



# WELLNESS GRANT APPLICATION FORM *(formerly CDP)*

SUBMIT FAX COMPLETED FORM TO 250-493-5541 OR SUBMIT TO:  
 CMHA-SOS, #102-1873 MAIN ST. PENTICTON, BC V2A 5H2

### What are Wellness Grants?

WELLNESS GRANTS provide an opportunity for people with lived experience with mental health problems (PWLE) to access activities beneficial to wellness and recovery that they would otherwise be unable to afford. This may include fitness activities, educational courses, fees for instruction, artistic pursuits, or artistic supplies. Individuals can apply for grants up to a maximum of \$350.00 per fiscal year.

### WELLNESS GRANT APPLICATION FORM

NAME			
PHONE NUMBER		SECONDARY PHONE	
EMAIL		ADDRESS	
NAME OF MENTAL HEALTH WORKER			
MENTAL HEALTH WORKER PHONE			

### WELLNESS GRANT DETAILS

Are you on PWD and/or low income?  Yes  No

Are you over the age of 19?  Yes  No

Please check off box with one choice:

- FITNESS/RECREATION
- EDUCATION COURSE
- ARTS & CRAFTS INSTRUCTION
- ART SUPPLIES

Please provide details about the course/activity or the art supplies:

Does your course/activity have a start date?  Yes  No

If yes, when does it start?



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WELLNESS GRANT DETAILS CONTINUED	
<p>How much does your activity or art supplies cost?</p> <p>\$ _____</p>	<p>Who is the cheque payable to?</p> <p>Please note- the cheques cannot be payable to you.</p> <p>_____</p>
<p>Please provide a breakdown of costs (i.e., registration fees, how many lessons/classes etc.)</p>	

MAKING YOUR PROPOSAL TO THE WELLNESS GRANT COMMITTEE
<p>If you need more space to present your request, please attach another sheet of paper to this form.</p> <p><b>In your own words, please tell us why you believe a Wellness Grant will benefit you. You may wish to include mental, physical, and social reasons, as well as personal experience:</b></p>

### IMPORTANT INFORMATION ABOUT WELLNESS GRANTS

- The grant does not reimburse for activities paid for, nor advance funds retroactively. Cheques are made out to the service provider, not the applicant.
- The Wellness Grant committee will contact you if they have questions about your application.
- The Wellness Grant Committee will not fund the following: bicycles, computers, iPads, cell phones, psychotherapy, medications, alternative therapies, medical or dental treatment and supplies, clothing, shoes, personal hygiene items, household items, rent, utilities, bill payments, insurance, ID in any form, licenses, anything that can be resold and any business expenses.