

Child & Youth Resilience Project



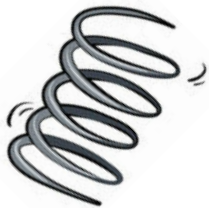
FAMILY &
CHILDREN'S SERVICES
OF THE WATERLOO REGION

*Evidence Informed
Department of Research & Innovation*

What is Resilience?

Resilience is the ability to **overcome adversities** (traumatic events or conditions, hardships or suffering). Children and youth who have developed resilience can...

resist the effects of hardships



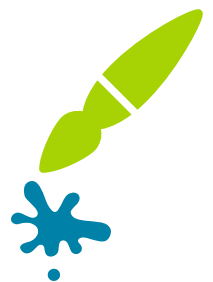
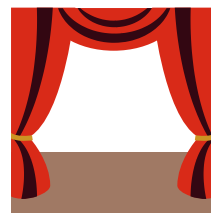
or

bounce back and **return** to, or **even excel**,
their regular level of functioning



Engineering Resilience

It is important to **give children and youth different experiences** to help them **overcome hardships** they have experienced. It just takes one thing to **create a spark** in a kid that can help them be resilient.



We're Building Resilience in Children, Families, and Communities! Sign up today

for one of our resilience-building programs at: www.facswaterloo.org/familycentre/buildingresilience

4 Dimensions of Resilience Targeted by the Resilience Project



SENSE OF SECURITY

60% increase in positive identity
was found in kids enrolled in the Music Academy program

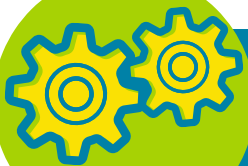
38% increase in feeling supported by adults
was found in kids enrolled in the Players Theatre program

SENSE OF BELONGING



Greater ability to talk to others
was found in kids enrolled in the SMILES program

42% increase in empowerment
was found in kids enrolled in the Music Academy program

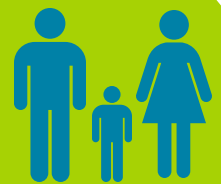


USE OF STRENGTHS

20% increase in positive values
was found in kids enrolled in the Mini Me-to-We program

38% increase in constructive use of time
was found in kids enrolled in the Creative Space program

PARENTAL RESILIENCE



Lesser perception of difficult
behaviour in child

was found in parents enrolled in the Trusting Loving Connections program