Mental Health Foundation of Nova Scotia

RECREATION NOVA SCOTIA

The Power of Connection

How Recreation Supports Mental Health

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Mental Health Foundation of Nova Scotia

A Personal Connection







Who We Are

Mental Health Foundation of Nova Scotia

Compassion is at the heart of everything we do.

As Nova Scotia's only health foundation dedicated exclusively to funding mental health and addictions, we invest in mental wellness across the province.

Together with our donors and supporters, we fund community-based projects that provide hope, foster understanding, and strengthen connection for Nova Scotians living with mental illness and addiction.

Vision

All Nova Scotians are thriving in their communities.

Purpose

To improve the mental wellness of Nova Scotians by granting funds to community-based mental health and addictions organizations.

Values

Community
Compassion
Accountability

Impact

In 2025-26, projects supported by the Mental Health Foundation of Nova Scotia helped people across the province find connection, build skills, and access support for their mental wellness.

Here's a snapshot of that impact:









Reflection

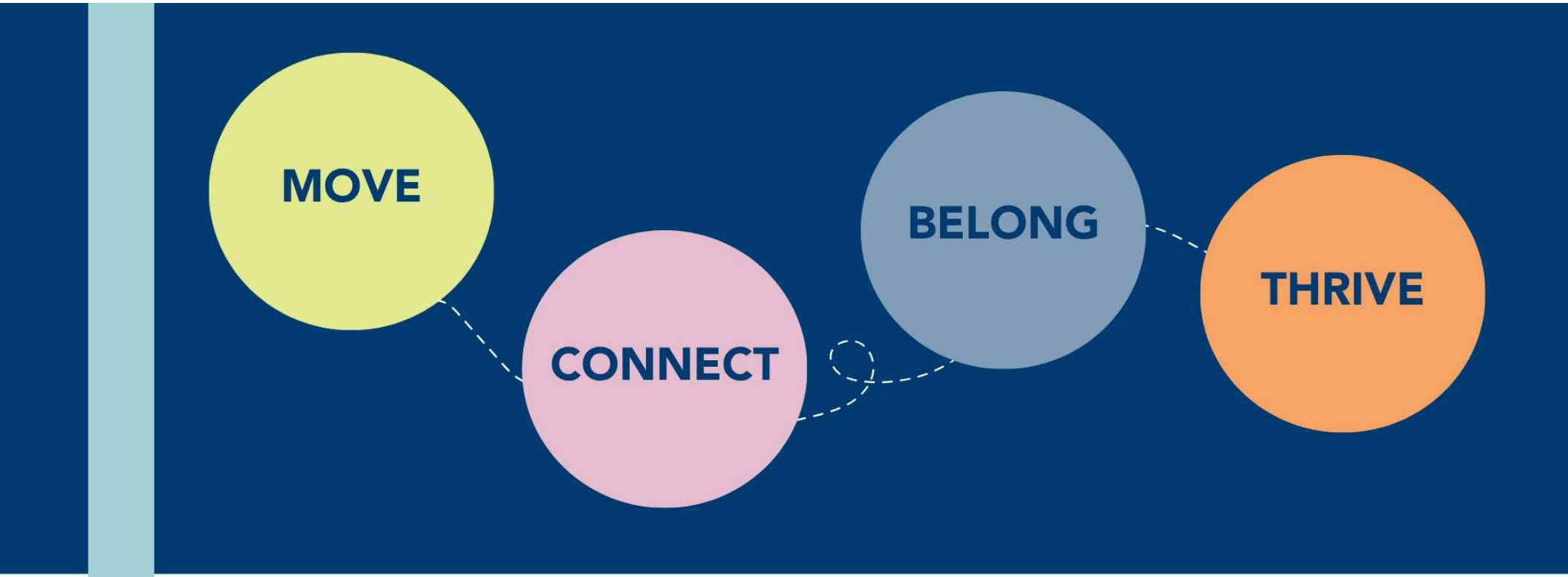
Think of a recreation space or activity where you felt like you belonged.



More than the activity

- Connection
- Belonging
- Being Seen
- Someone knowing your name
- Having somewhere you want to return





Recreation helps create the conditions in which people and communities can thrive.

BODY MOVIN'








You choose how to move!

More than movement

They came to move.

They stayed for the connection.



The ripple effect

Mount Hope Acute Care Functional Fitness

Through a project supported by the Mental Health Foundation of Nova Scotia, inpatients received appropriate footwear to help them participate in structured and unstructured physical activity.

“The best part was time spent in the gym and truly meeting people.”

— **Mount Hope Acute Care Participant**

The value beyond the activity

What recreation provides:

- Programs
- Activities
- Facilities
- Opportunities

What recreation makes possible:

- Connection
- Belonging
- Inclusion
- Confidence

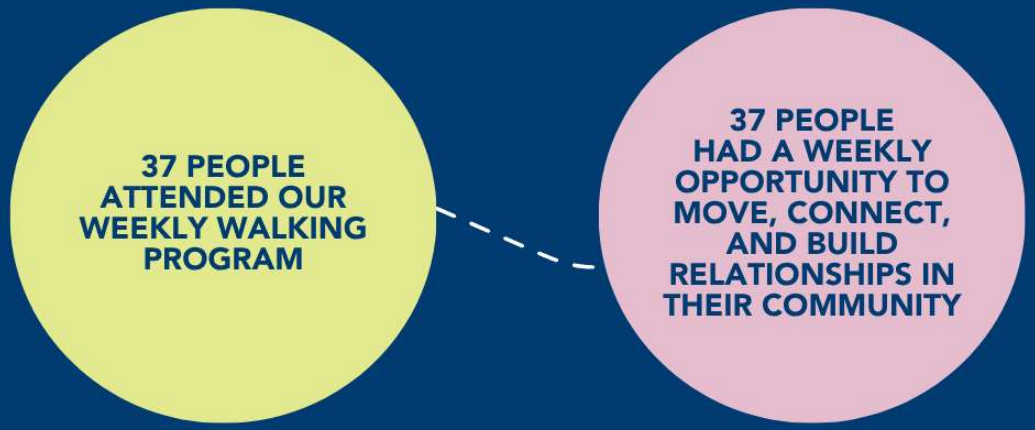
Beyond the numbers



But what did these connections really mean?

The value of recreation goes beyond participation. When we understand the impact behind the numbers, we can tell a stronger story about why recreation matters.

The story behind the numbers



Four simple questions to help tell your story:

1. What did we do?
2. Who did we reach?
3. What changed?
4. Why does it matter?

YOUR WORK MATTERS



Mental Health Foundation of Nova Scotia

Don’t be afraid to say why!

What about YOU?

Not for work.

Not because you're organizing it.

Not because someone else needs you there.

The people creating healthier communities for others need support too!



From ripples to waves

Never underestimate the ripple you can create.

Together, those ripples become waves of impact.

Get involved!

BODY MOVIN'

1. Register Your Team Today
2. Start Fundraising + Promoting
3. Get Ready to Get Your Body Movin' in February!

www.bodymovin.ca



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thank you!

What questions do you have?

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