



## Community Health Board (CHB) Wellness Funds 2019-20

Grants from the [CHB wellness fund](#) are awarded annually to non-profit organizations across the province working to improve the health of their communities, based on priorities identified by CHBs).

**Central Zone** CHBs funded 117 projects for a total of \$217,814.

Examples of the projects receiving funding this year include:

- **Girl on Fire** - A high school program designed to give female-identifying people the skills they need to live empowered, joy-filled, and harmonious lives.
- **Living Well Integrative Health Centre** - Working with at-risk youth to develop their food preparation skills and knowledge of good nutrition with hands-on, group-based support by clinical dietitians and other featured guests.
- **The Head Strong Summit** - A full day workshop about mental health for students. It involves first-voice speakers, interactive activities, a panel discussion, and action planning to identify what students can do in their school communities to raise awareness and reduce stigma about mental health.

**Eastern Zone** CHBs distributed a total of \$141,032 to 88 projects.

Examples of projects receiving funding this year include:

- **Sherbrook Opportunities Society (SHOPS)** - a day program/workshop for adults with intellectual and physical disabilities in the Municipality District of St. Mary's and surrounding area. They currently provide pre-vocational and social/recreational programs to five full-time and two transitioning participants. The day program runs three days a week, and the mission is to help participants strengthen their intellectual, physical and emotional well-being.
- **Reducing Social Isolation and Increasing Collaborative Spaces for Cape Breton West Women in Business** - Cape Breton West Women in Business invited all Cape Breton West women (and those identifying as female or non-binary) who work in all levels of business, business ownership, as entrepreneurs, and who are retired businesswomen to celebrate and support the experiences of women in business. This initiative is intended to create opportunities for reducing social isolation, relationship building, connecting, mentorship, learning, sharing, collaboration, socializing, and giving back.

- **Up!Skilling Food Festival 2020 (Island Food Network)** – Up!Skilling is all about sharing local food knowledge and building community around food. Through several streams of hands-on food skill workshops (on topics such as preserving, baking, gardening/ farming, cultural foods, foraging, and more) this event builds practical food skills and confidence, promotes intergenerational learning, encourages healthy lifestyles, and helps to grow a more sustainable food system.

**Northern Zone** CHBs distributed a total of \$157,317 to 123 projects.

Examples of projects receiving funding this year include:

- **Writing on Fire** (The North Shore Teen Writing Experience) is a creative writing program enabling youth to work with professional writers/creators, to develop their own voices and build a support network for the future. 'The Belonging Project' will focus on youth mental health through writing and *photo voice*, with a four-day creative retreat and follow-up public exhibitions of youth photography and writing in Oxford, Pugwash, Tatamagouche, and Pictou.
- **Women of First Light** is about healing the intergenerational trauma created by residential schools. Talking circles, smudging, paint therapy, tea and conversations will be held in the home of a local residential school survivor who played a leading role in the national Truth and Reconciliation Commission.
- **Outdoor Club** is targeted towards students from West Highlands Elementary School, a priority school within Chignecto-Central Regional Centre for Education based on the higher needs of students and families. The program will involve a mix of activities to appeal to diverse interests and skills. The club meets weekly and students learn camping, 'leave no trace' skills, geocaching etc. Students will gain the perspective of being in nature and how it relates to self-regulation and social and emotional learning.

**Western Zone** CHBs distributed a total of nearly \$180,000 to support local population health priorities.

Examples of the projects receiving funding this year include:

- community garden projects organized by [Nova Scotia Community College](#) in Shelburne and Yarmouth
- instructor training for older adult fitness classes in the Annapolis Valley
- community connection sessions for 2SLGBTQIA+ people of all ages through [South Shore Sexual Health](#) in Bridgewater and Liverpool