



## Readiness Checklist

If Mood Walks for Campus Mental Health sound like a good match for your organization, please complete the following checklist!

In order to apply for Mood Walks, you are **required** to have:

### Have It!

- Funding to match Mood Walks' \$500 contribution to your group
- At least one enthusiastic staff person willing to take on a leadership role
- Available staff time, estimated at approximately **90 hours total**
- Internet access
- A safe, accessible place to walk
- A minimum of \$2 million in liability insurance

The following resources are **recommended** and will support your participation in the project:

<b>Have It!</b>	<b>Need Support!</b>
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- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | A local Conservation Area and a plan for how your group could get there. |
| <input type="checkbox"/> | <input type="checkbox"/> | A local Hike Ontario hiking club that you could partner with             |
| <input type="checkbox"/> | <input type="checkbox"/> | Space to host Safe Hiker training and group sessions                     |
| <input type="checkbox"/> | <input type="checkbox"/> | The ability to enlist community volunteers and/or students               |
| <input type="checkbox"/> | <input type="checkbox"/> | Experience running a physical activity group for your clients            |

*If you feel your organization is suited to hosting a Mood Walks group, please complete the **Request for Proposals to Host a Mood Walks Group** form. Any questions? Please contact us at [moodwalks@ontario.cmha.ca](mailto:moodwalks@ontario.cmha.ca)*