



HELPFUL APPS



BUDGETING APPS



Foreceipt Receipt Tracker - Simply take a photo of your receipt and relax – let Foreceipt be your personal bookkeeper. The Free Plan will be available to you forever.



Mint- One of the most popular budgeting apps and is also amongst the oldest on the market. It allows users to link their financial accounts (bank, credit card, and investment accounts) and the app will categorize expenses as they are incurred.



PocketGuard- Designed to simply show how much you are spending. Users can sync their bank account in order for the app to calculate how much discretionary income will be left over after paying monthly bills. You can categorize expenses into multiple categories such as rent, groceries, and entertainment.

FUNCTIONAL APPS



Seeing AI -Free app that narrates the world around you. Designed for the blind and low vision community, this ongoing research project harnesses the power of AI to open up the visual world and describe nearby people, text and objects.



Sullivan + (blind, visually impaired, low vision) Visual-aid app provided by TUAT Inc. to enhance the accessibility of the visually impaired and low vision users and informs users who need visual aids about information perceived via the smartphone camera.



Easy Reader (dolphin) EasyReader is a FREE accessible reading app for readers with dyslexia, low vision or blindness. Browse & download from the World's largest collection of talking book and newspaper libraries. Open your own DAISY, Epub or textbooks. Or copy text from anywhere on your phone & hear EasyReader read it back to you. Experience perfectly synchronized text & audio. Or for text only titles, EasyReader can add a human sounding voice of your choice. Boost comfort or contrast - choose colours, text size and highlights to suit your visual needs.



myPlan Canada- Free app to help you with your safety and well-being if you have experienced abuse from a current or past spouse, partner, boy/girlfriend. It's private, secure, personalized, & backed by research.



First Aid App- The official Canadian Red Cross First Aid app puts lifesaving advice in your hands. Available for Apple and Android mobile devices, the app helps you maintain your first aid skills and respond to everyday emergencies. By downloading the app on your smartphone or tablet, you get instant access to videos, interactive quizzes and simple step-by-step advice to help you maintain your life-saving skills and respond when needed. Download the app to keep lifesaving help in your hands.



Sharing by iSharingSoft - App that provides a real-time locator service allowing family members and close friends to privately share their location information and communicate with each other.

MENTAL HEALTH AND WELLNESS



The LifeLine App- National free Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. The LifeLine App also provides awareness education and prevention strategies to guide people in crisis all across the globe



Happify- How you feel matters! Whether you're feeling sad, anxious, or stressed, Happify brings you effective tools and programs to help you take control of your feelings and thoughts. Our proven techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy for decades.



Moodpath -If you are struggling with emotional problems or simply want to be more aware of your mood and wellbeing, Moodpath accompanies you with daily questions.



MindShift™ CBT-user-friendly self-help tool based on proven scientific strategies, MindShift™ CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app. It was developed in collaboration with Freshworks Studio, an award winning app developer headquartered in BC, with support from the BC Ministry of Mental Health and Addictions and the BC Ministry of Health.



Healthy Minds- Life as a student can be stressful - assignments, part-time jobs, sports, clubs, relationships, family responsibilities. In fact, during your years as a student, you will face some of the most intense pressures of any point in your life. Stress can take a toll on your mind, weighing you down and even making you ill, so it's important to take action to stay healthy. That's what HealthyMinds is all about.

BREATHING AND RELAXATION



Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management.

MEMORY AND ORGANIZATION



Google Calendar is a time-management and scheduling calendar service developed by Google. It became available in beta release April 13, 2006, and in general release in July 2009, on the web and as mobile apps for the Android and iOS platforms. Google Calendar allows users to create, edit or share events



Google Drive- Store, access, and share your files in one secure place. Store any and every file. Access files anytime, anywhere from your desktop and mobile devices. Control how files are shared.



Evernote -Take notes. Keep a journal. Clip anything from the web. Evernote lets you store and share information quickly and securely.

LastPass-Have trouble remembering all of those passwords? LastPass can help. Between the 20-odd passwords that many of us use on a daily or weekly basis, it can be very tricky to always keep track. Let this app do the work. By using one master TouchID password, it securely stores usernames and passwords for you. The basic version of LastPass is free

LastPass...

TRANSIT

Waterloo GRT Bus - MonTransit

Application adds Grand River Transit (GRT) buses information to MonTransit. This app contains the buses schedule (available offline) and the real-time next departures from realtimemap.grt.ca as well as the latest news from www.grt.ca, YouTube and @GRT_ROW on Twitter.



Google Map- See train & bus departures

You can see transit departures from the Google Maps app. Some transit stations show real-time departures while others show a schedule of departures.



UBER -Get where you're going easily and reliably with the tap of a button. Choose the ride option that best suits your needs.





Lokal! It's Waterloo Region's newest ride-hailing app that provides fast and reliable rides at the click of a button. Whether you're going to Pearson Airport or across the Tri-Cities, Lokal is here for you day and night. Here's how it works: Simply open the app, tell us where you need to go, and a local driver from your community will pick you up in minutes.

GROCERY



Skip the Dishes- Takeout delivery service



Instacart-From groceries and alcohol to home essentials and more, browse 1,000s of products from your favorite stores.