

Who is eligible to apply?

All 203 First Nations communities in British Columbia, as well as the Urban and Away-from-Home (UAH) population in each of the five FNHA health regions (represented by FNHA regional teams) are eligible to apply. Communities may jointly apply for funding for an activity that impacts multiple communities.

Is this a competitive grant?

No, this is not a competitive process. Applications are not scored or ranked. They are reviewed only to confirm alignment with the purpose of the grants and basic eligibility requirements.

What is the purpose of these grants?

The purpose of the Cultural Wellness & Healing Grants is to support First Nations-led approaches to healing, wellness, and community wellbeing, particularly in response to the Canadian Medical Association's apology to Indigenous Peoples in 2024.

The funding is intended to enable activities that strengthen cultural connection, mental and emotional wellness, community resilience, and healing in ways that are defined and determined by each community.

The First Nations Health Foundation exists to advance equitable and culturally safe health and wellness for First Nations people and communities across BC. In administering these grants, the Foundation's role is to ensure that the funding supports activities that are aligned with First Nations-driven and community-led healing, while honouring self-determination and local decision-making.

How to apply?

- *Online:* <http://fnhfoundation.ca/cwh-grant-apply-online>
- *Print:* Download here: <http://fnhfoundation.ca/cwh-grant-application-download>
 - For a paper copy of the application, please contact the Foundation at foundation@fnha.ca / 604-456-7610 and we will get one to you.
- *Verbally:* Please contact the Foundation to schedule time to meet.
- *Audio/Video Recording:* Please use the application form (links above), answer the questions, and email the file to foundation@fnha.ca.

What are eligible and aligned activities?

Activities are considered eligible and aligned when they contribute to the health and wellness of First Nations people and communities in BC and are led by the community itself. Each community will define what "cultural wellness and healing" means for them and alignment is confirmed by ensuring the activity supports wellness and healing in a way defined by the Nation or UAH group.

Activities may include, but are not limited to:

1. Healing and Wellness Activities
 - Ceremonies, gatherings, and land-based activities that support emotional, spiritual, and mental wellness
 - Cultural and/or language revitalization initiatives that strengthen identity, belonging, and intergenerational healing
 - Traditional and land-based therapies or approaches to restoring balance and well-being
2. Relationship Repair and Reconciliation with the Health System
 - Community dialogues or sharing circles that bring together First Nations people and healthcare providers to rebuild trust
 - Cultural safety workshops or exchanges that strengthen mutual understanding and respect between communities and health professionals
 - Initiatives that promote Indigenous leadership and voice in local healthcare planning and service delivery
3. Wellness and Capacity-Building
 - Training or mentorship programs that strengthen community capacity in mental health, healing, and wellness
 - Programs supporting youth and Elders to engage in intergenerational healing and knowledge transfer
 - Creative, land-based, or artistic expressions of healing—such as storytelling, art, or performance

What are ineligible activities?

- Providing grants or donations to other organizations, groups, or individuals (except those contracted for service delivery)
- Acting as a funding intermediary rather than the implementer of the funded activity
- Funding non-qualified donees directly (unless under a directed activity or service agreement)
- Activities not aligned with FNHF's registered charitable purpose – i.e., anything not advancing Indigenous health, cultural wellness or community healing
- Personal gifts, honouraria not tied to work performed, or individual stipends
- Alcohol, cannabis, or gambling expenses during community gatherings
- Projects that occur entirely outside of British Columbia

Note: Nations can submit joint applications, with a maximum of \$10,000 per Nation or UAH community. I.e. Three Nations can apply up to \$30,000 in total for a joint project using one application.

When are application deadlines?

There are six scheduled application periods to allow for applicants to plan accordingly. The review committee will be composed of one representative from each region and review of applications will take place within one week of the application deadline. Funds will be distributed within 4-6 weeks of approval. Application deadlines are:

- March 6, 2026
- July 17, 2026
- November 20, 2026
- January 29, 2027
- May 14, 2027
- October 15, 2027

How was the application designed?

The application was designed to be simple, accessible, and respectful of community time and capacity. These were the Foundation's guiding principles:

1. Accessibility: Designed for ease and inclusivity, applications will be available in both digital and print.
2. Trust-Based: Communities will not be required to demonstrate eligibility as every BC First Nation in BC and UAH population will be pre-qualified. UAH will be represented by a regional lead.
3. Relational: The process will reflect relationship and reciprocity, not compliance. FNHF staff will be available to support submissions through conversation.
4. Community-Defined: The application will invite communities to define wellness, healing, and reconciliation in their own words and on their own terms.
5. Flexibility: Communities can choose the format (written, spoken, recorded, or visually presented).
6. Transparency: Applications will be accepted during six specific time periods for processing.

Who is the funder of the Cultural Wellness & Healing Grants?

The grants are funded by the CMA Foundation, which provides impactful charitable giving to registered Canadian charities and qualified donees to improve health equity and further excellence in health care.

Learn more here: [Putting our apology into action | CMA](#)

If you have any further questions, please connect with us at foundation@fnha.ca or 604-456-7610.