

February 2023

**Autism Society NL: Moving and Breathing Yoga** (Physical Activity, Mental Health Promotion)

Autism Society NL (ASNL) will offer therapeutic yoga to members of the ASNL community who are 18 years plus in a blended online/in-person format once a week for eight weeks. The goal is to provide increased mind-body awareness in neurodiverse participants in a neuro-affirming environment. Themed classes will be delivered through a trauma-informed lens with the focus of creating emotional safety. Participants will be introduced to a wellness wheel as a tool for self-reflection with feedback questionnaires used before, during and at the end of the project. Partners are Empowered Parents, Head to Heart Therapeutic Yoga, and Ignite Circus. Funds from the grant will support instructor stipend/fees, blankets, yoga blocks, and materials.

**Boys and Girls Clubs of St. John's: STRONG Girls** (Physical Activity, Mental Health Promotion)

This program is designed to encourage and support girls aged 5-17 years to participate in physical activity and help build self-esteem, self-efficacy and independence. Offered at both club locations, it is anticipated that about 60 girls will take part in sports activities such as soccer, tennis, and dance as well as life skills topics such as healthy relationships, sexual health, cyber safety and coping with anxiety. Partners for the project are Buckmaster's Circle Community Centre and Planned Parenthood-NL Sexual Health Centre. The grant will be used to purchase jump ropes, yoga mats, craft supplies, and assist with guest speakers and instructor fees.

**Buckmaster's Circle Community Centre: Circle of Wellness** (Physical Activity, Mental Health Promotion)

The purpose of the Circle of Wellness project is to offer adults living in the Buckmaster's Circle neighbourhood the opportunity to avail of eight sessions that will enhance their physical and mental well-being. With the support of partners from Eastern Health, NL Housing, and the services of a fitness and well-being professional from JoyFit, participants will be able to attend weekly sessions that will focus on the "whole person". Physical activity, mental wellness, mindfulness/meditation, gentle yoga, and healthy eating are some of the topics to be covered. Money from the grant will go towards healthy snacks and instructor fees.

**Canadian National Institute for the Blind-NL: Descriptive Yoga for People with Sight Loss** (Physical Activity, Mental Health Promotion)

Yoga has amazing physical and mental health benefits for anyone. For people with sight loss, it helps improve balance, posture, alignment, and flexibility while at the same time building core strength and improved spatial awareness. Working with a local certified yoga instructor, CNIB is planning weekly yoga classes that are based in step-by-step instruction through simple verbal explanations, as well as through additional hands-on support from the instructor and/or volunteers. The goal is to create a yoga program that will support not only people with sight loss but also people with other disabilities. Partners are Coalition of Persons with Disabilities, Empower NL, and Easter Seals NL. Funding will be used for instructor fees, yoga equipment and transportation support.

**Cape Broyle Recreation Committee Inc.: Cape Broyle Community Clean Up** (Healthy Environments)

The goal of this project is to motivate community members - children, teens, and families to participate in a Clean-Up Day by picking up roadside and public area garbage. Anticipated outcomes include a cleaner more pleasant environment; increased awareness among community members; time spent outdoors in the fresh air getting physical exercise; and children learning teamwork and cooperation. Participants will be grouped in teams and encouraged to challenge each other to see who collects the most garbage. The Town of Cape Broyle, who is the partner for this project will provide clean up supplies, collect the bags of garbage and transport to Robin Hood Bay. The grant will purchase incentive gift cards and healthy refreshments.

**Choices for Youth: Choices for Youth Community Garden** (Healthy Eating)

This project will see the revitalization of the community garden at Choices for Youth. Part of the goal is to make needed repairs to the garden and get it operational for the 2023 season. The project will provide an opportunity to teach gardening skills to youth while providing fresh, healthy produce to the kitchen to support the centre's meal program.

Through a partnership with Quadrangle NL, Choices for Youth will engage the 2SLGBTQIA+ community in the garden activities. Some of the project measures to be tracked include the amount and type of fruits and vegetables harvested and the amount used for meal preparation as well as surveys and one-on-one discussions with participants about whether the garden is beneficial. Funds will be used for tree pruning, soil, plants, garden tools and lumber.

**Food Producers Forum: Where's the Food – Public Forum** (Healthy Eating, Healthy Environments, Health & Literacy)

The Food Producers Forum will host a public event to present findings from their 2022 on-line survey titled Where's the Food. The survey received more than 750 responses from farmers, gardeners, foragers, fishers, and hunters across the province. Following presentation of the results, event participants from a wide spectrum of residents - youth, immigrants, elders, and representatives from local governments will have an opportunity to ask questions and add their own perspectives and recommendations. This will be included in the final survey report. Partner: Mercy Centre for Ecology and Justice. The grant will cover venue rental, refreshments, and event promotion.

**Lifewise: Wellness Workshops** (Mental Health Promotion)

Lifewise peer supporters and community partners will host 12 monthly Wellness Workshops. Each workshop will include an activity that is accessible, promotes wellness and allows participants the opportunity to connect socially. Partners include Ignite Circus, Spirit Horse, and Renee White Music Therapy. The money from the grant will support instructor fees and workshop materials.

**Logy Bay Development Association Inc.: Kelly Park Community Garden Expansion Phase III** (Healthy Eating)

This project will focus on the expansion of the community garden that was started in 2018 in partnership with St. Francis of Assisi School. This coming year the garden width will be extended by 20 feet, refurbish 3 extra raised plots for Grades 3- 6 students bringing their total to 8 plots and add two other higher raised beds for adult gardeners with mobility issues. The focus with the Grades 3-6 students this year is to exceed the school's average harvest of 100 lbs. potatoes for donation to Northeast Avalon Food Bank. Funds will be used to purchase fertilizer, row covers, seeds, lime and seed pots.

**Mary Queen of the World Elementary: Pride Day** (Mental Health Promotion, Child & Youth Development)

As part of Pride celebrations, the Gender and Sexuality Alliance (GSA) at the school will work with teachers and staff to organize having a member of the 2SLGBTQ+ community to speak to the Grade 4-6 students. This is the first year for the GSA at the school and the students who take part suggested engaging a speaker. It is anticipated that this activity along with other Pride activities will help contribute to greater peer and teacher awareness of issues identified by 2SLGBTQ+ students and create a safer school environment. Partner for this project is Parents of Trans, Two-Spirited & Diverse Kids. The grant will be used for speaker fees.

**St. Peter's Primary School: Outside Play Activity Kits (Physical Activity)**

The goal of this project is to increase the physical activity of students when outside at lunchtime by making available outdoor activity kits that can be used in the open green spaces and parking lot. To ensure that the items in the kits are inclusive and that all students can participate, the school will partner with Inclusion Services at the City of Mount Pearl for suggestions about equipment and activities. Upper Gullies Elementary will share lessons learned from a similar project completed at their school. Items for the kits such as bean balls, jump ropes, recreational balls, soft toss, and bean bags will be purchased from the grant funds.

**Ukrainian Cultural Organization of Newfoundland and Labrador (Ukrainian NL): Promoting Fitness for Ukrainian Newcomers (Physical Activity)**

Ukrainian NL will work with the St. John's Retired Citizens Association to facilitate the execution of a fitness class twice per week for twelve weeks led by a Ukrainian instructor for Ukrainian newcomers. It is anticipated that 35 people will participate and by doing so will improve their physical and mental health and have the opportunity for socialization. The grant will cover instructor fees.

**Windy Meadow Community Garden: Initial Garden Start Up (Healthy Eating, Healthy Environments)**

The goal of this project is to build a new community garden at the Markland Street Park neighbourhood and to grow enough produce to share with community members. The garden will provide a space to teach others about the benefits of gardening, composting and how to be a little more self-sufficient while reducing waste and benefiting the environment. This first year will see the establishment of 5-6 communal beds and if funding allows 1-2 individual beds for families. As partners, the Newfoundland Horticultural Society will provide guidance on crop/plant selection, and a local Girl Guide group will help with garden labour. Funds from the grant will be used to purchase garden materials, watering supplies, seeds, and starter plants.