



The Resilience Fund – Youth Engagement Frequently Asked Questions (FAQ) for Youth

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About this FAQ

This FAQ supports the [Resilience Fund Funding Guide](#). Read the full Guide first because it includes all the official details about eligibility, funding, and how to apply. After that, you can use this FAQ to help answer additional questions or to clarify parts of the process that might need a simpler explanation.

Program Basics

Why is the Resilience Fund special?

Because it's about you! Your ideas, your growth, and your leadership. The Resilience Fund helps you build confidence, learn new skills, and take action to make a positive impact in your community. With support from the Canadian Red Cross, you'll connect with others, gain new experiences, and lead a project that brings your ideas to life through guidance, learning, and funding support.

What is the Resilience Fund?

The Resilience Fund is a program created by the Canadian Red Cross with support from the Government of Canada through Canada Service Corps. It is for youth aged 16 to 30 who want to make a difference in their communities. In this program, you can get funding and support to turn your ideas into real projects.

Is the Resilience Fund only about funding (money)?

No. The Resilience Fund is about more than money. It is also about learning, growing, and taking action. You will build skills such as teamwork, planning, budgeting, and leadership while helping your community.

How will the Canadian Red Cross support me?

Canadian Red Cross will guide and support you throughout your project. You can get help by emailing resiliencefund@redcross.ca, explore skill-building resources, take part in mentorship, and join online celebrations or summits to share your results.

Do I need past experience with grants to apply?

No experience is needed. The Resilience Fund is made to help you learn as you go. You will get tools, templates, and simple guides to help you plan your project, manage your budget, and share your results. Canadian Red Cross will also be here to help if you have questions.

How many groups and participants are part of the program?

The program runs in three groups (called cohorts). Each cohort includes about 60 participants, for a total of around 180 youth.

What is the timeline for a cohort?

- Orientation and applications: Months 1–2
- Projects take place: Months 2–5
- Wrap-up and celebration: Month 6

Eligibility and Applications

What age do I have to be to apply?

You can apply if you are between 16 and 30 years old.

What if I am under 19?

If you are between 16 and 18, a parent or guardian must take part in your application, even if you live in a province where the age of majority is 18. Parents or guardians are expected to:

- Read the application package with you and sign the consent and attestation page
- Join one online project meeting with the Canadian Red Cross if your application moves forward

This helps make sure everyone understands the process and that youth under 19 can safely take part. A mentor may also support you by helping you understand the requirements, plan your project, or prepare for meetings.

What if I'm about to turn 16 or 31 and want to apply?

You can apply as long as you are between 16 and 30 years old when you send in your application.

- If you are turning 16, apply on or after your 16th birthday.
- If you are turning 31, apply before your 31st birthday. (If you apply before turning 31, you can still do your project after your birthday.)

Can an organization or school apply for funding if I'm leading the project?

No. Only you can apply for the Resilience Fund. You can still get help or support from an organization or school for your project, but the application and funding must be in your name.

Can I apply with a group of other youth (for example, my friends or a sports team)?

Yes. You can work on a project with a group of other youth, but only one person can apply for the funding. If you are the one applying, you are responsible for the funding, reporting, and finishing the project. Your group can still help with the project, but the application and funding must be in your name.

I don't have stable internet or a device. Can I submit my application offline?

Yes. If you don't have stable internet or access to a computer or mobile device, you can ask to submit your application offline. Email resiliencefund@redcross.ca and let us know that you need another way to apply. The team will explain how to do it.

After I apply, how and when will I know if I have been approved or not?

After you send your application, Canadian Red Cross staff will review it carefully. There are two possible results:

- Your application might not move forward, or
- It might be selected for the next step, which is a short online Project Meeting with someone from the Red Cross team.

If your application moves forward, you'll get an email with the meeting details. During that meeting, you'll talk about your project and share any extra information we need. After the meeting, the Canadian Red Cross team will review everything again and make a final decision. No matter the result, you'll receive an email letting you know if your project was approved for funding or not. If your project is approved, you'll sign an agreement, receive your funding, and begin your project.

How does the Canadian Red Cross decide which projects to fund?

The Canadian Red Cross looks for projects from youth who want to learn, grow, and make a positive difference in their communities. We use the Funding Guide to make sure every project is youth-led, safe, and inclusive. Youth-led means you are the one creating the idea, planning it, and making it happen. Others can help or give advice, but the ideas and decisions come from you. That's what makes this program special.

Funding

What funding levels are available?

You can receive between \$500 and \$5,000 for your community project. The amount you ask for needs to be rounded to the nearest \$500.

Examples:

- \$1,350 → \$1,500
- \$2,150 → \$2,000

Will I be paired with a mentor if I receive funding?

It depends on how much funding you receive.

- If your project receives less than \$2,000, having a mentor is optional.
- If your project receives \$2,000 or more, having a mentor is required.

What is a mentor?

A mentor is a Canadian Red Cross staff member who supports you during your project. Your mentor can answer questions, give advice, and help make sure your project stays on track with your goals and budget. You and your mentor will decide together what kind of support works best and how often to connect. At a minimum, you can expect:

- One or more virtual meetings or phone calls to check in on your progress and budget
- Email support to ask questions or get help when needed.

If your project is under \$2,000, you won't automatically have a mentor. But the Youth Engagement team is always here to support you. You can reach out anytime for help, feedback, or guidance with your project by emailing resiliencefund@redcross.ca.

Can I apply again in a future cohort if my project is successful?

No. Once your project is funded and completed, you can't apply again for another cohort. However, you may be invited to take part as a peer mentor to support other youth applicants in the future.

Learning and Tools

What can I learn from the Resilience Fund program?

The Resilience Fund offers online lessons and live workshops to help you build skills to plan and lead your community project. You can find learning modules on the Canadian Red Cross site (link coming soon) about:

- Developing a project idea
- Managing a team
- Creating and following a budget
- Setting healthy boundaries
- Reporting on a project
- Sharing project results

Canadian Red Cross may also offer live online workshops on topics such as healthy relationships, bullying prevention, disaster safety, and psychological first aid. The topics may change based on the projects and interests of youth taking part.

What tools and templates are available to support my project?

The Resilience Fund gives you tools to help at every step of your project. All tools are made to be simple and easy to use. You will get:

- Guidelines and checklists to help you apply, plan your budget, report, and finish your project
- Templates, like a budget sheet to help you plan and track your spending

Recognition and Celebrating your Project

Can I get volunteer hours for the Resilience Fund program?

Yes. The Resilience Fund can count toward volunteer service hours, which many high schools across Canada require for graduation. If you want to receive volunteer hours, let us know during your Project Meeting. You will get a tracking sheet to record your hours. At the end of the program, your mentor or a Canadian Red Cross staff member will review and sign the sheet to confirm your total hours.

Will I get a certificate of recognition I can use for my resume or LinkedIn?

Yes. Canadian Red Cross will give you a certificate or letter to recognize your participation in the program. You can use it for your resume, LinkedIn, or other applications to show your experience and community involvement.

How can I share what I've learned and celebrate my project?

You can share what you've learned by showing others what you did and how your project helped your community. You do not have to do this, but we encourage you to take part. It is a fun way to celebrate your hard work, practice your communication skills, and inspire others to make a difference. You can choose how to share your project, such as:

- Making a short video or audio story
- Writing a short article for the Resilience Fund newsletter
- Giving a short online presentation
- Sharing your story on your social media and possibly the Canadian Red Cross website or social channels

What if my project doesn't go as planned?

That's okay! Not every project will go exactly as planned, and success isn't only about everything working perfectly. Sometimes ideas change, take longer than expected, or don't turn out the way you imagined. That's part of the learning process. What matters most is your effort, growth, and reflection along the way, how you learn, adapt, and keep going. Your learning and effort will still be celebrated, even if your project doesn't go exactly as planned.

More Information

Where can I get more information?

If you have questions or need help, you can:

- Email the program team at resiliencefund@redcross.ca
 - Visit the program portal : [Canadian Red Cross SM Apply](#)
 - Visit our Resilience Fund webpage : [Resilience Fund: Youth Leading Change - Canadian Red Cross](#)
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