

Community Investment Fund Call for Applications: Mental Well-Being

Through the Community Investment Fund (CIF), the Regional Municipality of York invests in local initiatives delivered by not-for-profit community agencies and other partners. These initiatives target gaps in the delivery of human services, complement or enhance Regional programs and deliver on [investment priorities](#) approved by Regional Council in May 2023.

Results of the 2023 Mental Well-being Call for Applications

In fall 2023, the Region concluded a call for applications from not-for-profit organizations and registered charities to deliver services for the Community Investment Fund's priority of Mental Well-Being. This funding opportunity will provide funds to community agencies for the delivery of community-based services that support residents to have positive mental health. As a result of this funding opportunity, the following community projects will be delivered in York Region:

Blue Door Support Services

Wellness Warriors

Psychotherapy support and wellness workshops to participants of Blue Door's Construct program.

Canadian Mental Health Association – York and South Simcoe

Gender Affirming Health Clinic

Counselling, referrals, and support for residents who identify as transgender.

<https://cmha-yr.on.ca>

CareFirst Seniors and Community Services Association

South and East Asian Mental Well-being Endeavors In Action

Engagement of caregivers and residents as volunteer Community Ambassadors to conduct culturally-appropriate and trauma-informed theatre performances to support positive mental health outcomes.

<https://carefirstontario.ca/>

CAYR Community Connections

Rainbow Space Youth

Mentorship and peer support program to provide supportive spaces for LGBTQ2S+ youth aged 13 to 20 to build resilience and reduce negative mental health impacts.

<https://cayrcc.org/>



EFRY Hope and Help for Women

Court Liaison/Community Counselling Program

Counselling for marginalized women who are experiencing homelessness or in conflict with the law to support reintegration in the community and promote personal well-being.

<http://efrypeelhalton.ca/>

Family Services York Region

Families and Schools Together

Supports for newcomer parents to strengthen parenting skills for academic performance, attendance and address behavioural issues with their children.

Mental Well-Being Outreach and Support Services

Culturally and linguistically appropriate counselling and mentorship for newcomers to address social and emotional issues.

Priority Counselling Services

Prioritized counselling services for residents from equity-seeking and marginalized populations who are currently waitlisted for services.

<https://fsyr.ca>

Girls Inc. of York Region

Improving Mental Health and Well-Being Outcomes for Vulnerable Girls

Counselling sessions with a Social Worker and Psychotherapist for girls aged 6 to 18 from vulnerable and marginalized communities, and parents, wellness and safety checks by Social Workers, and assessments, referrals, and system navigation support.

<https://girlsincyork.org/>

Hong Fook Mental Health Association

Asian Youth Mental Health Clinical Counselling

Counselling, psychoeducational groups, and community outreach to immigrant youth of Asian ethnicity aged 12 to 29, and their families.

Strengthening Healthy Interconnected Families Together (SHIFT)

Workshops for Asian youth aged 12 to 29 on mental health and mental illness signs and symptoms, development of a peer-support Youth Ambassador training curriculum with emphasis on developing self-expression, confidence, leadership skills, and mental health knowledge.

<https://hongfook.ca/>

Human Endeavour Incorporation

Information for Newcomer Families on Mental Health

Culturally sensitive and linguistically accessible mental health promotion and prevention services, resources, and community engagement opportunities for newcomer families.

<https://humanendeavour.org/>

Jewish Family and Child Service of Greater Toronto

New Horizon: Empowering Women on their Path to Independence

Supports to reduce social isolation and improve mental health for women impacted by intimate partner violence.

<https://www.jfandcs.com/>

Jewish Immigrant Aid Services Toronto

Newcomer Mental Health and Wellbeing

Culturally appropriate group services focused on mental health, parenting, psychoeducation, and settlement support for vulnerable newcomer communities.

<https://jiastoronto.org/>

John Howard Society of York Region

Family and Adult Intervention and Reunification

Comprehensive wraparound supports (e.g., counselling services, peer support, and system navigation) for families of individuals who were in contact with the criminal justice system.

<https://johnhoward.on.ca/yorkregion/>

Lance Krasman Memorial Centre for Community Mental Health

Peer Support Pathways to Wellbeing

Peer-based recovery education group services that will provide access to immediate support and mental health resources.

<https://krasmancentre.com/>

Learning Disabilities Association of York Region

Strategies for Life

Counselling program for young people aged 19 to 29 to build life skills and enhance well-being of individuals with diagnosed learning disabilities and/or ADHD.

<https://ldayr.org/>

Newmarket African Caribbean Canadian Association

Black Community Mental Wellness

Mental wellness support services (e.g., counselling services, cultural workshops, and recreational activities) that are focused on improving the mental health and well-being of the Black community.

<https://www.naccacommunity.ca/>

Next Generation Arts

H.E.A.L. (Health Empowerment & Arts Leverage)

Art-based trauma-informed program that utilizes the power of the arts to engage youth in unpacking and processing feelings and experiences with grief, trauma, violence and mental health challenges.

<https://www.nextgenerationarts.ca/>

Project Abraham

Reaching Yezidis: Support and Empowerment

Trauma-informed and culturally sensitive life management services for Yezidi newcomer women.

<https://www.projectabraham.ca/>

Women's Support Network of York Region

Meeting the Needs of Sexual Violence Survivors in York Region

Crisis online chat and texting service, counselling and outreach, virtual drop-in and art group for survivors of domestic violence.

<https://womenssupportnetwork.ca/>

Yellow Brick House

Pathways to Mental Health Support

Mental Health Counsellor to provide trauma training to staff and counselling for clients.

<https://www.yellowbrickhouse.org/>

Your Support Services Network

Outreach Mobile Support Team

Mental health crisis worker to provide accessible follow-up support to individuals and families who have contacted police services for a non-urgent mental health reason.

<https://yssn.ca/>

Youth Assisting Youth

Lifeline Program

Mental health counselling for children and youth aged 6 to 15, their mentors (aged 16 to 29), and parents/caregivers and the development enhanced mental health training for youth mentors.

<https://youthassistingyouth.com/>

For a full list of projects funded by the Community Investment Fund, please visit:
york.ca/communityinvestment