

Northern Health - Healthy Communities E-Brief

January 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 wants feedback 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.

Survey closes February 6, 2026.

[Take the survey](#)



Age Forward Action

The Public Health Association of BC (PHABC) wants to hear from older adults aged 50 and over, caregivers, and healthcare providers across BC about access to physical activity programs. Your feedback will help PHABC learn how people find these programs, what challenges make it hard to join, and what tools or supports could make it easier to stay active and healthy. The survey takes about 10 to 15 minutes and is confidential. When you finish, you can enter a draw to win one of four \$250 gift cards.

Survey closes January 15, 2026.

[Take the survey](#)

Toolkit on Public Health Considerations for

Evacuations from Climate-Related Emergencies



The Public Health Agency of Canada is creating a toolkit to help emergency planners and decision makers ensure safer and more equitable evacuations during climate emergencies, with release expected mid-2026. They are seeking input through a 20 to 30 minute survey for those with professional experience in evacuations.

Survey closes January 7, 2026.

[Take the survey](#)

Resources



Northern BC Healthy K to 12 Schools Newsletter (Fall/Winter - Issue 9)

The Northern BC Healthy K to 12 Schools Newsletter shares helpful updates for schools, students, and families across the region. In this issue, you'll find information on immunization, physical activity, mental wellness, and more.

[Read more](#)



New resources and learning: Early childhood social and emotional development

FeelingsFirst.ca now offers free online modules to support early social and emotional development.

- Visit BC's [Feelings First webpage](#) for resources.
- Sign up for and share the [free e-learning Feelings First modules](#).
- Download free [posters](#) and [sticker postcards](#) for your office.
- Follow Northern Health on [Instagram](#) and [Facebook](#) for tips.
- Explore Northern Health's new [Child development webpage](#).

2025 ParticipACTION Report Card on Physical Activity for Adults

The 2025 Adult Report Card shows that physical activity levels for adults in Canada have stayed the same for years, and change is needed. It offers practical ideas for governments, employers, planners, and individuals to help adults move more.



[Read more](#)



Municipal Guide for Disability Inclusion in Recreation and Physical Activity

This guide gives easy-to-follow steps for staff in municipal recreation departments to include people with disabilities in programs and activities. It is meant for people who work in municipal government, such as recreation directors, program managers, and coordinators. It can also help people with disabilities, program leaders, municipal officials, caregivers, family, friends, and community groups who want to support or ask for changes.

[Read more](#)



Ageism Toolkit: Uprooting Ageism and Inspiring Change

The Canadian Coalition Against Ageism (CCAA) has created the Ageism Toolkit to help people spot and deal with ageism in daily life. This resource supports open discussion and encourages positive change.

[Read more](#)

Events and learning

Webinar: Strengthening Community Resilience - An Age-Friendly and Indigenous-Inclusive Approach to Emergency Preparedness

Date: January 14, 2026
10:30-11:30 am Pacific Time

Webinar: Age Playfully - Reimagining the Possibilities

Date: January 27, 2026
8:00-9:00 am Pacific Time

Join this Cities for Everyone webinar to learn how playful urban design can help reduce loneliness

ISPARC Indigenous Cultural Safety Training Self-paced online learning

Learn how to make sport and recreation spaces welcoming for Indigenous athletes and participants. This three-part training, created with Indigenous

Join an Age-friendly Communities webinar to learn how Indigenous-informed approaches can strengthen emergency planning. Discover practical tools and real examples to better support older adults and vulnerable residents during climate-related emergencies.

[Register for webinar](#)

in older adults. Experts will share new research and ideas for creating age-friendly public spaces that are fun and welcoming for seniors. You'll also hear practical examples of how communities are reimagining spaces to support social connection.

[Register for webinar](#)

cultural safety experts, offers practical tools and real-world strategies to break down barriers, challenge racism, and build inclusive programs through both online and in-person sessions.

[Submit an expression of interest here](#)

Funding

January 2026

TD Friends of the Environment Grant (TD Bank)

Deadline: January 15, 2026

The Foundation funds environmental projects that teach people and improve green spaces. Examples include making schoolyards greener, upgrading parks, building community gardens, running nature programs, and doing citizen science activities.

[Read more and apply](#)

Outdoor Recreation Fund of BC (Outdoor Recreation Council of BC)

Deadline: January 20, 2026

More outdoor recreation leads to healthy and vibrant communities. The Outdoor Recreation Fund of BC supports projects that improve outdoor spaces, promote stewardship and education, and encourage inclusive participation.

[Read more and apply](#)

Community grants (Pacific Blue Cross Health Foundation)

Deadline: January 22, 2026

The Pacific Blue Cross Health Foundation offers two funding streams due in January: Partner Program (up to \$45,000), and Major Investment (up to \$100,000) to support mental health, wellbeing, and chronic disease prevention across BC.

[Read more and apply](#)



Community grants program (ICBC)

Deadline: January 28, 2026

This grant supports organizations across BC that improve road safety and strengthen injury recovery and disability supports. Funding goes to projects that enhance road safety, protect vulnerable road users, prevent auto crime, support drivers, and help people recovering from injuries or living with disabilities live healthy, active lives.



[Learn more and apply](#)

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](#)

March 2026

Barrier Buster Grants Program (RBC)

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

[Read more and apply](#)

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.

[Read more and apply](#)

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.

[Read more and apply](#)

Funding to Collaborate (United Way)

Deadline: Ongoing

Healthy Aging Community Collaboratives can apply for \$1,000–\$5,000 to support seniors-focused collaboration, such as meeting costs, venue rentals, food, or facilitator fees. This funding helps cover expenses that strengthen partnerships within the region.

[Read more and apply](#)

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](#)

**Wah-ila-toos: Clean energy
initiatives in Indigenous,
rural, and remote**

**Indigenous Stewardship
Fund Climate Emergency
Fund Program (Indigenous**

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

communities (Government of Canada)

Deadline: Ongoing

The Wah-ila-toos program helps Indigenous, rural, and remote communities switch from diesel to cleaner energy. It also makes it easier for people to get support from the government and have more control over their energy choices.

[Read more and apply](#)

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](#)

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.



Erin Powers: Healthy Communities Lead for Northeast BC (with Northern Health for 2.5 years). Erin loves planning adventure trips for her family. Last summer, they went hiking and surfing. Erin says the best part of living in the Northeast is enjoying the outdoors and the beautiful sunny days. Connect with [Erin](#) about healthy communities work in the Northeast.

Northern Health Stories



NorthCAN: How developing low-carbon collaboration is benefiting the North

Since its establishment three years ago, the [Northern BC Climate Action Network](#) (NorthCAN) has championed a cross-sectoral approach to climate solutions in Northern BC, with over 400 people from a range of diverse fields participating in the NorthCAN community. Northern Health (NH) is part of the drive



Five tips to stay healthy as the season turns

As darkness descends and winter begins to blanket Northern BC, it's the perfect time to refresh your wellness routine. From Dawson Creek to Haida Gwaii, colder days don't have to mean slowing down - small steps now can make a big difference for your health all season long. Here's five small ideas that can snowball

for further climate cooperation in the region because climate change impacts both the health and wellness of northerners, and the health system itself.....[continue reading](#).

happiness into your winter.....[continue reading](#).

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