

## Wellness Coalition-Avalon East: Funded Wellness Projects

February 2024

### **Choices for Youth - Grow Well: Youth Programming at the Choices for Youth Community Garden**

The goal of this project is to engage more youth in the Choices Community Garden by developing educational programming and opportunities for active gardening. This will be achieved by consulting with youth about garden planning, having dedicated volunteers to lead educational sessions on planting and plant care, and hosting bi-monthly drop-in sessions for youth who want to give gardening a try. The partner for this project is The Home Depot who will assist with plant day activities and provide in-kind materials. Grant funds will go towards healthy snacks, lead volunteer stipends, seeds, plants, and other garden supplies.

### **Common Ground Community Development Corporation - Expansion of Vegetable Garden**

Common Ground has constructed a community garden with 16 raised vegetable beds that grows food that is donated to local charities/community-serving organizations. The site serves as an educational facility that provides volunteer and training opportunities and will also provide workshops on a variety of gardening topics. This project will focus on a 250 square foot expansion of the garden to allow for an increase in the variety and quantity of fresh organic vegetables. As the partner, Food Producers Forum will assist with volunteer recruitment and public promotion of the garden project. Funds will be used for garden soil and soil amendments.

### **Froude Avenue Community Centre - Little Chefs Program**

The main goal of this project is to provide hands-on, independent cooking experiences for young children and teens by offering weekly cooking classes. Each week, youth will help plan, implement, participate, and help supervise with all meals and activities. Children will also learn about food safety, good nutrition, and healthy choices all while doing it in a fun interactive way. Guardians or family members will participate in two of the sessions. Partners include West Heights and Chalker Place Neighbourhood Centres. The grant will be used to purchase ingredients for the sessions, kitchen supplies, meal carry bags, and aprons.

### **MacDonald Drive Elementary School - Stretch Your Mind & Body: Promoting Wellness in K-6 Students Through Yoga & Health Literacy**

The purpose of this project is to provide opportunities for our students to develop strategies that support their overall well-being through the use of yoga, mindfulness, and social-emotional learning. Through partnering with Newfoundland and Labrador Public Libraries, the school will identify quality

literature related to yoga, mindfulness, and social-emotional learning. Students will then participate in sessions that use these resources along with activities such as yoga poses, mindfulness, and positive affirmations to develop practices that support their mental and physical wellness. Funds from the grant will purchase yoga mats and selected children's literature.

### **Neurodivergent's Insides Out (NIO) Inc. - NIO Insides Out**

NIO! Inc's mission is to create opportunities for neurodivergent individuals to explore personal aptitudes and interests through a variety of creative endeavors. Participants will attend eight weekly sessions where they will be given the time, space, tools, materials, and supportive environment to explore various mixed-media creative activities. For example, puppetry, jewelry-making, paper mâché, knitting, and sewing. Space for the activities is provided by the partner, The Autism Society. The grant will be used to purchase activity supplies and for participant transportation.

### **Rabbittown Community Centre - Mental Health First Aid Training**

Rabbittown Community Centre is partnering with the Rabbittown Tenants Committee to host Mental Health First Aid Training for centre staff, committee members, and community members. The community has noticed an increase in mental health concerns. It is hoped that the training, facilitated by the Canadian Mental Health Association -NL, will give participants a better understanding of mental health, and how to support those in their neighbourhood who are experiencing mental health issues. Funds will go towards the cost for facilitation and training materials.

### **St. Augustine's Elementary School- Taste Test Tuesdays**

St. Augustine's Elementary School is collaborating with the School Lunch Program to increase awareness and educate students about the benefits and healthy choices offered by the School Lunch Program. A series of themed tasting events will introduce students to menu items they may be reluctant to try by creating fun activities that celebrate the culture and nutritional value of the food. The school will also seek input from NL Health Services (Health Promotion Division) on recipe and activity ideas. Money from the grant will go towards event materials and extra food ingredients.

### **St. John Bosco School -Wellness Wednesdays**

This project is building on the school's activities during Bell Let's Talk Day and aims to help the junior high students improve their mental health, build skills for healthy eating, and improve positive relationships. Every three weeks the students will have the opportunity to select an activity of their choice that is not normally part of the curriculum. For example, cooking skills, yoga, netmaking, mindfulness or art. The school will engage with community members to offer instruction in these areas. The grant will support healthy eating activities through the purchase of blenders, bakeware sets, and ingredients.

**St. John's Retired Citizens' Association – Low-Impact Exercise for Seniors**

The goal of this project is to address the needs of seniors who are looking to be more active and to socialize with others. Feedback from seniors indicates a need to add a low -impact fitness session for those in the group who have mobility and other issues and find the current fitness offerings too physically demanding. Working with a fitness instructor, the association will develop a program focused on balance, stretching, strengthening, and light cardio. The partner for this project is the Ukrainian Cultural Association on NL who will engage members of their senior community to participate. Funds will cover the cost of instructor fees for twice-weekly classes.

**St. Michael's Regional High School -Youth Ball Hockey League**

St. Michael's Regional High School will partner with the Boys and Girls Club Bell Island to offer an afterschool ball hockey program during evenings and weekends. It is anticipated that 60-100 youth will participate. The grant will support the purchase of ball hockey nets, sticks, and balls.