

# FOSTERING RESILIENCE IN UNDER-RESOURCED FAMILIES AND COMMUNITIES

Many families with multiple needs are finding the service sector hard to access and navigate. Sometimes, the effort it takes for families to get resources exceeds the benefits. As a result, families are left with only the services they can get, rather than the services they need.

## How Can **Communities** Better Foster Resilience?

### Advocate for Green Spaces

Among many other benefits, studies have shown that, when kids are in green spaces, they are less aggressive.

### Harness the Power of Coming Together

When communities come together to express their grievances, to protest and demand changes, we see increased validation, action, and expression of feelings in the community.



## How Can **Mental Health Professionals** Better Foster Resilience?

Speak about what you know and educate others.

Studies show that legislative bills are more likely to be passed when psychological research is cited.

Advocate for families and their communities.

Advocate for increased funding for more resilience tools and resources.

Show up in community spaces to learn and share.

Tap into your network to discuss how to support families through existing structures.



Advice from Karen Zilberstein, a psychotherapist and clinical director of A Home Within, an organization providing pro-bono psychotherapy to children and adolescents in foster care.

