

MEDIA RELEASE

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The Mustard Seed receives an \$18,000 Bell Let's Talk Community Fund grant to support Indigenous Wellness

Calgary, AB – The Mustard Seed is excited to announce an \$18,000 grant from the Bell Let's Talk Community Fund. The grant will support the organization's innovative Indigenous Wellness Program. In Calgary, 30% of The Mustard Seed's clients identify as Indigenous, and many struggle with mental health issues influenced by intergenerational trauma and ongoing oppression and discrimination.

The program was developed to ensure culturally appropriate supports are available to help this population, which is often subject to intersecting vulnerabilities and marginalization. It incorporates traditional Indigenous healing methods to help clients restore balance in their mind, body, spirit, and emotion.

Clients will participate in individual and group counselling sessions and traditional wellness activities such as ribbon skirt making, drum making, dreamcatcher making, and beading. Individuals will also interact with Elders and Knowledge Keepers. These activities create a strong sense of community, providing a place where people can sit together and share their stories.

This is the second Bell Let's Talk Community Fund grant that The Mustard Seed has received, and we are grateful for the ongoing support. From the entire Mustard Seed family, thank you to Bell Let's Talk for helping us expand our Indigenous Wellness Program to help our clients continue their healing journey.

Bell Let's Talk promotes Canadian mental health with national awareness and anti-stigma campaigns like Bell Let's Talk Day and significant Bell funding of community care and access, research and workplace leadership initiatives throughout the country. To learn more, please visit Bell.ca/LetsTalk.

About The Mustard Seed:

The Mustard Seed is a Christian non-profit organization that has been caring for individuals experiencing homelessness and poverty since 1984. Operating in five cities across Alberta and BC, The Mustard Seed is a supportive haven where people can have their physical, mental, and spiritual needs met and grow toward greater health and independence. TheSeed.ca

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To set up an interview with The Mustard Seed Calgary contact:

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