# Template: Wellness Proposal

|  |  |
| --- | --- |
| **Outdoor Recreation and Physical Activities (Physical Domain)** | **Budget $** |
| * Weekly recreation activities-hiking, cycling, skiing, horseback riding, rock climbing
* Water-based activities – kayaking, canoeing, rowing
* Community events & outings
* Passes, transportation, equipment rental and instruction
* Seasonal Activities: Fall/Winter/ Spring/ Summer series
 | /Year |
| Youth initiatives for Outdoor Activities (nature/land based programming):* Initiatives to be developed by the Youth Advisory & Peer Engagement workers
* Mentorship from healthy role models, sports teams, athletes
* Indigenous land-based programming
* Group, team or individual
* Community Partnerships (Parks & Recreation, YMCA/YWCA, camps, local organizations)
 | /Year |
|  |  |
| **Wellness and Leisure exploration (Social /Emotional Domains)** |  |
| Recreation exploration fund:* A fund to trial new leisure activities and promote interest/skill development
* Could include: drop-in punch cards for local community recreation facilities - Yoga, Mindfulness, weight rooms, swimming pool
* Opportunity to sustain friendships and social connections
* Low barrier
* Gender diverse programming
 | /Year |
| Life Skills/Self Care:* To promote independence/ community inclusion
* Funds could include:

Hair cuts vouchers, clothing, food vouchers, loaded compass cards | /Year |
| ‘Special Projects’ Fund Creation of a youth-led project: * Peer-led but Foundry supported with a small budget.
* Youth driven and peer/staff supported.
* Could include: Community Garden, Community Special events & Cultural celebrations
* Opportunity for Youth Leadership
 | /Year |
|  Leisure groups:* In house drop-in and structured group activities
* Instructor fees or honorariums
* Guest speakers
* Social media awareness & use
* Friendship/social groups
* Other youth initiatives
 | /Year |
|  |  |
| **Arts and Culture (Cultural & Spiritual Domain)** |  |
| Cultural opportunities and programming; community partnerships with Elders and teachers:* First Nations culture and wellness
* Youth driven initiatives
* Land-based programming
* Dreamcatcher workshop
* Holistic wellness workshops with Elders
* Drumming
* Cedar bark weaving
* Sweat Lodge
* Fishing
* Costs to include honorariums for elders and cost of supplies
 | /Year |
| Art ExplorationExploring visual, expressive arts and mixed media:* Art Therapy and/or classes
* Dance
* Creative writing; journaling
* Local art galleries, dance studios
* Contract Art Therapist & Music Therapist
* Music – rap, hip hop
* Paint Party
 | /Year |
|  |  |
| **Peer Engagement** |  |
| Peer Support hoursOngoing peer support to facilitate youth engagement in recreation and wellness activities. | /Year |
| Youth EmpowermentYouth honorarium fund to empower youth ‘mentors’: * Youth volunteer & leadership opportunities
* Open Studio
* Engagement Strategies for sustaining Wellness initiatives
* Youth feedback on Wellness initiatives
* Digital Storytelling
 | /Year |