

**2017-18 Burlington Foundation Large Grants**

ORGANIZATION	TITLE	PROGRAM OVERVIEW	AMOUNT GRANTED
<b>Alzheimer Society of Brant, Haldimand Norfolk, Hamilton Halton</b>	A Time for You: Caregiver Wellness Day	The Alzheimer Society leverages its own and community resources to deliver health promotion, advocacy and support services to people with dementia, those at greatest risk of developing dementia and their carers. This grant will support a one day retreat for caregivers of persons living with dementia to recharge their “batteries” so that they can continue to provide the support they do each and every day. The purpose of this retreat is to provide caregivers a day long respite break from their daily caregiving routines. The activities of the day will be focused on providing relaxation, stress reduction activities and motivational activities for the caregivers. Specifically, this grant will cover the costs of the respite for the persons living with dementia while the caregivers are at the retreat.	\$ 4,000.00
<b>ArtHouse for Children and Youth</b>	Within Reach	ArtHouse is a Halton-based Organization that provides safe and accessible FREE arts programs led by professional instructors for young people aged 7-17 and Take Sixty-Five programs for isolated seniors. This grant will go to support the Within Reach programs for youth and seniors designed to build Grit and Resilience through the Arts that will include special mental health workshops for Instructors and Community Partners and that will produce measurable outcomes to monitor successes and future opportunities. Within Reach’s Project will: <ul style="list-style-type: none"> <li>Focus on Program delivery in four areas that have been proven to support positive mental wellbeing: Music, Drama, Dance and Art</li> <li>Provide leadership training with specialized Mental Health Workshops to instructors, school staff and agency partners</li> <li>Offer Mental Health First Aid Workshops to ArtHouse instructors and key staff – partnership with CMHA;</li> <li>Measure our Outcomes going beyond quantitative indicators by strengthening our Qualitative tools</li> </ul>	\$ 4,000.00
<b>Conservation Halton Foundation</b>	Healthy Neighbour- sheds Workshop Series	Conservation Halton Foundation is a registered charitable organization that raises funds for stewardship and education about our natural environment. This grant will support Healthy Neighboursheds workshop series consisting of 3 individual workshops that focus on gardening and landscaping as well as the implementation of low impact development type projects to manage rain water around their homes and properties. The following are short descriptions of each workshop: <ul style="list-style-type: none"> <li>Workshop 1: Getting Started! Introductory homeowner workshop</li> <li>Workshop 2: Working with Nature: Selecting the "Right" Plants</li> <li>Workshop 3: Rain Gardens &amp; Low-Impact Landscaping</li> </ul> Each workshop has a different set of engaging speakers from Conservation Halton as well as speakers from other agencies or partner organizations. Workshops participants leave the workshops with applicable knowledge, as well as a helpful guidebook/workbook that they can use to plan out their own projects.	\$ 4,000.00

<b>Distress Centre Halton</b>	Telecheck	<p>Distress Centre’s Mission is to support people in our community so they can cope better with crisis, loneliness and emotional stress. They do not define crisis. They do not judge. Anyone can call day or night. The Telecheck program will provide outbound calls to those with mental health issues to decrease the possibility of decompensation, bridge services of the Canadian Mental Health Associations' Community Outreach Team when needed, and decrease reliance on costly downstream interventions.</p> <p>Goals:</p> <p>Connect with Halton patients who have been recently discharged from a hospital or who presented at an Emergency Department for a mental health concern to ensure that they are functioning well following discharge, and have made necessary connections with both formal community resources and informal support networks.</p> <p>Reach out to older adults who are experiencing social isolation and loneliness to ensure that they are supported and connected to help them age well.</p> <p>Support older adults to maintain their independence and provide caregiver support to those caring for older adults.</p>	\$ 5,000.00
<b>Food for Life Canada Charitable Corporation</b>	Nourishing Burlington's Seniors	<p>Food for Life's mission is to source and distribute fresh nutritious food to those in need through community partnerships. This grant will enhance senior’s food programs in Burlington through engagement, food offerings and resources. The project will ensure that seniors in low income situations are provided access to healthy, nutritious food that is suitable to maintain their health and wellness. This will be done through the following initiatives:</p> <ul style="list-style-type: none"> <li>· Survey seniors to determine what their food needs are, what their cooking facilities are and how they would enhance the food program in their building to better suit their needs.</li> <li>· Increase participation in the program through awareness campaign in buildings</li> <li>· Ensure increased food supply, and seniors friendly food available in sufficient quantity to match service growth</li> <li>· Provide educational tools that would serve senior’s abilities to cook and eat nutritious foods at home</li> </ul>	\$ 8,000.00

<b>Food4Kids</b>	Healthier Summers	<p>Food4Kids provides a supply of healthy foods for school students from at-risk, low-income or disadvantaged homes with little or no food during weekend periods and during the summer months.</p> <p>This grant will build upon experience and research to create a more valuable, impactful and healthy Summer Feeding Program for families in Burlington.</p> <p>Food4Kids is utilizing their unique position to create an improved Summer Feeding Program. By delivering to the homes directly, they have removed the usual food bank barriers of transportation and opening times. This year will be the fourth year of operating a summer program so they have experience and feedback about what families actually want to receive.</p> <p>Parents will know that their children will be able to have a healthy, balanced diet that will keep them active and strong throughout the long summer months. With this boost in the summer, the children can return to school ready to learn, grow and play just like their peers.</p>	\$ 7,000.00
<b>Halton Black History Awareness Society (HBHAS)</b>	Halton Freedom Festival	<p>The Halton Black History Awareness Society (HBHAS) is learning, uncovering and promoting Canadian Black History towards a progressive, inclusive future through art, music, theatre, literature, spoken word; educational, historical and genealogical forums and community collaboration.</p> <p>This grant supports a free 2nd year Halton Freedom Celebration Festival to take place at Spencer Smith Park, Burlington on August 4, 2018 inclusive of two youth musical and dance groups.</p> <p>All HBHAS events are geared towards bringing the public together to appreciate the benefits of an inclusive society, learn about available multi-cultural and diversity resources; prepare for the continuing rapid increase of visible minorities and new immigrants; support the progressive development of marginalized youth and augment Halton's status as a Canadian Cultural Leader. The Halton Freedom celebration will bring together the general public, community leaders and educators, historians, genealogists; inclusivity, multi-cultural and multi-faith groups; and community service providers. This event will be substantive in evolving our diversified communities; appreciating the values of cultural history and diversity; appreciating multi-culture music, food, crafts, and community services; welcoming newcomers to the community as well as Canada-wide and international tourists and celebrating the British Emancipation Act and our Canadian pioneering in abolishing Black slavery through the 1793 Anti-Slavery Act developed by Lord John Graves Simcoe – Ontario's First Lieutenant Governor.</p>	\$ 5,000.00

<p><b>Halton Down Syndrome Association (HDSA)</b></p>	<p>Early Foundations Reading Program</p>	<p>Halton Down Syndrome Association (HDSA) improves the quality of life for people with Down syndrome and their families. They envision a world where children with Down syndrome become responsible, self-sufficient, fully integrated members of the community who are accepted by their peers and able to lead happy, productive lives.</p> <p>This grant will help HDSA build their capacity to address the current and future literacy needs of youth with Down syndrome. Their goals are to increase program capacity and to bring our evidence-based reading program to more youth with Down syndrome. Over the course of 3 years, HDSA will strategically build the capacity of their reading program by 87%. This grant request addresses program growth needs in the first year of expansion. The grant will support the following objectives:</p> <ol style="list-style-type: none"> <li>1. Recruit and train an additional teacher to deliver the Early Foundations reading program</li> <li>2. Adapt our program evaluations to effectively capture learning outcomes and meet the research needs of the Down Syndrome Research Foundation</li> </ol>	<p>\$ 4,090.00</p>
<p><b>Hamilton Philharmonic Orchestra (HPO)</b></p>	<p>HPO's Music Literacy Program</p>	<p>The Hamilton Philharmonic Orchestra is committed to enriching and serving the cultural life of the region. They aspire to excellence in live music performances and community engagement through vibrant programming.</p> <p>This grant supports HPO's Music Literacy Program that provides engaging orchestral performances and music education workshops for children and seniors in Burlington. In partnership with the Burlington Public Library, the HPO's Music Literacy Program will provide engaging orchestral performances and music education workshops for children and seniors in Burlington. Our activities will include:</p> <p>Seniors' Program</p> <ul style="list-style-type: none"> <li>• Five one-hour presentations led by HPO's Composer-in-Residence.</li> <li>• One free public performance by an HPO chamber ensemble.</li> </ul> <p>Children's Program</p> <ul style="list-style-type: none"> <li>• Three storytelling workshops presented by HPO's Composer-in-Residence.</li> <li>• Two discovery workshops with HPO chamber ensembles.</li> <li>• These are one-hour interactive performances by an ensemble of HPO musicians that introduce children to the instruments of the orchestra and their various sounds.</li> </ul>	<p>\$ 10,000.00</p>

<p><b>Open Doors of St. Christopher's</b></p>	<p>Life in Colour!</p>	<p>Open Doors is a volunteer-driven community hub with 15 programs that strive to strengthen community. They offer community meals, kids and youth clubs, a free clothing store, parenting groups, free counselling, a fresh food box service, community garden and food bank.</p> <p>Our grant will support Life in Colour! to develop creative, recreational programming for youth, families, and seniors to engage over the summer on a drop-in basis. The goal is to provide opportunities for participants to improve connectedness (reduce social isolation), activities that create meaning, increased social participation. It will be rolled out in four elements:</p> <p>Youth drop-in sports (weekly) - Drop-in programming with emphasis on keeping kids active during the summer</p> <p>Art Hive4 (weekly) - The art hive will inspire experimentation with diverse media and be a place to make a mess, ask questions and discover new things, both personally and collectively.</p> <p>Creative living workshops - Led by special guests and staff. Will take place on Saturday mornings and involve intergenerational community art and skills workshops which encourage the young and the old to work together.</p> <p>Visual journaling for seniors - This will be a series of workshops in which seniors in the community learn to journal in a new way.</p> <p>Together, these program elements will welcome community members from a variety of our current programming in a fun new way.</p>	<p>\$ 10,000.00</p>
<p><b>Shakespeareance Performing Arts</b></p>	<p>The Shakespeareance Extended School Experience</p>	<p>Shakespeareance develops essential soft skills such as critical thinking, problem solving, creativity, empathy and teamwork by enhancing character, confidence and communication skills in young people in Grades 3-12. After delivering a popular, critically acclaimed in-class workshop to thousands of schools as an "event," Shakespeareance is seeking to satisfy the request of a number of teachers who have asked us to expand what we offer from an annual "one-off" to a series of multiple visits that would allow us to explore any text under consideration in a much more comprehensive, in-depth way.</p> <p>Since 1998, Shakespeareance has been visiting classrooms all over the GTA, the UK, the Middle East and the US with its critically acclaimed seventy-five minute, period long workshop. The program has offered to look at any scene of any act of any play in the canon students in Grades 3-12 might be studying and, by approaching them with an actor's eyes, tools and skills, demonstrate to kids of various academic, socio-economic and cultural backgrounds between the ages of 8 and 18 that the language found in Shakespeare's plays is nothing to be afraid of. The grant will support expansion of the workshop's reach to make multiple visits to the same school to work with the same students over a longer period of time. This will provide the experience for two schools five times each to offer a more in-depth and comprehensive version of the program.</p>	<p>\$ 2,500.00</p>

<p><b>Symphony on the Bay</b></p>	<p>Young Artists Competition</p>	<p>Symphony on the Bay (SOTB) is a community symphony orchestra serving Hamilton, Burlington and surrounding areas. The orchestra consists of 50 community musicians, 7 core professional musicians and a professional music director/conductor.</p> <p>This grant will support the Young Artists Competition and provide performance opportunities for local youth orchestras and choral groups. The Young Artists Competition is an important SOTB community outreach program in collaboration with the music teachers of our region. To qualify for this competition, young aspiring musicians from our region are selected by a panel of professional adjudicators to perform as soloists with the orchestra. Winners of the competition also receive a bursary to help them with their future music studies.</p>	<p>\$ 3,300.00</p>
<p><b>The Lighthouse Program for Grieving Children</b></p>	<p>Grief Resource, Education and Training Enhancement</p>	<p>The Lighthouse Program for Grieving Children provides peer support for grieving children, youth, and their families in the Halton and Peel area. They offer open-ended, on-going grief support groups to help children and their families re-adjust after the death of a parent or sibling.</p> <p>The Grief Resource, Education and Training Enhancement project will position Lighthouse to diversify our specific loss support group offerings, improve and enhance our support group volunteer facilitator training, and increase expertise so to allow them to build our communities' capacity to support bereaved children and their families outside of the four walls of the Lighthouse.</p> <p>This grant will cover the cost of two Grief and Bereavement seminars, taught by Dr. Alan Wolfelt, at the renowned Center for Loss and Life Transition. This investment in their professional staff will increase their knowledge and expertise so that they may enhance and improve their volunteer support group facilitator training and offer more specific loss group to their participants. In addition, they will share their learning with other professionals working with children, youth and families, and the greater community, to continue to build an aware and informed community of caring.</p> <p>They will train 15-20 new facilitators with an enhanced and improved new facilitator training. In addition, they will run the 2nd Annual Children's Grief Awareness Symposium and provide training and education to another 130 symposium participants. They will increase their community education and training offerings and extend our reach as a grief resource and training center of excellence in Halton and Peel Regions.</p>	<p>\$ 2,200.00</p>

<p>Wesley Urban Ministries</p>	<p>Shopping By Bus: Senior Nutrition Pilot, Burlington</p>	<p>Wesley Urban Ministries offers support, every step of the way, to children, youth, adults and seniors experiencing poverty, isolation, homelessness and barriers in Hamilton, Halton Region and Brantford. They decrease barriers, increase opportunities and be a model for social transformation, guided by their values of compassion, respect, responsiveness and stewardship.</p> <p>This grant will support the Shopping by Bus program in Burlington, which provides free weekly transportation and assistance to older adults at grocery stores and improves their nutrition, food security, health and well-being and overall ability to continue aging in place, as well as help add a new nutrition and healthy food planning pilot. This program provides transportation to two grocery stores bi-weekly in Burlington. Shopping by Bus allows many older adults to have access to fresh fruits, vegetables, reduce isolation, and increase socialization with others in the community.</p> <p>Our volunteers engage with people by assisting with: a hand on and off the bus; Packaging food items; Retrieving groceries; A familiar face; New: Information sharing including healthy and simple recipes on a limited budget</p> <p>The goal of the program is to increase nutrition, health and wellness, knowledge of shopping and cooking on a fixed income, confidence, independence and community connections for seniors living on their own. This support is particularly critical for seniors who are low income, living alone, have a disability, and are in poor health and without social support. The overall goal is to help seniors age as long as possible and as successfully as possible in place, in their homes or apartments. The project will involve the seniors, volunteers and staff with this program, but it will also have an impact on the senior's families and the wider community.</p>	<p>\$ 8,200.00</p>
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**2017-18 Burlington Foundation Seed Grants**

<b>ORGANIZATION</b>	<b>TITLE</b>	<b>PROGRAM OVERVIEW</b>	<b>AMOUNT GRANTED</b>
<b>Halton District School Board (Aldershot High School)</b>	Developing a Sense Belonging: Community & Creativity with Aldershot English-language learners (ELL)	This grant allows newcomer students at Aldershot to have an opportunity to co-create a mural in the school library with First Nations artist Chief Lady Bird and senior art students. By co-creating this mural, newcomer students would have an opportunity to “look back” and learn about our local First Nations communities; they would also be encouraged to see themselves in the present at Aldershot alongside their art class peers as valued current and future agents of positive change within the school. This grant received partial funding to cover artist costs and supply teachers.	\$ 1,800.00
<b>Burlington Food Bank</b>	Food Bank Logistics	This project is for stackable bins for collecting and moving community donated food at various locations around Burlington as well as at their Food Bank location at especially high need times for their clients. This grant received funding for 17 bins and 1 wheeling cart.	\$ 1,000.00
<b>Burlington Public Library</b>	Building Resiliency through Mental Health Training and Artistic Discovery	This grant will be used to bring in an award winning writer, performance artist, social worker, and psychotherapist to run a series of workshop at the library for youth on understanding mental health, self care, relaxation and meditation techniques; and to assist them with identity discovery through art, writing, and performance. This will support the library’s mission of encouraging lifelong learning. Workshops will help to support the mental health needs of our community. Help Burlington Youth to increase their resiliency and equip them with strategies that will allow for improved mental health and increased well-being. Burlington Public Library is expanding the ways in which they support the mental health of Burlington youth.	\$ 1,600.00
<b>Central West Specialized Developmental Services (CWSDS)</b>	“Stations” – A Social Evening Group for Young Individuals with Mental Health and Developmental Disabilities	CWSDS provides a wide range of residential and non-residential services for individuals with developmental disabilities and their families. This grant supports “Stations”, an innovative type of social group, providing choice and different interactive areas for social skill development that focus on individuals making a choice for youth aged 15-18 with developmental disabilities and mental health concerns. Three distinct stations of interest: Arts and Crafts Corner, Board Games Corner and Current Events Corner. Individuals attending will have the opportunity to choose which station within the room they choose to participate in according to their individual interests. The purpose of the grant funding is to provide materials for each station to spark interest within the participants.	\$ 1,000.00



<b>Community Living Burlington</b>	The Creation Station	This grant supports the “The Creation Station” for people who have a developmental disability and who live in poverty. It is an innovative and creative approach to address the closure of sheltered workshops in Ontario. “The Creation Station” will be used to build confidence and basic skills and will empower people who have worked in sheltered workshops for most of their lives to try new things. Through BF Seed funding, CLB hosted several Art and Expression classes. These new classes were well loved and a need for these classes to continue has been established. As a result, they will re-purpose one of the rooms to create a new Art Room where art classes and other creative programming will occur. “The Creation Station” will offer Art and Expression classes, including visual art, scrapbooking, pottery, and an indoor greenhouse where people can learn how to grow their own plants, herbs, and vegetables.	\$ 1,200.00
<b>Friends of Freeman Station</b>	Seed Grant	Friends of the Freeman Station work to restore and preserve the station. This grant supports a two stage project. The Halton District School Board is offering a trades introduction course and students will help with the restoration of the Freeman Station. They will frame insulate and drywall the basement of the station as part of their class project. The Friends of Freeman will supply all of the building materials etc.This will enable the FOFS to continue to develop an educational center depicting the development of Burlington in the first half of the 20th century as well as providing an opportunity for seniors who are interested in history, modeling, railways to meet with other like minded citizens. This is a wonderful way for many different parts of the community to come together and share interests, stories, and pass on the history of Burlington.	\$ 2,000.00
<b>Halton District School Board (Frontenac Public School)</b>	Mobile Hydroponic Garden	This grant supports hands-on teaching with Frontenac students. The grant will allow for the purchase of a mobile hydroponic garden, that gives a valuable first-hand experience that would help to teach important life-lessons to children of all ages in Frontenac Public school. Children will not only be making real-world connections to their curriculum in science and math, but will be learning about healthy eating and how they could create and consume their own produce – something they could bring into their own homes and spread throughout their own families.	\$ 1,305.00
<b>Halton Catholic Children’s Education Foundation (HCCEF)</b>	Student Guardian Program	The HCCEF Student Guardian Program helps students and their families in need by removing barriers to education. This grant supports financial assistance that is available for HCDSB's Burlington students, and therefore help more students.Funds will be used to assist students and their families with economic need by helping them in a crisis – food, transitional housing, etc; providing them with food security and proper clothing; and, ensuring fair access to school activities.	\$ 1,000.00

<b>Halton Food for Thought (HFFT)</b>	Healthy Blender Creations	HFFT feeds students healthy food so that they can achieve academic success. They believe in a Halton region where “no student goes hungry at school”. Following the success of their recent Blender Bike initiative (in collaboration with Healthy Kids Community Challenge, 2 local high schools and Rolling Horse Community Cycle) Halton Food for Thought partner schools have a renewed interest in serving additional vegetables and fruits via smoothies in their Student Nutrition Programs. Students love these flavourful and healthy breakfast beverages. This grant for the Healthy Blender Creations Project will allow 2 Halton Food for Thought partner schools in Burlington to serve students healthy food, in the form of Healthy Blender Creations, to fuel a full day of learning.	\$ 1,000.00
<b>Home Suite Hope</b>	Seed Grant	Home Suite Hope (HSH) offers various free programs for children and youth from low-income families who are current participants in a HSH long-term transitional housing/education program from across Halton. During the summer, HSH operates a free 8-week drop-in children’s day camp for their program participants so adults can work or go take college classes. More than 60 children and youth, between the ages of 0 and 17, take advantage of their free children’s recreational programming each year. HSH has dedicated a room on the lower level of its office building to host it’s “Kidz Zone,” which makes it convenient for parents who take part in their weekly education workshops and childcare supervision during the summer school break. This grant supports a portable handwashing station for the recreational center, the addition of which would also make it easier for ECE supervisors to work with the children.	\$ 1,500.00
<b>Learning Disabilities Association of Halton</b>	Some Assembly Required (SOAR): Transition Training	Learning Disabilities Association of Halton provides leadership in learning disabilities advocacy, research, education and services and to advance the full participation of children, youth and adults with learning disabilities in today’s society. The grant supports two groups aimed at assisting children/youth with transitioning into different stages of their lives. Group 1 is a group-based program for children in grades 6, 7 and 8, who have learning disabilities and/or ADHDs, and have trouble developing skills for success with their studying, assignments and multitasking. Group 2 is conducted as 3 one-on-one sessions for youth aged 16-20 who have learning disabilities and/or ADHDs, and have trouble transitioning into a post-secondary environment or the workplace.	\$ 1,420.00
<b>Literacy South Halton</b>	Prize Winner – All in One Colour Laser Printer!	Literacy South Halton helps adults improve their quality of life at home, work and in the community by developing their reading, writing, math and computer literacy skills. They photocopy all training materials and resources for students as they cannot provide individual books to them. The grant will support a new laser printer will be used on a daily basis by students, tutors and volunteers.	\$ 961.00

<b>STRIDE (Supported Training &amp; Rehabilitation in Diverse Environments)</b>	Employment Assistance Related Items	STRIDE creates opportunities for people with mental health and addiction challenges to gain and maintain meaningful employment. STRIDE's Employment Connections Program and Youth Employment Program focus on assisting individuals to obtain employment in the community. They offer individuals a variety of job readiness services which are highly individualized and based on the person's preferences and abilities. Many of the individuals they serve have limited financial resources and therefore require assistance with transportation and in purchasing necessary clothing in order to obtain employment. This grant will provide funds for transportation (bus passes, tickets), and funds for necessary clothing (work boots, safety equipment, interview clothes).	\$ 1,000.00
<b>Support &amp; Housing - Halton</b>	Life Skills and Social Activity Groups	Support and Housing Halton offers community-based housing, support and wellness programs to persons living with mental illness and/or addiction. The grant supports the Life Skills and Social Activity Groups, to promote and increase community participation for individuals, who are living with mental health and/or addictions concerns. Youth will gain additional resources to ensure their independence within the community, a primary part of SHH's mission. The majority of these individuals live below the poverty line, experience social isolation and are often denied from having reasonable access to resources	\$ 1,700.00
<b>Thrive Counselling Services Halton Inc.</b>	Walk-In Counselling Program	Thrive Counselling has provided counselling to the Burlington community for over 50 years. With the ever increasing demand for accessible counselling services, Thrive has committed to offering a free walk-in counselling clinic to the Burlington community. These services are available across the age spectrum and these clinics are being successfully offered in other areas of the province and have strong research evidence of their helpfulness. As the provision of single session counselling differs from more traditional counselling approaches, staff require training to have these sessions be as effective as possible. Thrive has provided a full day of training for their staff and this grant will support an additional day of training for staff.	\$ 1,600.00