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# **Valley First Community Endowment**

**2021 Grant Recommendations**

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| **Organization Name** | **Community** | **2021****Grant**  |
| Karis Support Society\*\* | Kelowna | $10,025 |
| ***Parenting Recovery Program*** is a facilitated, recovery-focused residential parenting program offering resources, information, and skill development for women in recovery from addiction. The women are pregnant, parenting and/ or in the process of having their children returned. |
| The Penticton and Area Access Centre | Penticton | $8,475 |
| ***RISE Program -*** RISE stands for Releasing and Integrating Strong Emotions and helps clients learn to understand and cope with anger and other strong emotions. These group sessions increase participants self-esteem, their understanding of anger and gives them the tools and support resources to help them to continue a path of success.  |
| Penticton Recovery Resource Society\*\* | Penticton | $5,025 |
| ***Discovery Healthy Living – Food, Garden and Nutritional Program*** serves between 40-68 men per year. The program highlights innovative solutions to food security and enhances employment opportunities by providing training in Food Safe, food preparation, gardening, budgeting, and inventory control.  |
| Canadian Mental Health Association (CMHA)\*\* | Vernon | $2,525 |
| ***Our Farm Friends Program –*** CMHA Vernon is seeking funding to run and expand our Farm Friends program, from June to September 2021. The program serves those living with mental illness and/or addictions and their family members by building resiliency, creating community engagement, and reducing isolation. |
| Archway Society for Domestic Violence | Vernon | $10,025 |
| ***Child-Centered Family Therapy -*** Family Therapy is provided to families where children have suffered abuse or sexual assault in order to regain optimal family functioning and parenting capacity after trauma. The therapist works with families, in pairs and at an individual level. |
| Okanagan Fruit Tree Society\*\* | Kelowna | $10,025 |
| ***2021 Fruit Gleaning Program*** rescues produce that would otherwise go to waste from backyard farms and orchards. Supporting local social service agencies and the clients they serve with produce donations, thus increasing access to local fruits and vegetables. |
| South Okanagan Immigrant and Community Services\*\* | Penticton | $5,005 |
| ***Building a Stronger Community through Immigrant Civic Education*** is an engagement program involving 10 immigrant residents from the South Okanagan-Similkameen Region to build their capacity to understand and participate in local, regional, and municipal service and community planning processes. |
| NexusBC Community Resource Centre\*\* | Vernon | $10,025 |
| ***Community Connect Resource Program*** connects people with resources to promote a healthy and sustainable community by equipping individuals and service agencies with education, resources, promotion, community navigation, social prescription, and referrals***.*** |
| Pregnancy Care Centre Society\*\* | Kamloops | $10,025 |
| ***Holistic Wellness Initiative – Moving Forward from Surviving to Thriving*** works with moms identifying areas for growth by completing personal assessments. Peer Mentors guide the moms so they can set goals and develop action plans for their family’s future. |
| Kelowna Community Resources (KCR)\*\* | Kelowna | $10,025 |
| ***The Family Hub–*** A safe welcoming space for vulnerable families that offers a holistic approach to strengthening those at risk. This program fosters independence and pride, teaching basic skills to children aged 7 -12 at the same time as parents/caregivers can participate in a self-care program.  |
| Autism BC | Kelowna | $5,025 |
| ***Siblings Support Group –*** supports the unique psychosocial needs of siblings of autistic children, and to help children, youth and families affected by autism feel less isolated and alone, feel emotionally healthy and confident, and feel a greater connection to their community.  |
| MADD  | Valley First Region | $5,025 |
| ***2021-2022 School Assembly Program,******MADD Canada*** developed the ***School Assembly Program*** to teach youth in grades 7-12 new skills and information including the consequences of impaired driving, alternatives to driving impaired and to plan ahead and call 911 if they see a suspected impaired driver.  In 2021-2022 approximately 1,000,000 students will see the presentation at 9 schools in the Valley First region including Armstrong, Lumby, Oliver, Penticton, Princeton, Vernon, Kamloops, and Kelowna. |
| BeaYOUtiful Foundation | Valley First Region | $8,025 |
| ***Digital Six-week Confidence Program*** for girls 8 to 14 in Armstrong, Kamloops, Kelowna, Oliver, Penticton, Vernon and West Kelowna. The program focuses on body positivity, confidence, goal setting, and media literacy, taught by inspirational female leaders. |
| BrainTrust Canada | Valley First region | $10,025 |
| ***Caregiver Support Program* –** for caregivers of loved ones diagnosed with acquired brain injury in the Central Okanagan. This program is offered in person and remotely. Caregiving burnout is common as caregivers often struggle to find balance for themselves and care for their loved ones. |
| YMCA of Okanagan\*\* 2017, 2018, 2019, 2020 | Kelowna | $13,525 |
| ***YMCA Young Parents Program – KSS Childcare*** provides support, food, and incidentals for up to 25 At-Risk Young Parents (and up to 30 of their infants) who are returning to Kelowna Secondary School with children as young as 6 weeks old. These parents (15-18 years) face housing, mental health, life management and educational concerns and have often experienced drug and alcohol issues, sexual exploitation, and/or abuse. The goal of the program is to provide comprehensive childcare while supporting the young parents in their education and future goals.In 2020, First West Foundation and First West Credit Union Community Investment extended its partnership providing a full-time program facilitator to support program participants. |
| ***TOTAL***  | ***$122,805*** |

*\*\*Organization has received funding in previous years*