



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 by the facility you selected 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 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 and you will need to wait one year to reapply.

For those who have memberships with the YMCA*, 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 the YMCA in person, or by phone. This request **cannot be retroactive** – meaning if you missed a couple of months and did not ask for the hold we cannot add those months back on to your membership. *This applies to the YMCA locations only. Parkinson does not honour membership holds.

Annual Membership Information:

Eligible applicants can apply for a maximum total of three (3) annual memberships. Wellness grants will cover 100% of each 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. Please note, those with a Parkinson Recreation Centre pass will need to renew every 6 months, whereas YMCA renewal is 12 months.

If your Wellness Grant is approved:

- The YMCA or Parkinson Recreation Centre will phone you to book your first visit.
- You need to bring your ID to your first visit.
- At your first visit, a staff person will give you a facility orientation and get to know more about you and what you hope to achieve. They will encourage you to meet with a personal fitness coach and book that for another day.



KELOWNA BRANCH | 2639 HWY 97N Kelowna BC V1Y 4J6 | T: 236.420.1445 | F: 236.420.1446 | www.cmhkelowna.org

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- 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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