



**Community Foundation**  
for Kingston & Area



Lunch  
By George,  
2020

**WANT TO HELP BUILD A CARING  
AND CONNECTED COMMUNITY?**



BGC South East

## Adverse Childhood Experiences (ACEs) & Resilience Coalition of KFL&A (ARC)

is a community-driven coalition convened by CFKA, bringing together 20 local organizations with a vision of a resilient community to prevent and reduce the effects of ACEs in KFL&A.



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Project Manager  
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With the goal of creating a sustainable community-based system to encourage positive childhood experiences and support families, ARC is...

1. Supporting Trauma Responsive Training in KFL&A for hundreds of individuals.
2. Educating and building awareness around ACEs, the power of connection, and the role every adult can play in fostering positive childhood experiences.
3. Working with agencies to develop innovative proposals for sustainable systems change that address ACEs, mitigate their impact, and build resiliency in our community through CFKA funding.

# WE ALL NEED CONNECTION.

From the moment we are born to the end of our lives, our attachment to others, the relationships we form, and the support we give and receive, all help to build resilience and strengthen lifelong health and wellbeing. To foster resilience in children as well as combat loneliness and isolation among older adults in our community, the Sisters of Providence of St. Vincent de Paul generously gifted \$5 million to CFKA.

**With this funding, CFKA is convening two community-based initiatives:**



The Mess  
Open Arts  
Studio,  
2022

## Older Adults Connecting and Belonging

is a collaboration of 14 local organizations coordinated by CFKA, actively working to establish a comprehensive, community-driven social support system.



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With Kingston & Area being home to an increasingly aging population, it is vital that we work together to combat social isolation and alleviate feelings of loneliness. This initiative aims to enhance the quality of life for older adults by...

1. Creating a sustainable collective of organizations working to prevent and mitigate social isolation and loneliness
2. Reducing barriers to accessing meaningful social activities for older adults.
3. Developing innovative proposals for a coordinated, integrated, and accessible system of social supports for older adults.



**Who says making an impact requires a lot of time and resources?** Every day, little acts of positivity fuel connections, boost well-being and fortify our community's strength.

Here are **10** simple ways to kickstart your journey to meaningful connections today!

- 1** Dedicate 15 minutes daily to meaningful social interaction.
- 2** Brighten someone's day with a smile as you pass by.
- 3** Initiate a friendly chat with a neighbour.
- 4** Plant positivity by offering a warm word to a parent with young children.
- 5** Nurture connections with kids by supporting their interests.
- 6** Lend a hand to those who could use some assistance.
- 7** Spark joy by sharing three sincere compliments today.
- 8** Don't hesitate to ask for help when needed.
- 9** Engage in heartfelt conversations and listen attentively.
- 10** Rekindle a connection with someone you've been meaning to reach out to.

**KFL&A Resilience Symposium:  
Navigating Adversity through  
the Power of Community**  
October 25th - 27th 2023

In partnership with Teach Resilience,  
Limestone District School Board &  
Kingston Community Health Centres

The 3-day symposium will feature Rick Griffin, Executive Director of Community Resilience Initiative (CRI). Daily events have been tailored to different audiences, including educators, service providers, trainers, and decision-makers. These events will bring together community members committed to addressing toxic stress and promoting the power of connection, serving as a true call to action for our region.

To register or for more information please visit [teachresilience.ca/symposium](https://teachresilience.ca/symposium)

Want to learn more about how you can build a caring and connected community?

Check out our website here:

