

Eastern Regional Wellness Coalition Grant Summary for February 2026

The Loft – Clarenville Community Youth Network – “The Nourish & Flourish Café”

This project will engage youth to take part in weekly after school sessions whereby they will learn about food literacy and develop food skills while enjoying nutritious meals they prepare. In addition, they will combine the sessions with guided art-based projects that focus on creative expression and emotional regulation. There are several partners including Newfoundland and Labrador Health Services, Violence Prevention East and the Autism Society. Funds will be used to purchase items for the food skills component as well as supplies for the art component of the program.

Town of Marystown – “Soil to Table Community Garden”

The Town aims to revitalize the existing community garden that will be accessible to all residents of the Burin Peninsulas. The main goal is to increase access to gardening opportunities to increase food security. The project has several partners including the Town Recreation Department, Marystown Tourism, Special Events Committee and Gardening Committee who will assist with planning, ongoing maintenance and promotion. The Town has also enlisted the support of a local farmer to provide expertise. Grant funds to be used for soil, tools and seeds for the garden.

Town of Southern Harbour – “Ageless Grace”

The Town is partnering with the local 50+ club to offer opportunities to increase physical activity and mental health promotion through safe and accessible chair-based yoga. The Town is offering the use of the space for yoga sessions. The project will see Ageless Grace Yoga offered to members for several sessions in the Spring and then they will continue with chair-based yoga and other chair-based exercises through online sessions through Participaction. The purchase of the accessible chairs through this grant will allow for the Ageless Grace Yoga to take place as well as future chair-based movement sessions.

Port Blandford Horticultural Society – “The Zen Zone”

This project supports access to healthy built environments by enhancing the municipal park with a Zen Zone, which in turn, will be a space for positive mental health promotion for all residents that access the garden through meditation, quiet space, etc. There are several partners including The Town of Port Blandford, the Town’s maintenance team, the Port Blandford Recreation Committee, the Port Blandford Art and Makers group, local businesses and volunteers. This grant will cover the cost of items used for the development of the Zen Zone.

The Town of Clarendville – “Community Collective”

The goal of this project is to connect residents to opportunities for social connection and physical activity through weekly sessions. Tuesdays will consist of presentations from community groups, services providers, etc. and Thursdays will be at the events center for physical activity opportunities. Participants will be involved in the decisions regarding the type of presentations and physical activities they want to be involved in. There are multiple partnerships secured including CREST, Avalon Employment, The Loft, Total Care, Association for New Canadians, Violence Prevention East, Clarendville Regional Arts, Churches, The Root Cellar, Library, NLHS, etc. These partners contribute in various ways including assisting with transportation, providing presentations, offering space, leading activities, etc. The funds from this grant will be used for supplies for these weekly sessions.

Bishop White School – “Room to Grow”

This project will see upgrades to the K-12 sensory room to support students and children ages 0-6 who attend the VISTA Family Resource Centre (FRC) programs at the school. Focus is mental health promotion and child/youth development as the upgrades will provide a safe and comforting space for regulation, emotional awareness, sensory integration and positive coping strategies. The upgrades will help children transition to school as they will be familiar with the room from attending the FRC programming. Items purchased will be guided by identified needs of the children of the FRC. VISTA FRC is the main partner, as they provide early childhood expertise for ages 0–6 and will work with the school to assist with setup, supervision and monitoring of the space.

Roncalli Central High – “Grow Food, Communities and Well-Being”

This project will engage students in Home Economics, Nutrition and Residential Construction classes who will build greenhouse platforms, plant seeds, maintain the garden, harvest, and cook the foods for students to enjoy. The primary focus is on healthy and nutritious eating through food literacy, skills development, and increased food security. The project also ties in mental health promotion through gardening as a way of reducing stress, boosting mood, and fostering a sense of purpose for students. Parents and local gardeners will partner to help share expertise and participate in planting days. Funds will be used to purchase materials for the greenhouse platforms, soil, seeds and tools for gardening.

Town of South River – “Community Garden”

This project aims to develop a community garden for the Town of South River. Focus on healthy eating, physical activity and mental wellness through the act of gardening. Residents will be invited to a meeting to plan the garden and will have control over their own beds once established. Main partners are two community members who have donated land for the garden, and the land is close to a water supply, which will be used for the maintenance of the garden. This grant is partially funded, and money will be used to purchase soil for the garden.

Tricentia Academy – “A Community Feast”

This project focuses on nutritious eating & food skills development. Students will plant seeds at school, transfer them to the Town greenhouse and raised beds and students will grow, harvest, plan and cook the meals and share with students. The Town of Arnold's Cove is the main partner with the provision of the greenhouse and garden beds. The funds from this grant will go towards purchase supplies for the seeds, small garden tools and kitchen supplies.