

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 a workshop to facilitate the completion of Plan for Resilience for staff and faculty and From Surviving to Thriving for students before March 15, 2024.
- Both tools help participants build resilience and manage stressful situations. The fillable workbooks are available digitally at no cost from:
workplacestrategiesformentalhealth.com/employee-resources/plan-for-resilience and
workplacestrategiesformentalhealth.com/resources/post-secondary-student-resilience.
- A facilitator's guide and slide presentation are available at no cost. In some cases, a volunteer facilitator may be available. Contact karen.quero@canadalife.com to inquire.

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 for a speaker or an additional program.

Reporting requirements

Coordinators must submit their Mindful Campuses final report by March 15, 2024 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.
- 5 or more social media posts, including at least one video 30 seconds to 2 minutes in length that includes information about participation and testimonials, and tags Workplace Strategies and MEC.

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

Workplace Strategies:

LinkedIn @Workplace Strategies for Mental Health
Twitter @Workplace_MH

Mindful Employer Canada:

LinkedIn @Mindful Employer Canada
Instagram @MindfulEmployerCanada
Facebook @Mindful Employer Canada

Hashtags:

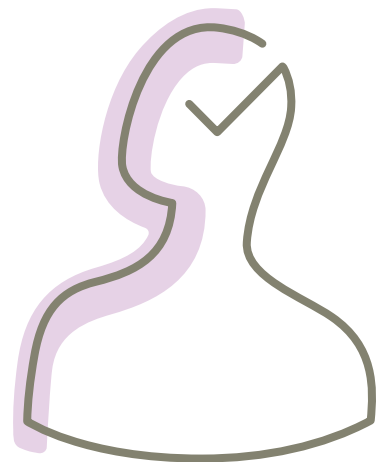
#MindfulCampuses, #WorkplaceStrategies, #FromSurvivingToThriving,
#PlanForResilience

- Other creative ideas for reporting results will be considered if approved in advance by MEC.

Submit completed applications by July 5, 2023. They'll be reviewed by Mindful Employer Canada and the successful applicants will be announced on July 12, 2023.

All activities related to this funding must be completed within the next school year (September 2023 - March 2024).

If your institution is interested in applying for this grant, please complete the following application by July 5, 2023 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: _____ 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
<p>Detail how you'll promote the resilience workshop to each of staff, students or faculty, and the anticipated numbers.</p>	<p>Estimated number of staff to participate:</p>	\$
	<p>Promotion strategies:</p>	
	<p>Estimated number of students to participate:</p>	\$
	<p>Promotion strategies:</p>	
	<p>Estimated number of participating faculty:</p>	\$
	<p>Promotion strategies:</p>	
<p>Detail how you'll facilitate Plan for Resilience and From Surviving to Thriving (such as location, room set up and number of people expected).</p>		\$
<p>Please describe how you'll collect the data necessary to complete the Mindful Campuses report. We're specifically looking for how this program:</p> <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, including Plan for Resilience and From Surviving to Thriving 		\$
TOTAL		\$

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

[Empty text area for providing details of institutional support]