



Queen's University PhD Initiative Proposal

Community Partner

Community Foundation for Kingston and Area (CFKA)

Project Title

Kingston & Area Together: Strengthening Connections for Community Resilience

Short Description

This project aims to address the critical challenges of systems navigation and siloed services in Kingston, which disproportionately affect vulnerable populations. Through a comprehensive environmental scan, this project will identify service providers and community groups who are working on resilience across the lifespan. This consolidation of critical information into a comprehensive, accessible repository for community organizations and service providers will provide the essential foundation required for developing preventative and integrated resilience strategies within the community. Enhanced collaboration, streamlined systems navigation, and improved cross-sector communication will ultimately fortify community-wide resilience in Kingston.

Context

"Resilience across the lifespan" refers to the capacity of individuals, families, and communities to adapt and thrive in the face of life's challenges, changes, and stresses at every stage of life—from childhood through to old age. This approach recognizes that the needs and strengths of individuals evolve over time and that community supports must be diverse and adaptable to meet these changing needs effectively. Resilience isn't something that can be developed alone, and being able to navigate to and negotiate for the right resources to sustain wellbeing is crucial. Proactive prevention programs, robust support networks, and comprehensive services can facilitate resilience across different life phases, ensuring that every demographic within the community has access to the tools needed to maintain and enhance their well-being and quality of life.

Issue/Challenge

