

Default Question Block

**Thank you for your interest in the 2026 UBC Thrive Grants!**

Please review the grant guidelines and reimbursement information below before you apply. The deadline to apply is October 9, 2026; at 4 pm.

Funds will be allocated on a rolling basis until the total available funds are exhausted. We recommend applying early!

If you have any questions about the Thrive grants please contact:

UBC Okanagan: thrive.okanagan@ubc.ca

Please confirm that your Thrive event/initiative is intended for the UBC Okanagan campus

☐ This is for UBC-Okanagan



Grant guidelines and criteria:

- All current UBC Okanagan student groups, faculty, staff and post-docs are eligible to apply
- Events can be open to the UBC community or may target a specific population
- Demonstrate a commitment to support engagement around mental health and mental health literacy such as:
 - Promoting mental health literacy (e.g. educational seminar or workshop)
 - Provide opportunities for social connection
 - Foster a supportive and inclusive community
 - Build skills to support positive mental health and resilience
 - Highlight resources on campus
 - Advocate for positive mental health and reduce stigma
- Additional consideration will be given to events and activities that support diverse perspectives on mental health
- All funds must be used by November 30, 2026

Grants can be used for:

- Instructor or facilitator fees
- Workshop or event supplies
- Food, catering
- Room rental fees

Grants cannot be used for:

- The purchase of gift cards or certificates of any denomination
- Costs that would be covered by other UBC departmental budgets
- Applicants cannot profit financially from their projects or award themselves an honorarium
- Donations or fundraising

Need some inspiration for your event?

Here are a few [examples of some standout events](#) that were funded by UBC Thrive Grants.

Grant Reimbursement

- Thrive Grants are based on a reimbursement model.
- Recipients will have to pay for expenses up front and a reimbursement will be issued.
- All purchases for the grant must be made by the primary grant recipient (You cannot submit expenses from multiple people under one grant).

If my application is awarded funding, I agree that upon completion of my project, to complete the (brief) evaluation survey.

☐ I will complete the evaluation survey

Application Lead Contact information

Name:

UBC Email:

Please select the term that best describes your role at UBC. Please specify the name of your group or your unit/department name in full, no abbreviations.

- ☐ Student group/organization. Please specify name.
- ☐ Faculty
- ☐ Staff
- ☐ Other

Are you (or your group) a past recipient of any Thrive Grants?

- ☐ Yes
- ☐ No, not this my first time

Name of Thrive event/initiative

Primary audience of your Thrive event/initiative (select all that apply)

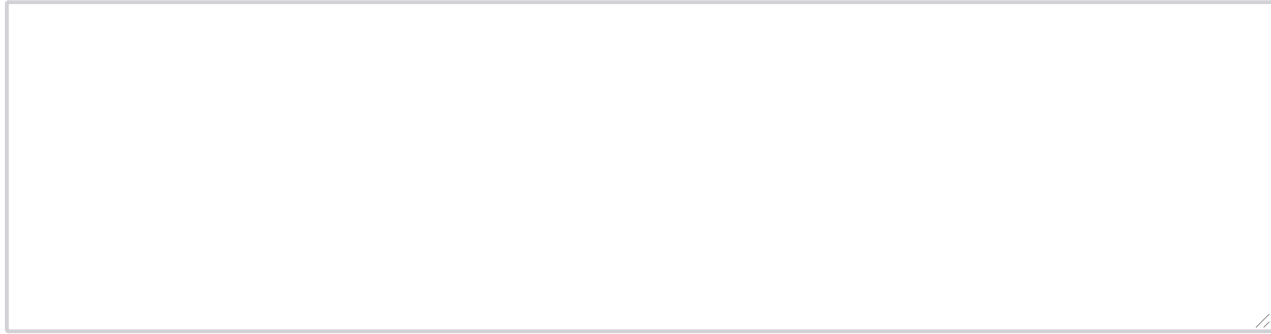
- ☐ Students
- ☐ Faculty
- ☐ Post-docs
- ☐ Staff
- ☐ Other

Student-led applications not affiliated with a student society require a staff or faculty sponsor. If you are a student, please indicate who will be sponsoring your Thrive event/initiative.

Amount of funding requested (up to \$500)

Please describe your proposed event and how it aligns with Thrive's goals:

- Increase mental health literacy and promote resources
- Foster a supportive and inclusive community
- Build skills to support positive mental health and resilience
- Provide opportunities for social connection

**Please briefly indicate how your event will be inclusive of equity deserving groups and diverse perspectives on campus?****Please share any strategies you plan to use to enhance the connection between your event and Thrive. Examples may include:**

- Promoting mental health resources available at UBC
- Incorporating activities that boost mental health literacy
- Utilizing Thrive branding and messaging in event materials
- Including reflective questions or content from the Thrive toolkit
- Promoting the event in the Thrive calendar

**Event format**

- ☐ In-person
- ☐ Online
- ☐ Hybrid (in-person and online)

Estimated number of participants

0 10 20 30 40 50 60 70 80 90 100

Approximate number

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