

BE THE CHANGE

March

SOCIAL INCLUSION & COMMUNITY BUILDING

A supportive social network is vital to human health and well-being.

A lack of meaningful social relationships, infrequent social contacts, and loneliness all contribute to social isolation. In turn, this experience negatively influences mental and physical well-being.

OVERVIEW

Over the month of March, we:

We learned from, collaborated alongside, shared space with, and amplified **the work of 6 organizations** connected to and invested in community building and social inclusion.



WE REACHED OUR COMMUNITY

We **engaged with 185 + people** through presentations, informal interviews, virtual learning and public input.



OUR FOCUS

Our collective effort was on **three key areas**:

The work of creating inclusive spaces and mapping resources.
Community building and placemaking.
Breaking stigma through education and engagement.



WHAT DID WE LEARN?

- 1** Be the change by intentionally meeting and gathering your neighbours and engaging in shared projects and activities at any scale. Build a little library. Plant some fruit trees. Paint a mural. Hold a party.
- 2** All people are looking for connection and belonging no matter their circumstances. Be the change by not allowing stigma to create hierarchies.
- 3** Be the change by recognizing that structural and system factors can greatly shape people's options and choices.

GO DEEPER:

Vancouver Coastal Health
City Repair
I2i peer support project
Sunshine Coast Resource Centre
Information and Referral Hub
Street Degree
Spaces to Thrive: Vancouver Social
Infrastructure Strategy