office nlhc.nl.ca
First-time Homebuyers Program	NLHC	Grant plus repayable loan, up to 5% of the purchase price.	nlhc.nl.ca
Supportive Living Program	NLHC	Operating grants to community groups that prevent and end homelessness. Accessed through funded agencies.	nlhc.nl.ca

Legal help and navigation

Program	Department	Amount and eligibility (2026)	Contact
Legal Aid	Legal Aid NL	Lawyers for low-income residents in family and criminal law. Financial eligibility assessed when you apply.	1-800-563-9911 nlac@legalaid.nl.ca legalaid.nl.ca/application

Program	Department	Amount and eligibility (2026)	Contact
Poverty Reduction info line	SSWB	Help finding provincial programs; free printed Guide to Programs and Services.	1-866-883-6600 povertyreduction@gov.nl.ca

Federal programs

Program	Department	Amount and eligibility (2026)	Contact
Canada Child Benefit (CCB)	Canada Revenue Agency (CRA)	July 2026–June 2027: up to $8,157/year ($679.75/month) per child under 6; up to $6,883/year ($573.58/month) per child 6–17. Reduced above family net income of $38,237.	1-800-387-1193
Child Disability Benefit	CRA	Up to $290/month per child approved for the DTC; added to the CCB automatically.	1-800-387-1193
Canada Groceries and Essentials Benefit (replaced the GST/HST credit, July 2026)	CRA	25% increase through 2031. Reported maximums for July 2026–June 2027: about $679 single, $890 couple, $234 per child under 19; reduced above about $46,432 income. Paid quarterly; no application, just file taxes.	1-800-387-1193
Canada Workers Benefit	CRA	Low-income workers. 2025 tax year maximums: $1,633 single, $2,813 family, disability supplement up to $843. Half can be paid in advance instalments.	1-800-959-8281
Old Age Security (OAS)	Service Canada	July–September 2026: up to $751.97/month (65–74) and $827.17/month (75+).	1-800-277-9914
Guaranteed Income Supplement (GIS)	Service Canada	July–September 2026: up to $1,123.17/month single (income under $22,800); up to $676.09 each for couples both on OAS (combined income under $30,096).	1-800-277-9914
Allowance and Allowance for the Survivor (ages 60–64)	Service Canada	Allowance up to $1,428.06/month (spouse on GIS); Allowance for the Survivor up to $1,702.34/month (income under $30,696).	1-800-277-9914
Canadian Dental Care Plan	Health Canada / Service Canada	Adjusted family net income under $90,000, no private dental insurance, tax return filed. Co-pay depends on income.	1-833-537-4342 (please verify)
Employment Insurance (regular and sickness)	Service Canada	55% of insurable earnings, up to $729/week in 2026. Sickness: up to 26 weeks.	1-800-206-7218 (please verify)
Canada Disability Benefit and CPP Disability	Service Canada	See the separate disability benefits guide.	CDB: 1-833-486-3007 CPP: 1-800-277-9914

Notes

- Home Repair and Home Modification amounts are rising in fall 2026 under Budget 2026; confirm the effective date with NLHC before quoting the new figures to clients.
- Canada Groceries and Essentials Benefit amounts come from a secondary source; CRA's page confirms the 25% increase but did not list the dollar figures.
- Phone numbers marked "please verify" could not be confirmed on an official page.
- For disability-specific programs (DTC, Canada Disability Benefit, CPP Disability, NL Disability Benefit), see the separate disability benefits guide.

Sources

- NL programs administered by CRA (NLCB, Income Supplement, Seniors' Benefit)
- NL Child Benefit – SSWB
- Income Support Program Overview – SSWB
- Health Related Services – SSWB
- Funeral Benefits – SSWB
- Services for Victims of Violence – SSWB
- Operating Grant Program ($10/day) – EECD
- Child Care Subsidy – EECD
- Home Heating Supplement – Finance
- NLPDP Plan Overview – HCS
- NLHC Housing Programs
- NLHC Rental Housing Program
- Homeowner support programs news release (May 2026)
- Legal Aid NL
- OAS and GIS payment amounts – Canada.ca
- Canada Groceries and Essentials Benefit – CRA
- CGEB amounts – Savvy New Canadians
- CRA benefit increases July 2026 – Life Money
- Canadian Dental Care Plan eligibility – Canada.ca