# Template: Wellness Proposal

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| **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 |
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| **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 |
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| **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 Exploration  Exploring 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 |
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| **Peer Engagement** |  |
| Peer Support hours  Ongoing peer support to facilitate youth engagement in recreation and wellness activities. | /Year |
| Youth Empowerment  Youth 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 |