

WELLNESS GRANT APPLICATION

Name: _____ Phone: _____ Date: _____

1. Course/Activity/Conference Details:

What type of activity? _____

Location/Dates: _____

Total Cost (Including Fees, Books, Materials, Tax): _____ *Maximum Amount: \$150.00*

(PLEASE attach supporting documentation of activity confirming price)

2. How will this activity improve your wellness?

I have read and agree to the Wellness Guidelines. *See page 2*

3. Applicant's Signature: _____

4. Family Doctor: Name: _____ Signature: _____

Phone: _____

5. Make Cheque Payable To: _____

Once form fully completed please deliver to Administration office at CMHA

(433 Hudson Ave.) or fax 250-832-8410

Office Use Only: Date: _____ Total Approved \$ _____

Notes: _____

Signature: _____ (approval for cheque issue)

WELLNESS GRANT GUIDELINES

Wellness Grants are provided in partnership with the Division of Family Practice (DFP). The purpose of the grants are to support individuals with mental health issues engage in community activity to support their wellness. These funds are available for people not engaged in the IHA – MHSU system, as there are already funds available for people connected to CMHA.

1. Funding is available first come first served and there is no income test.
2. Individuals will access form and complete with GP (GP to sign form).
3. Funds are for adults (19+).
4. Completed form to be dropped off, or faxed to CMHA (433 Hudson Ave., Admin. office, fax no. 250-832-8410)
5. Cheque will not be issued to individual, must be to organization (i.e. Gym, College, etc...)
6. CMHA will contact individual when cheque is ready for pick up.
7. Maximum amount to be disbursed per individual is \$150.00.
8. Funds to be used for organized activity – gym class, college course, music lesson, etc... Funds to be issued for courses but not items that the individual may keep (i.e. Funds can be used for a gym pass but not gym clothing.)
9. Requests for utilities, rent, bill payments, and insurance, ID in any format, licenses, and ongoing business expenses of any kind will not be funded.
10. No funds will be issued for past or in progress activities.
11. Any available refunds a person receives from an unfinished course or project are to be directed back to CMHA.
12. We allow thirty (30) days from issue date before a cheque is cancelled. Individuals are expected to pick up funds in a timely manner. Failure to do so will require individuals to reapply for funds.

Wellness Grant funding year runs till March 31, 2017 and are on a first come first served basis.