

# Nurturing Resilience through Community Involvement

Moderated by Sara Sayyed, Senior Advisor of Equity, Anti-Racism and Indigenous Initiatives at the City of Guelph

Resilience is more than a child's ability to bounce back from difficulty. Children do best when they have access to a variety of resources from their families, schools, and communities for overall health and wellbeing. Our communities provide many opportunities for children and youth to develop a sense of belonging and connectedness. In this webinar, panelists will share stories of how being involved in the community has had a positive impact on their lives; they will share ideas on how you can support your family's connection to the community.

**Following the presentation, there will be opportunities to ask questions.**

This webinar will start with a formal acknowledgement of the Ontario Trillium Foundation funds that have made this and other opportunities possible."

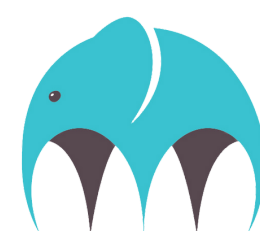
**Thursday, February 3, 2022**

**6:30 - 8:00 pm**

**[Register Here](#)**



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