



COMMUNITY PROGRAM DEVELOPMENT GRANT APPLICATION FORM

DEADLINE FOR APPLICATIONS

November 1st for spring and/or summer programs

May 1st for fall and/or winter programs

Legal Name of Organization: **Nanaimo Wedo Tibetan Buddhist Society**

Mailing Address: [REDACTED]

Postal Code: **V9R 6W7**

Telephone #1: [REDACTED]

Telephone #2:

Email: **nanaimowedo@gmail.com**

Contact Person: **Brooke Dai**

Position: **Director**

Society Registration Number: **S0080820**

Is your society in good standing with the Registrar: **Yes**

Fiscal year for grant: **2026-01-01 to 2026-12-31**

Total grant requested for fiscal year: **\$4000**

Total budget for fiscal year: **\$4200**

Has your organization applied for other City of Nanaimo funding? If so, please list the type and amount of funds requested for next year.

<u>Name of Grant</u>	<u>Amount Requested</u>	<u>Amount Approved</u>

In your application, please answer all questions and include the information requested:

- 1. Name of Program:** Mindfulness in Motion: A Community Wellness Program
- 2. Times and Dates:** March to August 2026, every 2nd Saturday of the month, 9am - 4pm
- 3. Location:** City of Nanaimo parks and facilities, will change depending on the session
- 4. Target Market and Age of Participants:**

Promotion will focus on local residents through City facilities, libraries, park bulletin boards, and community networks. The program is open to everyone, with all-ages participation encouraged. Children are welcome to attend alongside a parent or guardian. Youth and adult volunteers may assist with setup and coordination while also taking part in the mindfulness and outdoor components.

5. From where will participants come? (Last year's actual numbers if project or program was held previously: New projects or programs please estimate)

Participants will primarily come from within the City of Nanaimo.

Program Highlights	Age Groups	Attendance
Full-day session (mindfulness workshop + guided nature walk/hike)	Adults 25-64 Youth 16-24	~60 total (10-12 per session)
Accessible sessions	Seniors 65+	~25 total (4-6 per session)
Family-friendly sessions	Mixed ages (12+ with guardian)	~15 total (2-3 families per session)
Volunteers (setup, support)	Adults 25-64 Youth 16-24	~12 total (1-3 per session)
Expected attendance		~90-100 total across all sessions

- 6. Is any other organization providing a similar service?** No
- 7. Is this a new program?** Yes
- 8. How long has your organization existed in Nanaimo?** 1 year 3 months
- 9. Briefly outline the purpose or mission of your organization:**

The purposes of the Society are:

- (a) to advance religion by teaching the religious tenets, doctrines, and observances associated with Buddhism in general, and those of the Tibetan Karma Kagyu School in particular;
- (b) to provide and maintain facilities for the religious programs, workshops, meditation and study of Buddhist philosophy and religion as presented by the Karma Kagyu school;
- (c) to do all things incidental to clauses (a) and (b).

10. What programs in the past has your organization produced/sponsored?

	Year	Program and Location	# Attending
1.	2025	Group meditation and Westwood Lake hiking	~8 per session
2.	2025	Group meditation and Mt. Benson hiking	15
3.	2025	3-day group meditation and prostration	7
4.			

Please also include the following information:

11. One to two typed pages outlining a summary of your idea.

See attached at the end of the application.

12. For what purpose do you plan to use this City fund? (Please be specific and note that capital expenditures are not permitted.)

Item	Purpose	Amount (CAD)
Venue Rentals	Cost for renting an accessible community space for six monthly workshops	\$1,800
Supplies	Purchase of meditation cushions and mats for loaner use at workshops, first-aid kit, signage, and refreshments	\$800
Promotional Materials	Design and printing of posters, flyers, and digital outreach	\$600
Lunch and Hospitality	Simple vegetarian lunches and beverages for participants at each session	\$500
Youth Support Stipends	Modest honoraria for student or youth volunteers assisting with setup, safety, and cleanup	\$300
Total Requested		\$4,000

No funds will be used for capital purchases or long-term assets. Any surplus budget will go toward continuing the program beyond the initial six-month period, or funding similar community programs.

13. How will your idea benefit Nanaimo?

This project directly addresses the growing community need for mental health support and social connection. It provides free, healthy alternatives for recreation and personal development. By using our local parks and trails as a venue for wellness, we encourage a deeper appreciation for Nanaimo's natural assets in a safe, guided context. The program creates an inclusive environment where diverse community members can participate and connect, nourishing their mental and physical well-being in nature together.

14. How will your program be marketed?

We will promote "Mindfulness in Motion" through a multi-channel approach:

- Promoting events through our website (nanaimowedo.org) and social media channels.
- Distributing posters and flyers in high-traffic areas like public libraries, community centers, coffee shops, and health food stores.
- Reaching out to related community groups for cross-promotion.

15. How will you evaluate the success of the program?

We will use the following methods to evaluate the program's success:

- **Participation Tracking:** We will record attendance numbers for all workshops and hikes, with a goal of engaging 50+ unique participants over the 6-month program.
- **Participant Surveys:** We will use short, anonymous surveys after each event to measure:
 - Perceived change in stress levels (on a simple 1-5 scale).
 - How likely participants are to recommend the program to a friend.
 - Qualitative feedback on what they learned or enjoyed.
- **Return Rate:** We will track the number of participants who return for multiple events, which will indicate the program's value and appeal.

16. Include a detailed budget of the proposed idea, outlining all revenues including sources and expenditures.

Revenues

Revenue Item	Projected 2026 (CAD)
Participant Donations / By-Donation Contributions	\$300
In-Kind Support (Volunteer hours, supplies, refreshments)	\$700
Municipal Grant – City of Nanaimo (CPDG)	\$4,000
Total Projected Revenues	\$5,000

Expenditures

Expense Item	Description	Projected 2026 (CAD)
Venue Rentals	Room bookings at City recreation facilities (e.g., Bowen Park Complex, Departure Bay Activity Centre) for six monthly workshops.	\$1,800
Program Supplies & Equipment	Loaner meditation cushions and mats, portable seating, first-aid kit, signage, and light refreshments.	\$800
Promotional Materials / Marketing	Design and printing of posters, flyers, and digital outreach to promote the program across City parks and community spaces.	\$600
Lunch and Hospitality	Simple vegetarian lunches and beverages for participants at each full-day session.	\$400
Youth Support Stipends	Modest honoraria for youth volunteers assisting with setup, safety, and participant support.	\$400

Administrative / Insurance / Miscellaneous	Minor administrative costs, liability coverage, and incidental supplies related to program delivery.	\$200
Total Projected Expenses		\$4,200

Summary

- Total Revenues: \$5,000
- Total Expenses: \$4,200
- Estimated Surplus: \$800

Any surplus will be directed toward continuing or expanding the Mindfulness in Motion program beyond the initial six-month period, or supporting similar community recreation and wellness activities.

17. Include a financial statement for your organization for the previous calendar year. (Sample statement attached.)

Nanaimo Wedo Tibetan Buddhist Society - 2025 YTD Financial Statement

Prepared by: Brooke Dai, Director

Expenses	Debit	Credit	Net Amount
Rent / Tenant Fees	45600	0	45600
Banking Expenses	434.53	0	434.53
Utilities (Electricity, Water, Internet, etc.)	6569.88	0	6569.88
Marketing & Outreach	256.8	0	256.8
Other Expenses / Miscellaneous	191.6	0	191.6
Charity / Nonprofit Fees	15	0	15
		Total	53067.81
Assets			
Investment Asset	3000	0	3000
Bank - Credit Account	243.54	243.54	0
Supplies / Physical Items	670.2	0	670.2
Bank – Chequing Account	7400	10492.04	-3092.04
Cash	4000	0	4000
Assets Carry-over from 2024			31055.84
		Total	35634
Liabilities			
Reimbursements Payable	670.2	670.2	0
Loans Payable	0	46108.8	46108.8
		Total	46108.8
Revenue			
Program / Event Revenue	300	2000	1700
Donations – In-Kind / Direct Payments	0	387.94	387.94
Donations – Cash	0	9400	9400
Refund	0	49.23	49.23
		Total	11537.17
Net Position			
Net Assets (Assets - Liabilities)			-10474.8
Operating Surplus (Revenue - Expenses)			-41530.64

In 2025, Nanaimo Wedo focused its activities on program delivery and community setup. Year-to-date revenues of \$11.5k (donations and program fees) helped support operations, while expenses of \$53k reflect facility and program costs necessary to sustain Nanaimo Wedo's activities as an early-stage nonprofit. Including 2024 carry-over items, Nanaimo Wedo's balance sheet shows \$35.6k in assets and \$46.1k in liabilities, resulting in net assets of -\$10.4k as we continue to transition from setup funding

(loans/advances) toward steady operating support. The organization expects the net position to improve as ongoing donor support and program revenues grow in 2026.

18. Include a list of the organizers identifying the roles and names of the people in those roles/functions.

Name	Role	Function
Brooke Dai	Program Director	Oversees grant, budgeting, and coordination
██████████	Logistics Coordinator	Handles setup, supplies, refreshments
██████████	Outreach & Communications	Manages posters, social media
██████████	Program Coordinator	Venue research, scheduling, and logistics
██████████	Mindfulness Instructor	Leads mindfulness workshops
██████████	Hike Lead	Leads mindfulness hikes

PLEASE NOTE: A final report and financial statement (1 – 3 pages maximum) must be submitted within 60 days of the conclusion of the project or program. Failure to do so may result in rejection of any new application.

Freedom of Information and Protection of Privacy Act (FOIPPA) Information on this form is done so under the general authority of the Community Charter and FOIPPA, and is protected in accordance with FOIPPA. Personal information will only be used by authorized staff to fulfill the purpose for which it was originally collected, or for a use consistent with that purpose. Submissions may be included within a future publically available Council Report, which will be available for viewing on the City's website.

Summary of Idea

Program Title: *Mindfulness in Motion: A Community Wellness and Recreation Program*

Organization: *Nanaimo Wedo Tibetan Buddhist Society*

Mindfulness in Motion is a community wellness and recreation program that combines guided mindfulness practice, meditation, and outdoor activity in Nanaimo's parks and community spaces. Rooted in the Buddhist tradition of mindful awareness, the program offers participants simple tools for calm, focus, and connection that are accessible to everyone, regardless of religious background or prior experience.

Beginning in **March 2026** and continuing through **August 2026**, *Mindfulness in Motion* will host **monthly full-day sessions** designed to help residents care for both body and mind through meaningful recreation. Each day will include:

- **Morning mindfulness and meditation workshop:** introducing breathing, awareness, and relaxation practices drawn from Buddhist teachings on mindfulness, compassion, and presence.
- **Shared community lunch:** a simple vegetarian meal provided to participants, offering time for reflection and social connection.
- **Afternoon outdoor activity:** a mindful walk, guided hike, or movement session in a nearby park, where participants can apply what they have learned in nature.

While every session will remain open to all community members, the program will rotate its focus to serve different groups and interests over the season. For example:

- **General sessions** open to everyone interested in learning basic mindfulness and relaxation skills;
- **Family-friendly sessions** that welcome parents and children to participate together; and
- **Active sessions** featuring longer, more immersive walks or moderate hikes for participants seeking a physical challenge.

All sessions are free to attend and open to all ages, genders, and backgrounds. The atmosphere will be welcoming, calm, and inclusive, encouraging participation rather than performance. Activities will be guided by community volunteers familiar with mindfulness practice, group facilitation, and outdoor safety.

Program Locations

Sessions will take place across a selection of **City of Nanaimo facilities and parks**, offering both accessible spaces for gentle activities and scenic areas for more immersive outdoor recreation.

Primary and accessible locations, such as **Bowen Park Complex, Colliery Dam Park**, and the **Nanaimo River Estuary**, will be considered for mindfulness workshops and easy-paced nature walks. These sites provide indoor rooms or nearby shelter, paved or level trails, and amenities suitable for participants of all ages and abilities.

For participants seeking a more active experience, **Westwood Lake Park, Jack Point & Biggs Park**, and similar locations may host longer walks and moderate hikes. These sessions will emphasize mindful

movement, connection with nature, and safe, guided participation.

The **Nanaimo Wedo Tibetan Buddhist Society** will coordinate with **City Parks staff** to confirm booking availability, accessibility features, and any necessary amenities or permits.

Program Goals

- **Enhance community well-being:** Provide residents with practical, low-cost tools to manage stress, improve focus, and support emotional health.
- **Foster connection:** Create an inclusive environment where participants can share experiences and build a sense of belonging.
- **Encourage active living:** Promote the use of City parks and recreation facilities as spaces for wellness and community gathering.
- **Engage youth and volunteers:** Offer volunteer and learning opportunities for youth interested in mindfulness, recreation, or event coordination.

Community Impact

Mindfulness in Motion aligns with the City's vision of a healthy, active, and connected community. It introduces a low-barrier recreation option that nurtures mental and physical wellness, fosters intergenerational participation, and builds appreciation for Nanaimo's public spaces. The program supports participants in developing lifelong habits of mindfulness and outdoor engagement - skills that reduce stress, increase resilience, and strengthen community ties.

Sustainability

This grant will provide the seed funding to establish and promote the program. Future sustainability will come through volunteer leadership, partnerships with local recreation and wellness organizations, and optional participant donations to cover ongoing costs.

Through *Mindfulness in Motion*, the Nanaimo Wedo Tibetan Buddhist Society aims to share mindfulness practice in an open, inclusive way, contributing to Nanaimo's culture of wellness, recreation, and community connection.