



Guidelines for Youth Wellness Projects Funding

\$2000 Mini-Grants Available (5 Grants) for Initiatives

Promoting Youth Mental Wellness in Cambridge

Application Deadline: April 4, 2025

The Cambridge Public Health Department is pleased to sponsor 5 mini grants for \$2000 to promote wellness in youth.

The goal of our work is to increase awareness of wellness as it relates to the community's overall health. We anticipate the mini grants can help improve the overall health of residents by responding innovatively with programs that meet community needs. CPHD has a strong commitment to community involvement to achieve health equity in Cambridge.

The mini-grants are funded by the Cambridge Public Health Department in partnership with the Hideo Sasaki Foundation. Grants are awarded in a competitive process by representatives from nonprofits and city departments, including the Cambridge Public Health Department.

This funding is intended to support initiatives in Cambridge that **promote youth wellness**, with a focus on youth aged 12-18. Initiatives can be built around creating **new practices** in youth centers, arts programs and community organizations, and/or could promote **greater use** of existing local resources.

Selection Criteria

- Promotion of supporting wellness of youth aged 12-18.
- Overall quality of proposal, including timeliness of submission and adherence to instructions.
- Evidence of collaboration and/or community engagement.
- Creation of practices that are sustainable, meaning there is potential to continue beyond the grant funding.
- Organizations that have received funding in past years may reapply: 1) if they propose new projects or 2) up to 3 consecutive years if they propose new ideas to build on the success of their previously funded project.
- Potential for other funding sources ([see FAQ on our website](#))

Two or more partners from different organizations with overlapping youth mental health projects may apply for 2 grants in one application and must describe how the proposed project is feasible, builds on existing successful work, and includes firm letters of commitment from all key partners (a Memorandum of Understanding is preferred).

Previous Recipients:

- Here is a list of the [2024 Mini-Grant Winners](#)

The Cambridge Public Health Department will provide:

- \$2000 grants to cover project expenses.
- Technical assistance for the planning of proposed activity, if requested.
- Assistance with publicity, as appropriate.

Eligible applicants

- Organizations serving Cambridge youth aged 12-18.
- Cambridge-based employers, businesses, non-profits, and community organizations.
- Multiple applications are allowed from the same organization provided they are distinct projects and submitted by different staff members (ex: applications submitted by two different teachers at the same school).
- You must have a fiscal agent who is a registered non-profit organization.
- Individuals are not eligible to apply.

Awardees must agree to the following:

- Designate one staff person to organize and implement the program and notify the Cambridge Public Health Department of any changes.
- Participate in evaluation surveys
- Complete the proposed project no later than January 9, 2026.
- Provide a project update in October.
- Submit a summary report and photos by January 30, 2026.

Submit your application:

Submit your proposal as a [Google form on our website](#).

Questions? Please contact Sarah Lincoln at salincoln@cambridgepublichealth.org