

MARCH 2026

# Helpful Highlights



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Welcome to the first edition of the Department of Social Development's Helpful Highlights! In each edition, we'll share tips, tools, and resources to make accessing support and programs easier.

## \*NEW Canadian Dental Care Plan

You and/or your child or youth may now be eligible for the [Canadian Dental Care Plan \(CDCP\)](#). This new federal program covers a broad range of services and is designed to make dental care more affordable.

People with dental coverage through Social Development's Dental Program may still qualify for the CDCP and receive additional coverage.



### Not sure where to start?

2-1-1 can help you find programs, services, or support in your community.

Available 24/7 in 150+ languages

- ☎ 2-1-1
- ➔ [nb.211.ca](https://nb.211.ca)
- ⬇️ [download the 211 app](#)



## Mark your calendar

### Don't forget to renew your CDCP benefit!

Renewals for the 2026-2027 benefit year open on **April 15** and close on **June 1, 2026**.

Keep your benefits active: If you miss the renewal deadline, you will need to submit a new application, and there will be a gap in your coverage.

### First time applying for CDCP?

Applications for the current 2025-2026 benefit year close on **April 14, 2026**.

If you miss the current application deadline, you will be able to apply for the 2026-2027 benefit year starting **June 2, 2026**.

**Important note:** Even if you were recently approved, you still need to renew your benefit for the 2026-2027 benefit year during the renewal window (April 15–June 1, 2026) to maintain coverage.

For more information and to apply, visit Social Supports NB's [Help paying for dental care](#) page.



# Did you know?

## Social Development has a *mixed payments* option

This option allows the department to make monthly payments directly to NB Housing or your electricity provider on your behalf. The amount will automatically be deducted from your Social Assistance payment.

To learn more or find out if this option is right for you, contact your case manager. *If you're not sure who your case manager is, contact Social Development at 1-833-733-7835, Monday to Friday, between 8:15 a.m. and 4:30 p.m.*

## Reducing your utility costs

Looking for ways to lower your electricity, heat, cell phone, or internet bills? You may qualify for programs that help reduce your monthly expenses, including:

- **FREE Home efficiency upgrades:** Homeowners in New Brunswick may be eligible for free upgrades to lower heat and electricity costs through the Enhanced Energy Savings Program. Eligible improvements include basement, attic, and wall insulation, ventilation to improve air quality, and mini-split heat pumps for efficient heating and cooling. For more information or to apply, visit NB Power's [Enhanced energy savings program page](#).
- **Reduced-cost internet and cell phones:** You may be eligible for free or discounted mobile devices, internet, and/or phone plans through programs like Telus' [Mobility for Good®](#) and Rogers' [Connected for Success](#). Visit Social Support NB's [Internet, mobile, and technology access page](#) to learn more!

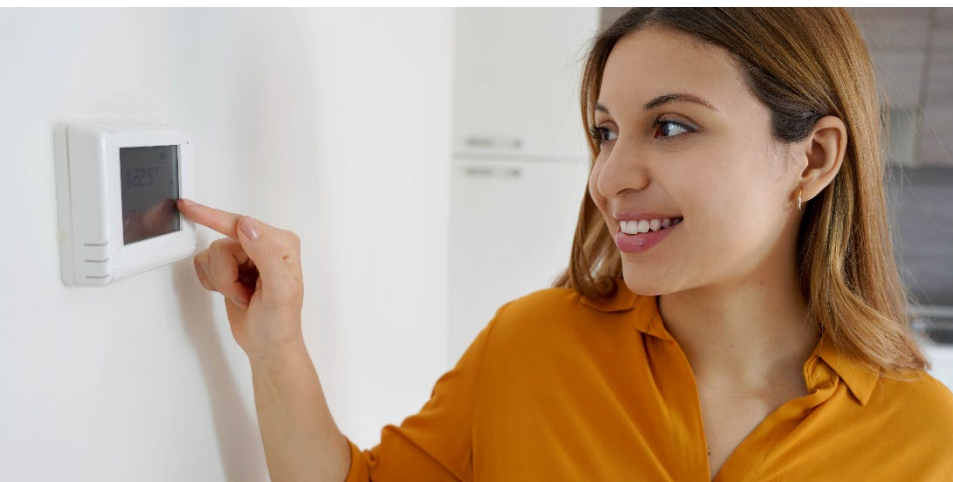


### ENERGY-SAVING TIPS

*Lower your energy bills with simple steps:*

- Wash full loads of laundry with cold water; hang-dry when possible.
- Take shorter showers (10 minutes or less).
- Use LED lightbulbs.
- Unplug devices when not in use.
- Seal gaps around windows, doors, and vents.
- Set devices to energy-saving mode.
- Set your thermostat to 17°C when away/ at night, 20–21°C when home.

Visit NB Power's website for more [energy saving advice](#).



## Help for renters

Do you need help paying for overdue rent, utilities, or deposits for a new rental unit?

### • Emergency heating support

The Emergency Fuel Benefit may provide up to \$550 once per calendar year to eligible households who are unable to pay the costs of winter heating due to unexpected and unavoidable situations.

This benefit is not guaranteed. You must show that you've exhausted other options first.

For more information, including who qualifies, and how to apply, visit Social Support NB's [Emergency fuel benefit page](#).

### • Rent bank

If you're a renter and are at risk of losing your home, the Rent Bank may be able to help. Grants are available for overdue rent, heat and power bills, or deposits for a new rental. The amount is determined on a case-by-case basis, with funds sent directly to landlords or utility providers.

For more information, including who qualifies, and how to apply, visit the Government of New Brunswick's [Rent bank page](#).



## Did you know?

### Landlords cannot increase rent:

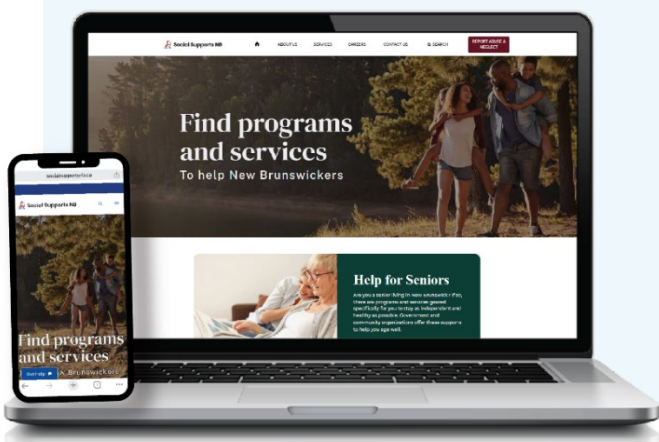
- **By more than 3% every 12 months.**
- **Within the first 12 months.**


They must also provide **six months' written notice** before any increase.

Visit the Government of New Brunswick's [Rent increases page](#) to learn more, or use the *Rent Increase Calculator* to see the maximum increase allowed.

## Your guide to programs and services

[Social Supports NB \(SSNB\)](#) is a user-friendly website that helps New Brunswick seniors, families, caregivers, and people living with disabilities navigate government programs and community services. As the Department of Social Development's main website, SSNB makes it easy to check eligibility, and apply for support!



We want to  hear from you!

[Take a short survey](#) to:

- Tell us what you think about this newsletter,
- Share a program or service you'd like us to highlight in an upcoming edition, and/or
- Let us know how we can make this newsletter more helpful for you.