

PROCLAMATION NATIONAL RESILIENCE DAY

WHEREAS every community is made stronger by people who demonstrate resilience in the face of illness, loss, caregiving, disability, disaster, economic hardship, personal adversity, and other life-changing circumstances;

AND WHEREAS resilience is the capacity to adapt, recover, rebuild, and move forward with hope and purpose when life changes unexpectedly;

AND WHEREAS individuals, families, caregivers, healthcare professionals, first responders, educators, employers, volunteers, community organizations, and neighbours all play an important role in helping people through difficult times;

AND WHEREAS National Resilience Day™ encourages Canadians to recognize and celebrate stories of resilience and to support one another through meaningful **Acts of Resilience™**;

AND WHEREAS National Resilience Day™ invites Canadians to take simple actions such as checking on someone facing a difficult time, supporting a caregiver, recognizing someone rebuilding after illness or loss, thanking a first responder, helping a neighbour, or sharing a story that gives others hope;

AND WHEREAS the national goal of **1,000,000 Acts of Resilience™** demonstrates how individual acts of compassion, courage, connection, and kindness can collectively strengthen communities across Canada;

AND WHEREAS September 24 provides an opportunity for Canadians from every province and territory to come together around three simple ideas: Resilience. Hope. Purpose.

NOW THEREFORE I Mayor Martin Johansen on behalf of Oliver Council

DO HEREBY PROCLAIM September 24th, 2026 as

“National Resilience Day”

