

Indigenous Health Métis Community Wellness Award

COMMUNITY WELLNESS AWARDS 2023/2024

On behalf of Indigenous Health, Northern Health we are offering Wellness Awards up to \$5,000 to support projects aimed at improving the health and well-being of Métis communities.

WELLNESS GRANT CRITERIA

Projects must support **community-based initiatives** that focus on **holistic health and wellness** and one or more of the following priorities:

1. Mental Wellness
2. Harm Reduction and Education
3. Population & Public Health: Primary Care & Community Wellness Activities
4. Traditional and Cultural Wellness

Preference will be given to projects that:

- **Support collaboration** by encouraging different groups to work together towards a common goal such as community members (youth, families, Elders, etc.), health staff (NH), physicians, and other communities.
- **Support health and well-being** by combining Indigenous Wellness approaches with current health care approaches.
- **Builds healthy relationships** and enhance how people connect with each other, their families and their community (e.g. community holiday gatherings).
- **Capacity building and training** of local communities and Indigenous staff.

IMPORTANT DATES

Call for applications released: **October 16, 2023**

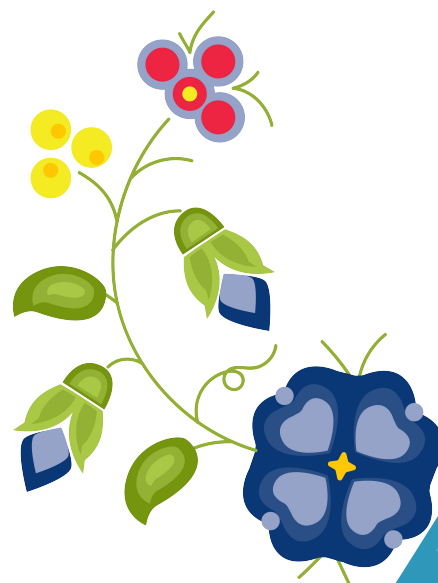
Deadline for applications: **November 13, 2023**

Funds must be used prior to: **April 30, 2024**

Reporting Deadline: May 31, 2024

Applicants are encouraged to submit prior to the deadline.

For assistance in completing reports please contact
Alexanne.Dick@northernhealth.ca or
Indigenous.Health@northernhealth.ca



ELIGIBLE APPLICANTS:

- Located within Northern BC (NH Northern Region);
- Métis community or organization.

Applicants must complete the attached **2023/2024 Wellness Grant Application** and submit by mail, email, or fax.

Mail: Northern Health
Indigenous Health
500 - 299 Victoria Street
Prince George BC V2L 5B8

Email: Indigenous.Health@northernhealth.ca

Phone: 250-645-3144

Fax: 250-645-8095

For more information and to submit completed applications via mail, email or fax contact Northern Health Indigenous Health.