



# CENTRAL NEWMARKET COMMUNITY ACTION TABLE

## MEDIA RELEASE

### 2026/2027 QUICK ACTION GRANT ROUND 1 RECIPIENTS

In partnership with United Way Greater Toronto, the Central Newmarket Community Action Table (CNCAT) is pleased to announce the recipients of 2026/2027 Round 1 Quick Action Grants. The purpose of the Quick Action Grants is to provide residents with resources to implement their ideas that address two critical issues – Mental Well-Being and Housing Stability in our community. Congratulations to our grant recipients!

#### RESIDENT LED GRANTS

##### **Food Smart, Choose Smart: Interactive Nutrition Activities for Children & Youth - (\$3000)**

This summer, a nutrition program in Newmarket will help children and youth build healthy habits through fun, interactive learning experiences. Designed for children ages 9–13 and youth ages 14–18, the program offers weekly hands-on sessions where participants explore healthy eating through games, team activities, quizzes, and fresh food experiences. Topics include fruits and vegetables, whole grains, plant proteins, digestion, vitamins, and nutrition myths shared online. The program creates welcoming spaces for young people to learn, connect, and grow together during the summer months — a time when many children lose access to consistent food routines and supports provided through school.

Sessions will be hosted at locations across Newmarket, including the Newmarket Public Library and 360°kids at Trinity Glen. Running from June 29 to August 28, the initiative aims to reach up to 80 children and youth across the community.

##### **Intergenerational Dance Workshop (\$3725)**

This program will bring generations together through movement, culture, and connection with a new intergenerational dance workshop series at the Ray Twinney Recreation Complex from June to September 2026. Designed for seniors ages 55+ and youth ages 6–18, the program will offer eight interactive dance workshops and two outdoor community pop-ups that celebrate pan-Asian cultural traditions while promoting physical, mental, and cognitive wellness.

The initiative was created in response to growing social isolation among seniors, increased screen time and disengagement among youth, and the changing needs of Newmarket's increasingly diverse community. Through accessible dance and movement activities, participants will build confidence, strengthen social connections, and stay active in a welcoming, community-centered environment. Youth ages 16–18 and senior participants will also take on leadership roles by co-leading activities and workshop modules alongside the resident organizing team, helping foster mentorship, collaboration, and shared learning across generations. By combining culture, wellness, and community engagement, the program aims to create meaningful opportunities for residents of all ages to connect, move, and thrive together.



## AGENCY LED GRANTS

### **Thrive & Connect – Our Happy Place (\$7500)**

A six-month wellness program designed to support neurodiverse adults in Newmarket through inclusive, community-based experiences that encourage self-expression, confidence, and social connection. The initiative will offer structured sessions focused on movement, mindfulness, creative arts, and wellness activities, giving participants opportunities to build practical skills while forming meaningful peer relationships in a welcoming environment. Created to help reduce social isolation and strengthen emotional well-being, the program will support approximately 15–20 neurodiverse adults while also providing indirect benefits to caregivers through increased independence, confidence, and community engagement among participants. Sessions will take place at community spaces across Newmarket, including wellness, arts, recreation, and community locations such as local studios, the Newmarket Legion, and food support spaces.

Participants will gather for six interactive event sessions running from September 2026 through February 2027. The program will conclude with a Ceremony of Achievement on February 25, celebrating participant growth, accomplishments, and the supportive community built throughout the project.

### **Safe Homes & Strong Minds Initiative – Women’s Centre of York Region (\$7500)**

A 9-month, high-impact community response designed to support housing stability and mental well-being for vulnerable women in Newmarket and their families. Running from July 1, 2026 to March 2027, the project will provide timely, accessible, and trauma-informed supports for women aged 18+ who are at immediate risk of homelessness. This includes individuals and families affected by intimate partner violence, newcomer women navigating settlement challenges, and those experiencing eviction or precarious housing conditions.

Safe Homes & Strong Minds is designed as a rapid, community-based intervention that reduces barriers to essential supports while strengthening pathways toward long-term stability and safety. By combining housing-related assistance with mental health and wellness-focused supports, the initiative aims to address both immediate crises and underlying factors contributing to housing insecurity. Through a coordinated, compassionate approach, the program will help participants stabilize their living situations, strengthen resilience, and reconnect with community supports that foster safety, dignity, and well-being.

For more information on any of the Quick Action Grants listed above or Central Newmarket Community Action Table initiatives, please visit [linkingnewmarket.ca](http://linkingnewmarket.ca), @Linkingnewmarket on social media or contact, [khalil@routescc.org](mailto:khalil@routescc.org) (Community Engagement Lead) or [sandra@routescc.org](mailto:sandra@routescc.org) (Community Engagement Manager)

The Central Newmarket CAT is a community based round table comprised of residents and agencies that want to make a difference in Newmarket. Our primary focus is in the areas of Mental Well-Being and Housing Stability.

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