

Theory of Change		
Strong individuals, families, and communities create a vibrant and caring society where everyone is able to thrive and succeed.		
Impact Area Definitions		
Resilient Individuals	<i>Outcomes related specifically to building up the skills of individuals</i>	Resilient Individuals have the ability to bounce back from challenges and stress that they face. According to Michael Ungar, resilience is “the capacity of individuals to navigate their way to the psychological, social, cultural and physical resources that sustain their well-being, and their capacity individually and collectively to negotiate for these resources to be provided in culturally meaningful ways (Ungar, 2008 and Ungar, 2011, http://resilienceresearch.org/about-the-rrc/resilience/14-what-is-resilience).
Thriving Families	<i>Outcomes related specifically to supporting the family in becoming stronger</i>	Thriving Families work together to overcome challenges, learn, and develop. Caregivers within the family have the capacity to support the physical, social, psychological, emotional and spiritual development of the children, youth, adult or senior. Creating stable environments that promote quality interactions support achieving the goals for the family group.
Welcoming and Engaged Communities	<i>Outcomes related specifically to community awareness and involvement</i>	Welcoming and Engaged Communities are open, diverse and inclusive. They ensure that all community members are active, connected and supported in achieving their goals. They can be geographic or interest based depending on the program focus area.
Strong Sector	<i>Outcomes related specifically to supporting the sector & staff to better serve participants</i>	Individuals, families and communities exist and function within society. Within Edmonton and area the not for profit sector is critical to creating an integrated and connected web of supports to reduce and eliminate people falling through the cracks. Ensuring that the individuals and organizations working within the sector have the knowledge, skills, and attitudes required to be successful and healthy is critical.
Strong Relationships and Connections	<i>Outcomes that often cross all program areas and programs where relationships are build and participants are connected to people, services and resources.</i>	Strong Relationships and Connections are the glue between individuals, families, communities and the not for profit sector. It is through relationships that we can achieve a strong and supportive community where all people can thrive and contribute. Individuals and families have access to a network of community and social supports that can address their needs.