

## Who Can Apply for Wellness Funds?

**Any non-profit community group and/or organization** that has been together for a minimum of six months and is able to receive, manage and track funding can apply for Wellness Funds.

## Who Is Not Eligible to Apply for Wellness Funds?

Groups that **cannot apply** are:

- Individuals;
- For profit groups/organizations; and,
- Provincial and Federal Government Departments.

These groups may be partners in projects that apply as long as the applicant is a non-profit and the partnership is community-led.

Funds cannot be used for operational purposes by the Nova Scotia Health Authority (NSHA) or CHBs.

Submit completed applications to:

[centralCHBs@nshealth.ca](mailto:centralCHBs@nshealth.ca)  
[easternCHBs@nshealth.ca](mailto:easternCHBs@nshealth.ca)  
[northernCHBs@nshealth.ca](mailto:northernCHBs@nshealth.ca)  
[westernCHBs@nshealth.ca](mailto:westernCHBs@nshealth.ca)

**or mail to:**

Community Health Board,  
40 Freer Lane, Suite 3221,  
Lower Sackville, NS B4C 0A2

## Where Can I Learn More?

You will find the Wellness Fund Application, FAQ, the CHB Community Health Plans and lots of additional information on our website at:

[www.communityhealthboards.ns.ca/wellness-funds](http://www.communityhealthboards.ns.ca/wellness-funds)

You can also call your local CHB or CHB Coordinator.

To find a CHB Coordinator near you visit:  
[www.communityhealthboards.ns.ca/find-your-chb/](http://www.communityhealthboards.ns.ca/find-your-chb/)



## Community Health Boards

“Community partnerships and a voice for a healthier future”



## Wellness Funds



Pride Flag Raising (Amherst, NS)

## How Can I Apply?

You must fill out a Wellness Fund application, available for download from:

<https://www.communityhealthboards.ns.ca/wellness-funds>

Applications can be submitted by email or mailed in.

*“I am so proud to be a CHB member when I see the amazing Wellness Fund applications. Community groups think of the best projects to make their communities healthier, happy and stronger. Wellness grants are good for the community, good for you, and good for the people they help!”*

–Debbie MacInnis, Chair  
Central Cape Breton County CHB

## APPLICATION DEADLINE: OCTOBER 15TH



## Wellness Fund Project Examples

There are lots of great examples of Wellness Fund projects that have been led by local community groups and supported by the CHBs through Wellness Funds. Here are just two of the many:

**Get Up, Get Out** (Guysborough, NS): This project was designed to increase opportunities for seniors to participate in various activities that were culturally relevant to them and which they would normally have no opportunity to participate in due to transportation barriers.

**Garden To Plate Project** (Berwick, NS): This project aimed to create accessible, beautiful and edible green spaces, using sustainable practices to increase urban agriculture and empower the community through learning new skills and learning to grow produce.



SOUP Project –Sharing Our Unappreciated Produce (Kentville NS)

## What are Community Health Boards?

Community Health Boards are groups of volunteers from your community. They work together to improve health & wellness where we live, work, play and learn.

They focus on the many factors that affect health in our communities including income, education, food security and sense of belonging, among others.

## CHB Wellness Funds

Wellness Funds are funding grants that are awarded to community groups to implement projects that address one or more of the CHB Community Health Plan priority areas and address the factors that influence the health of our communities. Grants are made possible by annual funding from NSHA.