

2023 Community Investment Fund Grant Recipients

Barriere & Area First Responders Society | \$5,000

CISM Debrief Education

The mental wellbeing of first responders is a critical component to the health of communities and to ensure first responders have the tools needed, Barriere and Area First Responders Society is bringing Critical Incident Stress Management (CISM) education to their team. Facilitated by experts in the field of emergency response, CISM training will provide first responders with the tools needed to look after their mental wellbeing after traumatic incidents. The training will also provide the skills for participants to share these tools with other first responders in neighbouring communities. The program is a great fit with Interior Savings' impact pillars of *Maintaining Mental Wellness* and supports the dedicated volunteer responders who protect and serve our communities.

Chase | Chase and Area Family Services | \$14,530

Riverstone Family Resource Centre – Early Years Programs

Riverstone Family Resource Centre is a new space that families can utilize to access resources and information, in addition to being a place to find social opportunities and support through programming. The central goal is to fill service gaps that exist in the community for early years programming and family support. The funds will cover the equipment and teaching materials needed to launch their early years programs, including a projector and screen, Apple iPad, and furnishings. This program is a great fit with the impact area of *Empowering Parents*.

Kamloops | Brain Injury Association | \$10,781

Concussion Resource Centre

After a successful pilot program, Kamloops Brain Injury Society is launching the Concussion Resource Program which is focused on concussion support and increasing concussion awareness. KBIA identified a gap in care for people who have suffered a concussion and are experiencing symptoms after 6 months to one year of the trauma. The program will provide free resources, life skills support and cognitive training to improve recovery. It will also play a role in increasing awareness in the community of the impacts from concussions. In alignment with our *Maintaining Mental Wellness* impact pillar, funds will be used to purchase laptops and teaching aids.

Kamloops | Centre for Seniors Information | \$11,500

Cooking with Care

Cooking with Care is a new program aimed at creating and nurturing social connections and increasing well-being among older adults. Funding will help create a shared kitchen space for the program that will include activities centered around cooking, creating community and the delivery of resources to help support healthy lifestyles. Meals made as part of the programming will be shared with all residents ensuring those who cannot attend, are included and encouraged to join in next time. The program fits with our impact pillars of *Maintaining Mental Wellness and Social Connection with Age*.

Kelowna | Autism Okanagan | \$7960

Digital Arts Club

Digital Arts Club is a unique program aimed to help youth ages 12-18 who are neurodiverse to learn skills in graphic design, computer animation and video game development while also having the opportunity to practice social skills in a supportive environment. A fit with our impact pillar of *Maintaining Mental Wellness*, the program is flexible and adaptable to meet the unique needs of participants. It will leverage the expertise of those identifying as neurodiverse and working in related fields to deliver parts of the program while creating a sense of community and belonging. The grant will help with the purchase of technology including iPads and Apple pencils.

Lake Country | Art Gallery and Art House | \$7060

Creative Wellness Initiative

The Lake Country Art Gallery and Art House is launching a new program to fill a gap in community programming that focuses on removing barriers to participation and encourages the creation of art to build wellness and connection. The Creative Wellness program will support those with brain injuries, as well as youth and older adults to participate in a weekly programming that will encourage self-expression, connection and building of confidence through the act of creating art. In alignment with our impact pillars of *Mental Wellness and Maintaining Social Connection with Age*, the grant will help purchase adaptive art tools, tilt table and table raisers, cameras and a smart projector.

Lillooet | Royal Canadian Legion Branch 66 | \$4200

Seniors & Technology - Bridging the Gap

Seniors & Technology - Bridging the Gap is a new program that aims to help older adults overcome barriers to using technology and creating social connections. Post-pandemic, the reliance on online platforms for health appointments, medical information, financial services, education, and meetings (social and professional) has grown. Although convenient, this shift has left many older adults and vulnerable populations feeling more isolated. A fit with our impact pillars of *Maintaining Mental Wellness and Social Connection with Age*, the program aims to create confidence in using online channels and creating connection with other learners, friends and family. The grant will help with the purchase of technology including iPads and laptops.

Kamloops | Lil Michif Otipemisiwak Family and Community Services | \$6000

Kikekyelc Entrepreneurs

After a successful pilot, Lil Michif Otipemisiwak Family and Community Services is launching Kikekyelc Entrepreneurs; a program to help support the successful transition of Indigenous youth ages 16 – 27 into adulthood through entrepreneurship. This program will help youth build skills in business planning, finance, product design, marketing and management. The program is a fit with the *Cooperative Economy* impact pillar and will help Indigenous youth build confidence to pursue their dreams. The grant will help with the purchase of laptops, printer and furnishings for the space.

Penticton | YMCA of Southern Okanagan | \$15,000

Alternative Suspension Program

Alternative Suspension Program, a YMCA led program is expanding into Penticton. The program aims to reduce suspensions and disciplinary sanctions of youth ages 12-17 through an innovative approach that transforms traditional systems that are punitive into supported opportunities for growth. The program provides a safe space for youth to transform their time away from school into a positive experience and aims to help youth to stay in school, feel motivated, and reduce problematic behaviours. The grant will help with the purchase of laptops, software and furnishings for the space. The program is a fit with *Maintaining Mental Wellness*.

West Kelowna | Okanagan Regional Library | \$15,000

Media Lab

The Okanagan Regional Library is launching the Media Lab at their West Kelowna location in the spring of 2024. The Media Lab will be a dedicated space designed for public use that will feature a comprehensive suite of resources and services to help businesses, start-up

companies, entrepreneurs, older adults and students succeed in the digital age. It will feature structured educational workshops and learning opportunities to meet community needs and interests. Use of the high-end equipment, software and workspace will be barrier-free and encourage participation of all ages and experience levels. In alignment with the *Cooperative Economy* impact pillar, the grant will help with the purchase of computers, audio recording equipment, cameras, headphones and furnishings.