

# 2024 Funds for Whatcom County Health & Wellness Grants

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*Whatcom Community Foundation*

## *Application Questions*

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**Who can apply:** Whatcom County federal nonprofits only. (no government agencies, religious institutions, fiscal sponsorships or schools)

What would life look like here without you and our entire essential nonprofit sector? Where would we go for culture and entertainment, to adopt animals, to find affordable and supportive housing, to feed our families, to get healthcare, to heal and care for the environment, to exercise, to support our oldest and youngest humans, or to learn? How else could we all help to care for our whole community in innumerable ways?

You are our frontline community builders, and we know you and your teams gave it all you could over the last several years. You showed resiliency and creativity in serving our communities and staying afloat during unprecedented challenges. We see you, and we care.

We are offering mini grants to address *some* of the issues of staff fatigue, turnover and burnout that are currently pervasive throughout the nonprofit sector. We invite you to apply for grants to support you and your team's physical and mental health, creating a positive work environment, enhancing job satisfaction, and reducing burnout.

We will have at least \$200,000 in funding and will offer \$1,000 - \$10,000 grants (depending on organizational staffing size and what you'd like to do). Grant funding amounts could increase depending on the number of applicants and/or increase in funding pool. If your ideas include multiple organizations, please let us know.

What you do is up to you and your team, but several ideas surfaced from local nonprofit leaders including: wellness programs that encourage physical activity, social activities, healthy eating, stress management and mental health supports; ergonomic improvements (adjustable desks, better lighting, ergonomic chairs, etc.); staff retreat; training and professional development/coaching; healing fund for staff (self-directed, trust based stipends to mitigate stress/burnout); staff appreciation activities; and, team trust building workshop, etc.

We will begin reviewing grants the week of January 15th, but we will keep the grant round open until funds are expended.

Click [HERE](#) for tips on using this online grant application system. Please submit your grant application as soon as possible. The application will remain open until the funding runs out.

**Project Name\***

Please enter your organization name here.

*Character Limit: 250*

**Whatcom County Region Served\***

**Choices**

- WAW-Whatcom County (general)
- WAWB-Bellingham
- WAWB-Alabama Hill
- WAWB-Alderwood
- WAWB-Birchwood
- WAWB-Columbia
- WAWB-Edgemoor
- WAWB-Fairhaven
- WAWB-Guide Meridian
- WAWB-Happy Valley
- WAW-Birch Bay
- WAW-Blaine
- WAWB-Letterd Street
- WAWB-Meridian
- WAWB-Mt. Baker
- WAWB-Puget
- WAWB-Roosevelt
- WAWB-Samish
- WAWB-Sehome
- WAWB-Silver Beach
- WAWB-South
- WAWB-South Hill
- WAWB-Sunnyland
- WAWB-Whatcom Falls
- WAWB-WWU
- WAWB-York
- WAW-Custer
- WAW-East County
- WAW-Everson/Nooksack/Sumas
- WAW-Ferndale
- WAW-Lummi Island
- WAW-Lummi Nation (or Native American)
- WAW-Lynden
- WAW-Point Roberts
- WAW-South Fork
- Whatcom County Region Served

**Organization Field of Interest\***

Please choose the field of interest that best fits your organization's programs.

**Choices**

- A&C-Arts & Culture
- BC-Building Community
- BC-Civic Engagement & Advocacy
- BC-Community & Neighborhood Improvement
- BC-Diversity, Equity & Inclusion
- BC-Economic Development
- BC-Impact Investing
- BC-Nonprofit Capacity Building
- ED-Education
- ED-Libraries
- ED-Scholarships
- EN-Animal Related
- EN-Environment
- EN-Natural Resources Conservation Protection
- EN-Wildlife Preservation Protection Services
- HS-Criminal & Legal
- HS-Food, Agriculture & Nutrition
- HS-Housing & Shelter
- HS-Human Services
- HS-Public Safety, Disaster Planning & Relief
- HS-Sexual Assault
- HS-Domestic Violence
- HS-Transportation
- HS-Veterans (do not use after 12/31/2016)
- H&W-Healthcare
- H&W-Health & Wellness
- H&W-Medical Research
- H&W-Mental Health & Crisis Intervention
- H&W-Rec & Sports
- R-Religious
- H&W-People with Disabilities
- O-Other

## Demographic-Race\*

Primary population your organization serves

### Choices

- All races
- Indigenous peoples
- Multiracial people
- People of Black or African Descent
- People of Asian descent
- People of Latin American descent
- People of Middle Eastern descent
- Other

## Demographic-Age\*

### Choices

- All ages

Seniors  
Early Childhood  
Children and youth  
Adults (not seniors)

### Amount Requested\*

Award amounts - \$1,000 to 10,000. Organizations with 5 or less FTE's will likely received smaller grants.

*Character Limit: 20*

### Mission Statement\*

*Character Limit: 500*

### Nondiscrimination Statement\*

Whatcom Community Foundation believes no person should be excluded from agency service, employment or volunteer participation, and will not fund organizations that engage in unlawful discrimination on the basis of age, race, national origin, ethnicity, gender identity, disability, sexual orientation, political affiliation or religious belief, or for any other discriminatory reason. Does your organization comply with this policy?

### Choices

Yes  
No

### Non-Compliant with Non-Discrimination Statement

If you answered "no" to compliance with Whatcom Community Foundation's Nondiscrimination Statement, please explain below.

*Character Limit: 500*

### Number of Paid Staff and Total Full Time Equivalents (FTE's)\*

*Character Limit: 1000*

### Number of Volunteers\*

*Character Limit: 50*

### Top Priorities\*

What are your top priorities for the health and wellness of your team and how will you address these?

*Character Limit: 3000*

### Diversity Overview\*

Please share your insights on the multifaceted composition of your staff. How would you describe the overall diversity within your organization's staff? Please consider factors such as race, gender, age, ethnicity, sexual orientation, disability status and any other dimensions of diversity that are important to your workplace.

*Character Limit: 10000*

### Potential Use of Funds

**We are trying to make this funding meaningful and stretch as far as possible. Three of the options below are required, but feel free to answer more.**

#### **\$1,000\***

Please describe what you would do with \$1,000.

*Character Limit: 10000*

#### **\$2,500**

Please describe what you would do with \$2,500.

*Character Limit: 10000*

#### **\$5,000\***

Please describe what you would do with \$5,000.

*Character Limit: 10000*

#### **\$7,500**

Please describe what you would do with \$7,500.

*Character Limit: 10000*

#### **\$10,000\***

Please describe what you would do with \$10,000.

*Character Limit: 10000*

#### **Over \$10,000**

Please describe what you would do with more than \$10,000.

*Character Limit: 10000*

### **Is There Anything Else You Would Like To Share?**

*Character Limit: 6000*

### **Consent to Share Your Application with Other Funders and Donors\***

#### **Choices**

Yes

No

### **Additional Documentation**

## Board Roster\*

*File Size Limit: 6 MB*

## Other Documentation?

Any additional documentation regarding your request, please upload it here.

*File Size Limit: 6 MB*