

Healthy Growth & Development of Children & Youth



Programs that support the development of children & youth, providing young children with a good start in life & preparing youth for the future.



Children develop their social, emotional, language & communication skills.



Children & youth are **physically literate**, physically active, & achieve minimum levels of daily activity.



Parents & caregivers have the knowledge, skills & resources to provide for the healthy growth & development of their children.



Children & youth participate in learning, culture & recreation programs.



Children & youth gain the knowledge, skills, & supports to develop positive mental health, self-esteem, & healthy lifestyle behaviours.

Supported Programs & Services

CIF supports a wide range of programs and services through the Children & Youth funding theme, particularly those that reduce barriers and enhance accessibility for young people. Initiatives under this theme can take many forms and include but are not limited to (listed alphabetically):

- 2SLGBTQ+ programs and services
- Before and after school programming
- Cultural programming including arts, heritage, multicultural, First Nations and Métis activities
- Early years and parent/caregiver programs
- Literacy and learning programs
- Mental health programs and services
- Mentoring programs
- Newcomer programs and services
- Nutrition programs
- Programs and services for people with disabilities
- Reconciliation initiatives
- Recreation programs including physical, social, intellectual, and creative activities

Physical Literacy is... the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life

[Click here for examples of programs we've funded in the past](#)

Individual & Community Wellbeing

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Programs for all ages that support healthy lifestyles, supportive & inclusive communities, & provide access to programs & services.



Individuals of all ages & abilities are physically active & achieve minimum levels of daily activity.



Communities are engaged in activities that promote cultural understanding, Reconciliation, respect, community pride, and social connections.



Individuals have the knowledge, skills, & resources to prevent or address issues such as problem gambling, addictions, violence & bullying.



Individuals participate in learning, culture & recreation programs.



Individuals have the knowledge & skills to adopt healthy eating practices.



Individuals feel a sense of belonging in their community.

[Click here for examples of programs we've funded in the past](#)

Supported Programs & Services

CIF supports a wide range of programs and services through the Community Wellbeing funding theme. Initiatives under this theme can take many forms and include but are not limited to (listed alphabetically):

- 2SLGBTQ+ programs and services
- Cultural programming including arts, heritage, multicultural, First Nations and Métis activities that promote a sense of community while celebrating cultural diversity
- Family programs and services
- Literacy and learning programs
- Mental health and addictions programs
- Newcomer programs and services
- Nutrition and food security
- Programs and services for people with disabilities
- Reconciliation initiatives
- Recreation programs including physical, social, intellectual, and creative activities that enhance individual and community wellbeing
- Seniors programming
- Violence prevention and education programs

Nonprofit & Community Leadership

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Initiatives that provide training & resources for nonprofit staff, Board members & volunteers to improve program delivery, governance and leadership.



Staff & volunteers have the knowledge & skills to design & deliver programs that demonstrate tangible benefits for participants.



Board members have the knowledge & skills to effectively govern community-based organizations.



Individuals have the knowledge & resources to provide leadership on community priorities & issues.



Individuals are involved as volunteers & community leaders.

Supported Initiatives:

CIF supports projects that strengthen knowledge and skills of nonprofit Boards, staff, and volunteers, enhancing their ability to achieve the nonprofit's mission and have a positive impact on lives and communities. Initiatives supported under this theme include those that:

- Strengthen knowledge & skills of nonprofit Boards to effectively govern. Examples:
 - Governance training
 - Diversity, equity, and inclusion education & coaching
 - Risk management education and training
 - Strategic planning
- Strengthen knowledge & skills of nonprofit staff to deliver programs that benefit participants. Examples:
 - Intercultural competency and anti-racism training
 - Program evaluation training
 - Program-specific training e.g. knowledge & skill development on the topic of physical literacy
 - Volunteer management training
- Encourage engagement of volunteers to become community leaders and support nonprofit program delivery. Examples:
 - Intercultural competency and anti-racism training
 - Program evaluation training
 - Program-specific training e.g. knowledge & skill development on the topic of physical literacy
 - Volunteer engagement in community development and leadership
 - Volunteer management training