



**Canadian Mental
Health Association**
Kelowna



**YMCA of
Okanagan**

Thank you for applying for a Wellness grant. Here are the next steps to your grant application:

Application Acceptance:

If your application is accepted, you will be contacted within 5 business days by the YMCA you selected on your application to set up a time to complete your membership and have an orientation of the gym. The orientation is provided to help you feel welcome and comfortable to start participating.

If your application is not accepted, you will be contacted within 5 business days by the wellness grants coach explaining why your grant was not accepted. These grants are meant for people who currently, or have in the past, accessed services for a mental health problem through formal or community support and have a financial need.

Cancellation and Holds:

If the fitness membership is not utilized within four (4) months, the membership will be cancelled.

If you find you are unable to use the membership, you can request a one (1) month hold on the membership or you can cancel the membership in its entirety at any time. Holds and cancellations may be made by you at your YMCA in person, or by the CMHA wellness grants coach.

Annual Membership Information:

Eligible applicants can apply for a maximum total of three (3) annual memberships. Wellness grants will cover 100% of the first annual membership, 50% of the second annual membership, and 25% of the third annual membership.

Applications for renewal (2nd or 3rd year membership) must be submitted to CMHA Kelowna 30 days or more before the membership expiry date.

If your Wellness Grant is approved:

- The YMCA will phone you to book your first visit.
- You need to bring your ID to your first visit.
- At your first visit, a YMCA staff person will give you a facility orientation and get to know more about you and what you hope to achieve at the YMCA. They will encourage you to meet with a personal fitness coach and book that for another day.
- At your first visit, you can wear workout clothes if you want to stay and workout after the orientation – it's up to you!



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