

 **elevate &
empower**



FEMALE LEADERSHIP DURING UNCERTAIN TIMES

Encouraging Women into Business: A Look at Programs Across Canada

Cheat Sheet



Mentioned by Rachel Ng, Canadian Federation of Independent Business:

CFIB Small business Recovery Dashboard: <https://www.smallbusinesseveryday.ca/dashboard/>

CFIB Business counsellor line: 1-888-234-1203

Contact CFIB: <https://member.cfib-fcei.ca/en-ca/Contact-Us>

COVID-19 Small Business Help Centre:

<https://www.cfib-fcei.ca/en/small-business-resources-dealing-covid-19>

FEDERAL COVID-19 Relief		
To help pay for wages	To help pay for fixed costs (e.g. rent, utilities, etc.)	To help with income support
<ul style="list-style-type: none"> • <u>Canada Emergency Wage Subsidy (CEWS)</u> • Canada Recovery Hiring Program (CRHP) - <i>coming soon</i> • <u>Workshare</u> • <u>Canada summer jobs program</u> 	<ul style="list-style-type: none"> • <u>Canada Emergency Business Account (CEBA)</u> • <u>Canada Emergency Rent Subsidy (CERS)</u> • <u>Regional Relief and Recovery Fund (RRRF)</u> • Business Credit Availability Program (BCAP) • <u>Highly Affected Sectors Credit Availability Program (HASCAP)</u> 	<ul style="list-style-type: none"> • <u>Canada Recovery Benefit (CRB), Canada Recovery Sickness Benefit (CRSB), Canada Recovery Caregiver Benefit (CRCB) Employment Insurance (EI)</u>

Women specific programs:

Federally:

Women Entrepreneurship Strategy :

- [Application process: Women Entrepreneurship Fund - Women Entrepreneurship Fund](#)

Women Entrepreneurship Fund :

- [Women Entrepreneurship Fund Application Guide - Women Entrepreneurship Fund](#)

Export Development Canada – Women in Trade:

- <https://www.edc.ca/women-in-trade>

Business Development Bank of Canada (BDC) - Woman entrepreneur :

- <https://www.bdc.ca/en/i-am/woman-entrepreneur>
- <https://www.bdc.ca/en/financing/small-business-loan>

Startupcanada resource guide: <https://www.startupcan.ca/wp-content/uploads/2021/03/Resources-for-Women-Entrepreneurs-2021.pdf>

For young entrepreneurs: Futurpreneur- <https://www.futurpreneur.ca/en/about/>

For those who have a positive economic social or cultural impact in the region:

Funding:

- [La Ruche \(laruchequebec.com\)](http://laruchequebec.com)

Awards:

- [RBC Canadian Women Entrepreneur awards](#)
- [Innovators & Entrepreneurs Foundation \(ief-fie.ca\)](#)
- [Telus Pitch](#)
- [Visa She's NEXT](#)
- [EY #WomenFastForward Awards](#)
- [BMO for women](#)
- [Governor General Innovation Awards](#)

Mental Health Resources:

[Mental health and wellness](#) & [Français](#)

[Wellness Together Canada: Mental Health and Substance Use Support](#) & [Français](#)

COVID-19 Information Line 1-833-784-4397

- [Mental Health Commission of Canada \(MHCC\) COVID-19 Resource Hub](#)
- [COVID-19 mental well-being](#) & [Français](#)
- [Canadian Mental Health Association](#)
 - [COVID-19 and mental health](#) & [Français](#)
 - [6 tips to respond to employee anxiety about COVID-19](#)
 - [CMHA offers tips to support mental health amid concerns of COVID-19 pandemic](#)
 - [Pandemic pushing your anxiety buttons?](#)
- [Canadian Centre for Occupational Health and Safety - Mental Health](#) & [Français](#)
- Morneau Shepell – CFIB's partner
 - [COVID-19 Awareness and Training](#) & [Français](#)
- [Crisis Text Line](#) (Text HOME to 741741 for adults)

Contact Information:

Rachel Ng

Manager, Member Information and Escalations

T: 613-235-2373 x 1203

BR: 1-888-234-2232

F: 613-235-4137

rachel.ng@cfib.ca

Mentioned by Helen Fotinos, Dentons LLP:

1. This great [infographic](#) from Catalyst and Catalyst content generally. You can look for just about anything on their Research pages and find great stuff to work from. Here is the [link](#) to the infographics page to get you started.
2. May 2020 [McKinsey Report](#) which is part of its ongoing series about women, and now other under-represented groups too, in business. <https://www.mckinsey.com/featured-insights/diversity-and-inclusion/diversity-wins-how-inclusion-matters>
3. Development Dimensions International study found in ‘How to get more women in leadership positions’: on the www.entrepreneur.com website
4. How Diverse Leadership Teams Boost Innovation – Boston Consulting Group - [Link](#)
5. This one is really fun but also gets some important points across about diverse teams and how they are better for everyone: Pixar's animated short film, [Purl](#) < <https://www.youtube.com/watch?v=B6uulHpFkuo> >
6. Dentons Material – Our Inclusion & Diversity pages on our external website found [here](#) where you can find links to:
 - a. Our Global brochure
 - b. Some stats, memberships and recognitions
 - c. Information about our Focus on Allyship (see above elements and general comments about shared responsibility)

Contact Information:

Helen Fotinos

Partner

D +1 416 863 4547

helen.fotinos@dentons.com

Mentioned by Sheri Griffiths, BMO:

BMO for Women:

<https://bmoformwomen.com/>

Commercial Banking:

<https://commercial.bmo.com/en/resources/franchise-finance/addressing-covid-19/what-now-how-franchise-operators-can-move-forward-post-covid-world/>

Small Business:

<https://www.bmo.com/main/business/who-we-work-with/franchises>

Contact Information:

Joseph Pisani

Managing Director

| Industry Sectors | Commercial Banking Joseph.pisani@bmo.com

(M) 416-550-9576

Romal Bryce, MBA

National Director of Growth and Strategy, Industry Programs

Canadian Business Banking.

romal.bryce@bmo.com

(M) 416-559-4924

Sheri Griffiths

Senior Vice President, Head of Ontario

Canadian Commercial Banking

(P) 519-885-4860

(M) 416-986-755