

Fostering Resilient Communities

Caroline Folkman
September 24, 2024



Toward Common Ground



**Community Resilience
Coalition**

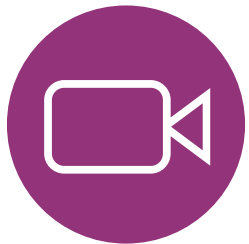
Guelph & Wellington



Prevention is possible.



It starts in childhood. Childhood experiences influence adult behaviours and outcomes.



Take action. Everyone can make a difference.

A dense, lush green wall of plants, possibly a living wall or a garden wall, with various types of leaves and small flowers. The word "breathe" is written in a white, cursive script across the middle of the wall.

breathe

Take care.



Healthy brain development is foundational to lifelong health and wellbeing.

“Little brains wire themselves to the world we create for them.”

Lisa Feldman Barrett



Photo by
Andreas Schnabl
on Pexels

Adverse Childhood Experiences (ACEs)



Image adapted from Cronholm P.F. et al. (2015)

Adversity is not destiny.





Initiative

Now Accepting Summer 2024 YIPI Applications!

Applications Due: Friday, April 26th, 2024 @ 4 PM


What is it?

- Full-time summer job: July 4th to August 29th, 8 AM - 4 PM (may have to work some weekends / evenings for events)
- Gain exposure to the career of policing
- Interact with different sectors of the police service
- Contribute to the work environment through diverse, educational, and meaningful work assignments
- Get CPR and First Aid Certified
- Develop your leadership skills




Positive Childhood Experiences happen across communities.

joined us to take in the @storm_city game. Thank you so much to these outstanding young people who ensure their friends get safely to and from school every day! #Guelph

 Guelph Police Service is in Guelph. February 22 · 🌐

We were happy to support the @shelldalefg Winter Warm-up lunch fundraiser Wednesday along with @guelph_pa #Guelph

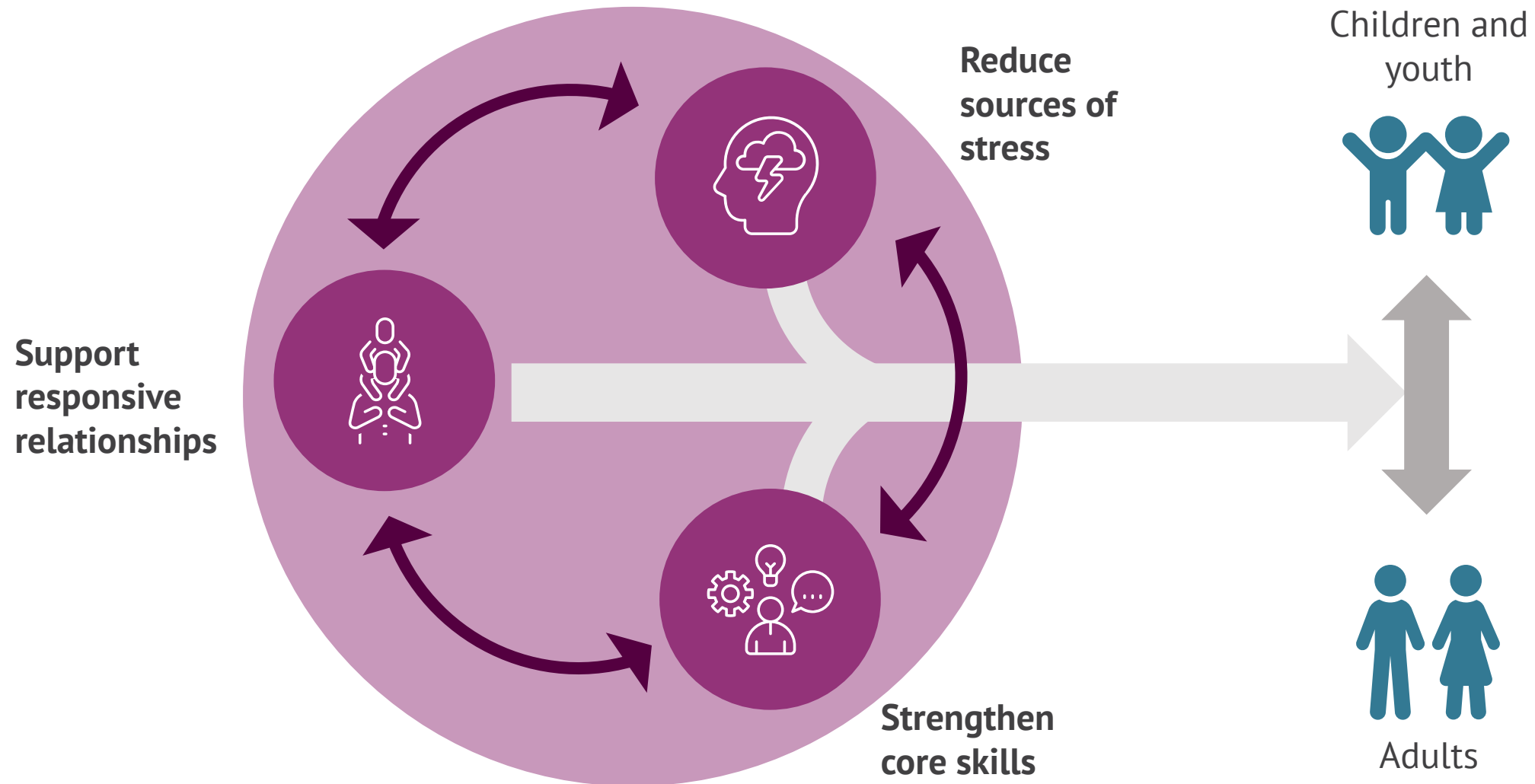


Resilience is a person's capacity to successfully adapt to adversity and maintain their well-being.



Image adapted from: Alberta Family Wellness Institute

Promote positive outcomes





Take action

www.communityresilience.ca



Multiple online
training
opportunities



Facilitation guides
available for a fee



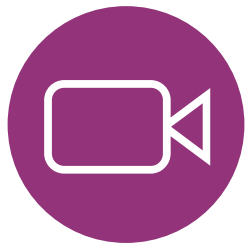
Contact
communityresilience@guelphchc.ca



Prevention is possible.



It starts in childhood. Childhood experiences influence adult behaviours and outcomes.



Take action. Everyone can make a difference.