

A MESSAGE FROM YOUR MEMBER OF PARLIAMENT

One of the most important parts of my job is to help you stay connected with the Federal Government. My constituency office is here to support your understanding of federal departments, programs and services. I encourage you to reach out any time should you require assistance.

The attached calendar outlines the dates you can expect deposits from the Federal Government in 2025, depending on your eligibility.



I appreciate that keeping track of these programs and your eligibility can be challenging. We're here to help and I encourage you to reach out any time should you require further guidance.

Important!

To receive these benefits, you must file an income tax and benefit return every year, even if you have no income to report.

I am honoured to represent your voices in Ottawa. I welcome your feedback on the issues that matter most to you.

Sincerely,

CONSTITUENCY OFFICE SERVICES

My constituency office can help guide you through the process of dealing with federal departments, programs, and services including:

- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Passport Canada
- Employment Insurance Benefits (EI)
- Canadian Citizenship and Immigration
- Canada Student Loans
- Guaranteed Income Supplement (GIS)
- Veterans Affairs
- Federal Crown Corporations
- Community Funding Support
- Canadian Dental Care Program
- Birthday/Anniversary Greetings, and Certificates

Get in Touch

Ottawa Office

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Constituency Office

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HOUSE OF COMMONS
CHAMBRE DES COMMUNES
CANADA

2025 Benefits Calendar



BEN CARR

Member of Parliament
Winnipeg South Centre

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January

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

SUN	MON	TUE	WED	THU	FRI	SAT
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

SUN	MON	TUE	WED	THU	FRI	SAT
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23	24	25	26	27	28	29
30	31					

April

SUN	MON	TUE	WED	THU	FRI	SAT
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May

SUN	MON	TUE	WED	THU	FRI	SAT
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

SUN	MON	TUE	WED	THU	FRI	SAT
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29	30					

July

SUN	MON	TUE	WED	THU	FRI	SAT
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20	21	22	23	24	25	26
27	28	29	30	31		

August

SUN	MON	TUE	WED	THU	FRI	SAT
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

SUN	MON	TUE	WED	THU	FRI	SAT
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28	29	30				

October

SUN	MON	TUE	WED	THU	FRI	SAT
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26	27	28	29	30	31	

November

SUN	MON	TUE	WED	THU	FRI	SAT
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30						

December

SUN	MON	TUE	WED	THU	FRI	SAT
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Advanced Canada workers benefit (ACWB)

Canada Carbon Rebate (CCR)

Canada child benefit (CCB)

CPP/OAS/GIS

GST/HST credit

Veteran disability pension

For more information, visit:

canada.ca/en/services/benefits