



NEWMARKET COMMUNITY ACTION TABLE

NEWS RELEASE

2023 QUICK ACTION GRANT ROUND 1 RECIPIENTS

In partnership with United Way Greater Toronto, the Newmarket Community Action Table (Newmarket CAT) is pleased to announce the recipients of 2023 Round 1 Quick Action Grants. The purpose of the Quick Action Grants is to provide residents and agencies with resources to implement their ideas that address two critical issues – Mental Well-Being and Housing Stability in our community. Congratulations to our grant recipients!

RESIDENT LED GRANTS

Neighbourhood BBQs (\$2000)

A resident-led initiative focused on fostering connections and togetherness. An inclusive event will be held June 15th at Maple Leaf Public School, aiming to bring residents closer, strengthen relationships, and create a welcoming environment for all. Active participation and volunteering from residents will play a crucial role in the BBQ event day and planning. In late summer, the spirit of unity will continue with a second BBQ, where neighbours can come together for a shared meal. Join the community in celebrating togetherness, building stronger relationships, and nurturing a supportive neighbourhood environment. Let's create lasting memories and foster a sense of belonging through the joy of shared food and the welcoming atmosphere of Newmarket Heights.

InJoyness: Women's Wellness Group (\$2000)

A 6-week program for all women commencing early July. These sessions will focus on self-awareness and mindfulness. Each 2-hour session builds on previous ones, creating a closed group format. Up to 24 women can sign up to participate. Workshops will introduce self-development tools like mindfulness, self-esteem, stress management, and communication skills. Participants receive certificates, prizes, and the most enthusiastic member receives an 8-week mindfulness-based stress reduction course. The goal is to empower women, promote self-discovery, and foster well-being through these transformative workshops. On-site child-minding will be provided.

Sharing is Caring (\$2000)

Sharing is Caring: The Community Safety BBQ is a mid August event that focuses on bringing the community together and raising awareness of community safety. This gathering at the Newmarket Church of Christ on 230 Davis Drive will include basketball games, road hockey, kids' activities, and a community BBQ to support building community connections. By fostering stronger relationships between Newmarket Heights residents and first responders, the aim is to re-establish trust and create unity. Join in this collaborative effort to build a safer and more connected community, promoting positive interactions and open dialogue for the well-being of all residents.



Strawberry Farm Community Meet & Mingle (\$2000)

On June 24th the Community Meet and Mingle at the Strawberry Farm project will offer low-income families and seniors a chance to socialize and engage with the community post-COVID-19. By organizing a trip to Strawberry Creek Farm, participants can enjoy strawberry picking and farm activities. To alleviate transportation barriers and food insecurity, rented school buses and a shared lunch will be included. This day of fun and mental health-focused activities will leave a lasting positive impact. This project aims to promote resources and support for mental well-being within Newmarket. Join in creating an inclusive environment that fosters connections and promotes mental health through the beauty of nature.

AGENCY LED GRANT

Boys and Girls Club Summer Camp: Fun Fitness, and Community Connection (\$8000)

Running from July 4th to August 11th, 2023, the camp will offer diverse activities like sports, arts, and games. Children will develop social skills, creativity, and imagination through cooperative play and exploration. The camp will be hosted at JRL Bell P.S. providing a safe and accessible location for the Newmarket Heights community. The goal is to provide a quality experience, foster children's mental well-being through socialization and physical activity, offer youth employment opportunities, and give parents peace of mind with a local, affordable program.

For more information on any of the Grant Projects listed above please contact, khalil@routescc.org

The Newmarket CAT is a community based round table comprised of residents and agencies that want to make a difference in Newmarket. Our primary focus is in the areas of Mental Well-Being and Housing Stability. For more information on the Newmarket CAT initiatives, Please contact khalil@routescc.org or sandra@routescc.org