

# Northern Health - Healthy Communities E-Brief

February 2026

## Welcome to the Healthy Communities E-Brief!

This monthly newsletter is prepared by the [Healthy Communities team](#) to help local governments and community organizations in Northern BC stay informed about resources, upcoming events, and funding opportunities that support community health and well-being.

## Surveys



### Help shape off-road vehicle safety in Northern BC

Northern Health's Injury Prevention team is seeking input from local governments about off-road vehicle use in Northern BC. If you work with a First Nations, municipal, or regional district government—and your role involves informing or supporting health programs or services—we invite you to complete a short, anonymous survey. It takes about 5 to 7 minutes and will help guide our injury prevention work. Thank you to all those who have participated to date.

**Final call: Survey closes February 6, 2026.**

[Take the survey](#)

## Resources

### Eating Disorder Awareness Week

February 1 to 7 is Eating Disorders Awareness Week (EDAW). This year's theme is "health doesn't have a look." Messages that tie worth or health to appearance can contribute to disordered eating and reinforce stigma. We can support wellbeing by promoting body respect and a more inclusive view of health.

Resources for families or clients:

- [Embody BC](#) provides trusted resources to help parents and health professionals support youth and prevent disordered eating.



- The [National Eating Disorder Information Centre \(NEDIC\)](#) offers support for people in Canada impacted by disordered eating. They have a confidential phone line and live chat.
- [NH Regional Eating Disorder](#) Clinic offers services for children, youth and adults living with eating disorders, and their families. A referral may be needed.

Resources for schools:

- [Being Me, Being Us](#) is an online resource that supports body image promotion and mental health in BC schools.



## Physical activity for children and youth with disabilities: Recommendations for promotion

A lack of clear and useful physical activity information makes it harder for children and youth with disabilities to take part, and it can be a source of frustration for their parents and caregivers. These recommendations are meant for any group that helps promote or deliver physical activity programs for children and youth with disabilities.

[Read more](#)



## Zine - Expression of our health: Perspectives of First Nations, Inuit, and Métis children and youth

The project gathered stories from First Nations, Inuit, and Métis youth across Canada to show how they understand health and well-being. A zine featuring 50 artworks from 40 young artists, aged 5 to 18, shares their creative expressions of what health means to them.

[Read more](#)

## Events and learning

### Webinar: Air quality 101 for municipal leaders

Date: February 4, 2026

12:30-1:30 pm Pacific Time

Join Alberta Capital Airshed and West Central Airshed Society for a

### Webinar: What diverse BC families need to be physically active

Date: February 12, 2026

10:00-11:00 am Pacific Time

### Webinar: Alcohol policy in Canadian municipalities

Date: February 26, 2026

9:30-10:45 am Pacific Time

webinar that introduces how municipalities can work with their airshed. Experts will share practical tools, data, and examples to support planning and community health.

[Register for webinar](#)

Physical activity helps people stay healthy, but many families in BC still face barriers that make it hard to join in. This webinar will share key findings from a new [report](#) and show real examples of how programs can include everyone.

[Register for webinar](#)

Are you interested in how local governments and communities can support community wellbeing and reduce alcohol-caused harms? This webinar will share examples and tips from BC communities to help local leaders create safer, healthier places for everyone.

[Register for webinar](#)

## Funding

### February 2026

#### **LEVEL BIPOC Grants (Vancouver Foundation)** **Deadline: February 9, 2026**

This fund supports BIPOC-led and BIPOC youth-led organizations in BC stay strong and adapt to community needs. These grants provide flexible funding for things like operating costs, staffing, and technology so organizations can focus on their programs and impact.

[Read more and apply](#)

#### **ParticipACTION Community Challenge Grant (Outdoor Recreation Council of BC)** **Deadline: February 10, 2026**

The Community Challenge invites people across Canada to be active in June while competing to be the country's most active community. Northern and remote groups can apply for grants of up to \$1,000 to help run local sport and physical activity programs and events in June 2026.

[Read more and apply](#)



### March 2026

#### **Age-Friendly Community Grants (BC Healthy Communities)** **Deadline: March 12, 2026**

The 2026 Age-Friendly Communities Grant supports work that helps BC seniors live active, independent lives. Local and Indigenous governments can apply

#### **Barrier Buster Grants Program (Royal Bank of Canada)** **Deadline: March 15, 2026**

Are you a school, municipality, community group, or non-profit organization in Canada ready to make your spaces more accessible? Apply for one of 40

#### **Funding to Collaborate (United Way British Columbia)** **Deadline: March 31, 2026**

Healthy Aging Community Collaboratives can apply for \$1,000 to \$5,000 to support seniors-focused collaboration, such as

for up to \$25,000 for age-friendly plans and up to \$15,000 for projects that improve the health, safety, and engagement of older adults.

[Read more and apply](#)

accessibility grants of up to \$40,000 to complete an access-improvement project in your community.

[Read more and apply](#)

meeting costs, venue rentals, food, or facilitator fees. This funding helps cover expenses that strengthen partnerships within the region.

[Read more and apply](#)

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## April 2026

### Kick-Start Projects (Pacific Blue Cross Health Foundation)

**Deadline: April 7, 2026**

The Kick-Start Projects fund (up to \$10,000) is for one-time projects, new programs, or buying equipment and materials that help improve mental health and wellbeing or prevent and manage chronic diseases.

[Learn more and apply](#)

### Urban Forestry Plans & Studies (Green Municipal Fund)

**Deadline: April 15, 2026**

Up to \$175,000 is available for plans or studies that help communities grow healthy, resilient forests, such as urban forest management plans. These projects must also support future tree-planting efforts in your community.

[Read more and apply](#)



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## Ongoing intake

### Local Community Accessibility Grant Program (Sparc BC)

**Deadline: Ongoing**

Up to \$25,000 is available for municipalities and regional districts in BC to help make things easier for people with disabilities. Projects must be chosen by local government Accessibility Committees or written in Accessibility Plans. Projects must be finished by March 31, 2026.

### Education, health, and arts & humanities grants (The Molson Foundation)

**Deadline: Ongoing**

The Molson Foundation gives money to support projects in education, health (like youth sports and activity programs), and arts and humanities. You can apply if your project helps people learn, stay healthy, or enjoy arts and culture.

### StrongerBC Future Skills Grant (Government of BC)

**Deadline: Ongoing**

BC residents 19 and older can get up to \$3,500 for short-term training in high-demand fields like health care, clean energy, and construction. Starting September 2025, more than 300 programs at 24 public colleges and universities will help people gain job-ready skills and advance their careers.



[Read more and apply](#)

**Indigenous Stewardship Fund Climate Emergency Fund Program (Indigenous Stewart Fund and First National Fisheries Council of British Columbia)**  
**Deadline: Ongoing**

This program gives fast help for urgent, environmental projects led by Indigenous communities. The projects must focus on protecting and restoring salmon and their habitats.

[Read more and apply](#)

[Read more and apply](#)

**BC Community Climate Funding Finder (Clean BC)**  
**Deadline: Ongoing**

Looking for climate action funding? By answering a few questions, you'll be on your way to learning which programs fit your project best. And if you're still looking for project ideas, the Funding Finder can show you a range of possibilities to help spark your imagination.

[Read more and apply](#)



## Get to know us

Our team is excited to share a new section in the E-Brief. This section will help you learn more about the people and teams that work to strengthen health in your community. We're starting off by introducing members of the Healthy Communities team.



**Jeff Kormos:** Jeff joined Healthy Communities in 2018 and is the Lead for the Northern Interior. Outside work, he is often found wandering rivers with a fly rod. Jeff loves to discuss the region's countless outdoor recreational opportunities, as he finds it a great way to connect with people from different backgrounds and communities. He enjoys visiting and learning about the communities in the NI and experiencing the diverse cultures, landscapes, and people of our region. Connect with [Jeff](#) about healthy communities work in the Northern Interior.

## Northern Health Stories



## Care in every purple cap: Community-wide support for new families

Each winter, Northern Health (NH) works to strengthen regional awareness about the Period of PURPLE Crying® Program, which helps parents and caregivers understand normal infant crying and how to cope safely. This year's purple cap winter campaign highlights a familiar idea: It takes a village to raise a child — and in Northern BC, that village shows up in every community.....[continue reading](#).

## Growing smiles in Northern communities

Moments of connection remind us about the importance of community. One group bringing joy to communities in Northern BC, wherever they go, is Desert Hills Ranch. A dedicated food supplier from Ashcroft, BC, they are committed to nourishing both body and spirit. Known for their generosity and vibrant energy, their visits to long-term care homes have become a cherished tradition. ....[continue reading](#).

See the latest stories at [stories.northernhealth.ca](https://stories.northernhealth.ca)

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Northern Health acknowledges with gratitude that our work takes place on the territories of the Tlingit, Tahltan, Nisga'a, Gitksan, Tsimshian, Haisla, Haida, Wet'suwet'en, Carrier (Dakelh), Sekani (Tse'khene), Dane-zaa, Cree, Sauteau and Dene Peoples.



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