

FIT CITY NEWS

Mental health support for Indigenous staff now available through Noojimo Health



Support for Indigenous staff is now available through Noojimo Health in partnership with GreenShield. Noojimo Health is an Indigenous-owned company that offers culturally safe and timely virtual mental health services for Indigenous people by an Indigenous care provider. No status card is required to access these services. A list of Noojimo Health practitioners is available on noojimohealth.ca.

Indigenous staff covered through Non-Insured Health Benefits (NIHB) can access up to 22 sessions per calendar year with Noojimo Health. Staff without NIHB coverage can access the first six months of support, until January 31, 2026, at no cost through Noojimo Health's partnership with GreenShield.

To get started with Noojimo Health, visit greenshield.ca and select the Mental Health tile. Indigenous staff can also contact Noojimo Health at 1-833-277-5678 for more information.

Learn more about the support options for Indigenous staff by contacting the Recovery & Wellness team or the Indigenous Relations team.

Building your family: IVF and fertility benefits to support your parenthood journey

On July 2, 2025 the Government of B.C. launched a publicly funded in vitro fertilization (IVF) program, providing access to one-time funding for eligible B.C. residents, supporting those who require IVF on their active path to parenthood.

B.C. residents who are enrolled in the Medical Services Plan (MSP), meet all other eligibility criteria and who complete the income verification process, may receive one-time funding of up to \$19,000 towards a single standard cycle of IVF treatment at participating B.C. fertility clinics. Applicants with private insurance for IVF treatment can combine their coverage with the funding provided through the publicly funded IVF program.

For information on this new program go to: <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/publicly-funded-ivf-program>.

City of Vancouver also offers inclusive fertility benefits and resources to support employees on their path to parenthood:

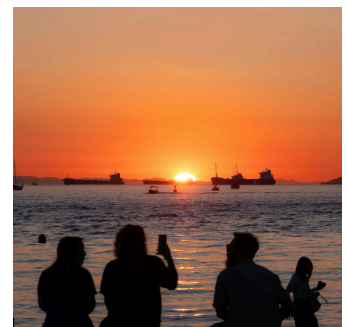
- GreenShield includes some financial support for IVF services. Please refer to your individual benefit booklet for details on your specific coverage.
- GreenShield has recently partnered with Sprout, a Canadian digital health platform, which offers an inclusive family-building benefits program designed to support the parenthood journey with personalized support and access to expert advisers. They offer a two-week free trial to their virtual platform to discover if it's right for you. After your free trial, membership options are available. For questions about Sprout, contact them at support@sproutfamily.ca. You can review their FAQ at <https://app.sproutfamily.ca/gs>.
- Homewood Health is available for additional support as you transition to parenthood. Contact Homewood Health at 1-800-663-1142 or homeweb.ca to be matched with personalized resources.



Activities happening in Vancouver this summer

- See a production at [Theatre Under the Stars](#).
- Check out a [Vancouver Farmers Market](#) near you.
- Join a local cycling group, a run club or a walking group.
- Take a trip on the [Urban Forest Train](#) through Stanley Park.
- Try an outdoor yoga class at various locations around the city, free or by donation, through the [Mat Collective](#).
- Contact [Power To Be Vancouver](#) to find out about adaptive community programs and recreation options.
- Enjoy free movies in Stanley Park, hosted by the [Evo Summer Cinema Series](#), or at ɬxwʷlexən Xwtl'a7shn (formerly Queen Elizabeth Theatre) hosted by [Sunset Cinema](#).
- Visit the [Dr. Sun Yat-Sen Classical Chinese Garden](#), [Bloedel Conservatory](#) or [Van Dusen Botanical Gardens](#).
- Attend a [free pop-up dance class](#), presented by Vancouver Civic Theatres at ɬxwʷlexən Xwtl'a7shn (formerly Queen Elizabeth Theatre) plaza. No experience required!
- Explore the [Greenheart TreeWalk](#), a canopy walk that takes you along 310 meters of suspended walkways attached to huge cedars, Douglas firs, and grand firs.
- Check out the [Car Free Days](#) happening in various neighbourhoods throughout the summer.
- Visit Vancouver's many local [parks, gardens, and beaches](#). You can find information about [accessible beaches](#), or search for parks with certain amenities on [vancouver.ca](#).
- Volunteer with [Pacific Spirit Park Society](#) to help preserve and enhance the natural beauty of Pacific Spirit Regional Park.

Do you have a favourite summer activity that you want to share with colleagues? Let us know at fitcity@vancouver.ca. We want to hear your summer activity recommendations!



2025 Pride Parade: Join us in celebrating 2SLGBTQIA+ rights

We are excited to invite you to join the City's 2025 Pride Parade entry on Sunday, August 3. We proudly join the parade to demonstrate our unwavering support for 2SLGBTQIA+ rights and to advocate for a world where everyone can live authentically.

Whether you choose to dust off your favourite Pride t-shirt from past parades or opt for a vibrant pink or purple outfit, we invite you to let your creativity shine. We'll have a face painter to add a splash of colour to your look, and a selection of snacks and coffee to keep us fuelled.

Parade details

Date: Sunday, August 3, 2025

Time: Noon

Please contact erin.marshall@vancouver.ca with any questions and to register for the parade. Join us for a vibrant day of pride, connection, and community spirit. We can't wait to see you there!