



Community
Resilience Coalition
Guelph & Wellington

2025-2028 Strategic Plan

Our vision

Resilient communities that prevent and reduce the effects of early adversity.

Our purpose

Together, we advance shared understanding and take action to strengthen resilience.

Our why

Communities are stronger and more vibrant when children, youth, and adults are supported, especially in the face of adversity.

Early adversity is pervasive across communities and can harm well-being.

Experiencing significant adversity early in life in the absence of supportive relationships can increase a person's risk for negative health and social outcomes across the lifespan.

Due to structural and systemic inequities, some people face more early adversity and many lack the resources and supports needed to buffer its effects.

The risk of experiencing early adversity must be understood in the context of structural and systemic inequities in policies, practices, and social norms that discriminate against and disadvantage certain groups of people.

Resilient communities dismantle barriers to prevent early adversity and create systems where everyone has the resources they need.

People need supportive relationships with others, safe environments, and opportunities for belonging, connection, and emotional growth to maintain their well-being through adversity.

All adults have a responsibility to act within their communities to prevent and reduce the effects of early adversity and promote resilience.

Actions exist along a continuum, from nurturing a relationship with your neighbour to advocating for policy and system change.



Pathway to Resilience

Together, we advance shared understanding and take action to strengthen resilience.

- ✓ Generate community commitment and leadership
- ✓ Facilitate collaboration among local champions
- ✓ Develop and implement education strategies and resources

2025-2028 focus areas

- Deepen and expand education strategies and resources
 - Facilitate meaningful and practical application
 - Measure to understand implementation and impact
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- Clarify our role and capacity to advance system change to remove barriers

All adults understand their responsibility in promoting resilience and have the knowledge necessary to take action.

**Community and
systems change**

Equitable systems enable all adults to act in ways that strengthen resilience within their communities.

Outcomes

Children, youth, and families have equitable access to supportive systems

Programs and services meet the unique needs of children and families

Communities are welcoming and make it easy for people to connect and care for one another

Impact

A resilient community, where all children, youth, and adults have access to the services and supports needed to buffer adversity, including:

- Nurturing and supportive relationships
- Equitable and safe environments to learn, live, work, and play
- A sense of belonging and connection
- Opportunities for emotional growth

**Resilient
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