

# Community Vitality

## Think about ...

What does having a sense of belonging to a community feel like? What inspires you about your neighbourhood or community?



Trust and close relationships with neighbours, family and friends strengthens the social fabric of communities. The way you feel about your community - sense of safety and belonging - contributes to your quality of life.

Many hands make light work - coming together to work towards common goals strengthens community vitality and can reduce feelings of isolation.

