



WHEREAS Toxic stress impacts the physical and mental health of citizens and trauma-informed practices and community building initiatives are seen to improve the community’s capacity to mitigate these impacts and enhance Community Resilience; AND

WHEREAS Community Resilience is the sustained ability of a community to draw upon the existing resources to adaptively respond, withstand, and recover from adverse and challenging experiences; AND

WHEREAS Community Resilience focuses on the enhancement of day-to-day health and wellbeing of its citizens to reduce the harmful impact of adversity and disasters AND

WHEREAS Community Resilience requires interventions that promote strong community systems aimed to improve the health and well-being of its citizens; AND

WHEREAS Community Resilience builds social connectedness and accessibility of resources through initiatives that promote inclusion, collaborative efforts, and empowerment of all citizens;

THEREFORE as Chair of the Board of Directors, I do hereby proclaim **May 2022** as **Community Resilience** month within the Comox Valley Regional District.

J. Ketler

Jesse Ketler, Chair
Dated this 3rd day of May, 2022.

