

## Wellness Grant Application

\_\_\_\_\_

Applicant Name Telephone 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)*

**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:** \_\_\_\_\_

Must be to an organization, not an individual

**When the form is fully completed, please deliver to the Administration office at CMHA  
(433 Hudson Ave.) or fax to 250-804-8410**

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

Notes: \_\_\_\_\_

Signature: \_\_\_\_\_ (approval for cheque issue)

## Wellness Grant Guidelines

Wellness Grants are provided in partnership with the Shuswap North Okanagan Division of Family Practice (SNO) and Canadian Mental Health Association (CMHA) Shuswap/Revelstoke branch. The purpose of the grants are to assist individuals with mental health issues engage in community activity to support their wellness. These funds are available for people in financial hardship who would benefit from community involvement and who are not engaged in the IHA – MHSU system, as there are already wellness grant funds available for people connected to CMHA. Please

1. Funding is available on a first come, first served basis and there is no income test.
2. Individuals will access the form and complete with the GP (GP to sign form).
3. Funds are for adults (19+).
4. The completed form is to be dropped off or faxed to CMHA (Admin Office: 433 Hudson Ave., fax number 250-832-8410).
5. Cheque will not be issued to the individual; must be to the organization (i.e. Gym, College, etc.).
6. CMHA will contact the individual when the cheque is ready for pick up.
7. The maximum amount to be disbursed per individual is \$150.00.
8. This fund to be used for organized activity – gym class, college course, music lesson, etc. The funds are to be issued for courses but not for items that the individual may keep (i.e. funds can be used for guitar lessons but not for purchasing a guitar).
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 refunds a person receives from an unfinished course or project are to be directed back to CMHA.
12. We allow thirty (30) days from the issue date before a cheque is cancelled. Individuals are expected to pick up the funds in a timely manner. Failure to do so will require individuals to reapply for funds.

**Wellness Grant funding year runs till March 31, 2018 or until funds are used and are on a first come first serve basis.**