**Island Savings Community Endowment
2020 Grants**

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| **Organization** | **Community** | **2020 Grant**  |
| 1000X5 Children's Book Recycling Project Society\* | Victoria | $7,000 |
| ***1000x 5 Children’s Books*** provides struggling families with resources to foster early literacy during the critical developmental stage of birth to five years old. The mission is to increase early literacy rates and therefore family literacy within our community.  |
| Literacy Now Cowichan Society\* | Duncan | $5,000 |
| ***Early Literacy Program*** supports the ongoing community adult literacy program. The program connects 150+ adult learners from the Cowichan Region each year with free one – to-one literacy lessons using a highly trained volunteer tutor. Learners build skills and resiliency and the courage to move onto the next phase of their life skills.  |
| Greater Victoria Eldercare Foundation | Victoria | $7,450 |
| ***SAFE Lifeline Program***provides low-income seniors who are at high risk of falls or hospitalization with medical alarm systems. The systems provide the seniors with the safety and comfort they need to remain in their own homes if possible. SAFE Lifeline provides families with peace of mind knowing that their loved one has ready access to help in the event of a medical emergency. |
| Stigma- Free Society\*  | Island Region | $6,000 |
| ***Stigma-Free Zone School Program*** is a community-based participating program that aims to promote mental health and reduce stigma of all kinds. It is offered in Greater Victoria, Nanaimo, Salt Spring Island, Ladysmith, Courtenay and Comox. Stigma-Free supports youth dealing with stigma and educate students in grades 7-12 to be respectful and nonjudgmental towards other. |
| Take A Hike Youth at Risk Foundation | Nanaimo | $6,500 |
| ***Vancouver Island Take a Hike Program*** a full-time, September to June program for vulnerable youth ages 15-18 in the Nanaimo and Ladysmith area. This proven evidence-based program model uses the outdoors and adventure to engage youth in school, community and mental health supports. Take a Hike helps youth who have struggled with mental health or behavioral challenges, past trauma and other barriers to achieve social and academic success. |
| Ladysmith Family and Friends Society\* | Ladysmith | $10,000 |
| ***Healthy Bodies, Healthy Hearts*** provides 500 families, with children ages 0-6, regular healthy meals and snacks to share together, opportunities to learn about healthy eating habits and to participate in fun food preparation. Programming provides vulnerable families with healthy take home meals and reduces barriers to LaFF attendance, leading to better physical and mental health outcomes over the course of their lifetime. |
| Nanaimo Community Kitchens\* |  Nanaimo | $8,000 |
| ***Cooking Out of The Box*** educational cooking program in schools using fresh ingredients provided the Good Food Box. WE utilize the school’s kitchen and offer healthy eating workshops for parents and in-class workshop for students. Participants learn how to prepare simply, healthy meals while developing basic cooking skills. They learn how to read labels, manage their food dollars wisely and bring home meals to their families. |
| SWOVA Community Development and Research Society \* | Salt Spring Island | $10,000 |
| ***Pass-It-On-Mentorship Program*** -A 10-month facilitated cross-peer group mentorship program for youth ages 12-17. This afterschool program will be delivered separately to boys and girls. The purpose is to foster and support positive transition to high school and out of grade 12. The program enhances students by building their capacity in self-awareness, respect, coping with stress, empathy, personal power and responsibility. |
| NEED2 | Victoria | $5,000 |
| ***Youthspace.ca Training Group*** supports our volunteering training groups by providing training to an estimated 25 new volunteers for the Youthspace.ca service These volunteers will be trained in suicide prevention, risk assessment, active listening and various other skills needed to provide high-quality emotional and crisis support over instant messaging and text messaging. |
| Victoria Disability Resource Centre | Victoria | $10,000  |
| ***Volunteer Skills Development Program*** provides skills training and hands-on experience, including supervisory skills, to 50 persons with disabilities who are unemployed or under employed and experience low income levels. This peer -to-peer experience promotes leadership, addresses life skills training, strengthens self-esteem and mental health, increase employability skills and provides a recent reference.  |
| Victoria Restorative Justice Society | Victoria | $10,000 |
| ***Girls Circle Initiative******Program*** supports 9 -18-year-old girls and transgender girls who are struggling with experience of verbal/physical abuse and low mental health in greater Victoria. Girls Circle equips girls with the protective factors necessary to manage stress and anxiety, negate harassment and discrimination. Girls circle offers them a safe space, strength-based support, positive role models and mentors to build confidence, socio-emotional wellbeing and leadership skills.  |
| Vancouver Island Providence Community Assoc. |  Duncan | $5,000 |
| ***Caregivers Workshop Series*** supports caregivers with training, skills and techniques to improve quality and consistency of care for adults with special needs in the Cowichan Valley. This will lead to improved physical, mental and social health benefits for our communities most vulnerable members. This project is a series of six free public workshops. |
| Connection’s Place Society |  Nanaimo | $10,000 |
| ***Work-Ordered Day Program*** provides vulnerable members opportunities to reintegrate into the community and reclaim their lives by developing purpose belonging, building confidence and resilience, learning new skills, and increasing their capacity to care for themselves and their families. |
| Nanaimo Child Development Centre Society | Nanaimo | $10,000 |
| ***Community Parent Education Sessions*** – focuses on connecting families in need to services that can be of assistance. NCDC provides speakers and experts to present workshops on self-care, Internet awareness for parents, ADHD workshops, struggling child behaviors, childhood grief and loss. |
| **TOTAL** | **$109,950** |

*\*\* Funded in previous years*

### **Leaders Fund 2020 grant**

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| Cowichan Valley Hospice Society  | Cowichan Valley | $5,000 |
| **Nav-CARE** is expanding to meet the needs of a growing seniors population in Cowichan who are living in the community with a life-limiting illness, quality of life concerns, unmet psychosocial or practical needs, and who are at risk for social isolation. We will train, support and supervise twelve new volunteer navigators who will provide outreach services to seniors living with life-limiting illnesses. |