

Mindful Campuses

Canada Life's [Workplace Strategies for Mental Health](#) is dedicated to supporting post-secondary institutions to achieve wellness for staff, students and faculty. We're collaborating on an initiative with [Mindful Employer Canada](#) (MEC) called Mindful Campuses.

Mindful Campuses offers grants of \$2,000 for a limited number of Canadian post-secondary institutions that agree to meet the following criteria:

- Host any two Workplace Strategies for Mental Health workshops [from this list](#). One workshop must be for staff and faculty and one must be for students between Sept. 1, 2025 and May 1, 2026.
- All workshops on clwsmh.com have a facilitators guide, slide presentation and participant handout ready for you to use.

Use of funds

- Funds can be used for purposes related to improving psychological health and safety of staff, students and faculty.
- **Example:** Use funds from this grant to print the workbooks for the workshop.
- **Example:** Use up to 50% of the allotted grant to help offset the costs of a co-ordinator for wellness activities that include students, staff and faculty.
- **Example:** Use funds to support student well-being by offering grocery gift cards or supporting community fridges.

Reporting requirements

Coordinators must submit their Mindful Campuses final report by May 8, 2026 to quantify the impact of Mindful Campuses on staff, student and faculty and provide testimonials and participation rates.

This must be done by:

- Completing the Mindful Campuses report using the template that will be provided in your toolkit.

Below are the social media handles and hashtags that should be included in each post

Social media posts are not a requirement for the Mindful Campuses grant. If you choose to share information about your grant or experiences on your social channels please tag us so we can follow along on your journey.

Workplace Strategies:

LinkedIn @Workplace Strategies for Mental Health

Mindful Employer Canada:

LinkedIn @Mindful Employer Canada

Instagram @MindfulEmployerCanada

Facebook @Mindful Employer Canada

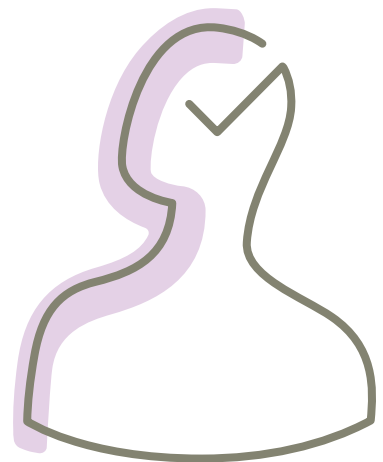
Hashtags:

#MindfulCampuses, #WorkplaceStrategies

Submit completed applications by July 18, 2025. They'll be reviewed by Mindful Employer Canada and the successful applicants will be announced on July 30, 2025.

All activities related to this funding must be completed within the next school year (September 2025 - April 2026).

If your institution is interested in applying for this grant, please complete the following application by July 18, 2025 and submit to Sarah Jenner, executive director, Mindful Employer Canada at Sarah@mindfulemployer.ca.



Application

How could the Mindful Campuses grant benefit your institution?

If you've received the Mindful Campuses grant previously, were you able to meet all requirements?

Yes

No. Please explain why.

Institution information

Legal name of institution: _____

Address: _____

Charitable registration number*: _____

*Only institutions with charitable numbers can be considered

Contact information for the person with signing authority on behalf of your institution, who has given permission to apply:

Name: _____

Title: _____ Email address: _____

Contact information for the person applying on behalf of the institution:

Name: _____

Title: _____ Email address: _____

Total number of:

Students: _____ Faculty: _____ Staff: _____

Contact information for the person to whom we should send the cheque:

Name: _____

Department: _____

Street address: _____

City: _____ Province: _____ Postal Code: _____

(Note that the cheque must be made out to the institution rather than to an individual)

Planning committee information

Contact information, including roles, for all of those on the planning committee. If not yet known, please advise when appointed.

Name: _____ Title: _____

Email: _____ Phone: _____

Committee role: _____

Name: _____ Title: _____

Email: _____ Phone: _____

Committee role: _____

Name: _____ Title: _____

Email: _____ Phone: _____

Committee role: _____

Name: _____ Title: _____

Email: _____ Phone: _____

Committee role: _____

Name: _____ Title: _____

Email: _____ Phone: _____

Committee role: _____

Project description and cost information

Please provide a breakdown on how you plan to use the funds:

Program requirements	Detailed description of how requirement will be met	Estimated cost
Detail how you'll promote the two workshops to staff, students or faculty and the anticipated numbers.	Estimated number of staff to participate:	\$
	Promotion strategies:	
	Estimated number of students to participate:	\$
	Promotion strategies:	
	Estimated number of participating faculty:	\$
	Promotion strategies:	
Detail how you'll facilitate the workshops (such as location, room set up and number of people expected).		\$
Please describe how you'll collect the data necessary to complete the Mindful Campuses report. We're specifically looking for how this program: <ul style="list-style-type: none"> • Helps support psychological health and safety for students, staff and faculty. • Increases knowledge of well-being tools and resources. 		\$
TOTAL		\$

Please provide details of your institution's cash or in-kind support for the project.