



Why file your taxes?

The Canadian government has set up **government benefits** to help you and your family. A government benefit is money the government can give you after you file your taxes.

Filing your taxes can be a great way to increase your **income**. When you file your taxes, you can automatically receive government benefits you qualify for.



Income is the money you make.

Here are some common government benefits:

Type of government benefit	What it is	Who it's for
 GST (Goods and Services Tax) / HST (Harmonized Sales Tax) credit	<ul style="list-style-type: none"> • Money you get every 3 months • The amount you get is based on your family's income, the number of children that live with you, the age of the children, and your marital status 	<ul style="list-style-type: none"> • People with low to modest incomes • People over 18
 Canada Child Benefit	<ul style="list-style-type: none"> • Money you get every month • The amount you get is based on your family's income, the number of children that live with you, the age of the children, and your marital status 	<ul style="list-style-type: none"> • Families with at least one child under 18
 Canada Workers Benefit (it used to be called Working Income Tax Benefit)	<ul style="list-style-type: none"> • Money you get every 3 months • The amount you get is based on your family's income from work, the number of children that live with you, the age of the children, your marital status, and the province or territory you live in 	<ul style="list-style-type: none"> • Working people with low incomes • People 19 or older

Type of government benefit	What it is	Who it's for
 Old Age Security Pension	<ul style="list-style-type: none"> • Money you get every month • The amount you get is based on how long you have lived in Canada after the age of 18, and your income 	<ul style="list-style-type: none"> • People 65 or older
 Guaranteed Income Supplement	<ul style="list-style-type: none"> • Money you get every month • The amount of money you get is based on your income, and marital status 	<ul style="list-style-type: none"> • People 65 or older with a low income who already receive Old Age Security Pension

Depending on where you live, you might also be able to get benefits from your province or territory's government.



Tax tip: If you don't have an income, you can still file your taxes to receive money through government benefits.

If you are a two-parent family, both parents need to file taxes to get government benefits.



Learn more

If you're unsure if a government benefit is for you, you can talk to someone at the Canada Revenue Agency.

Call 1-800-387-1193 between 9 am and 5 pm on a weekday.

For a list of Government of Canada and provincial or territorial government benefits, visit: www.canadabenefits.gc.ca

You can get free help doing your taxes at a community tax clinic. For more information, visit: <https://www.canada.ca/en/revenue-agency/campaigns/free-tax-help.html>