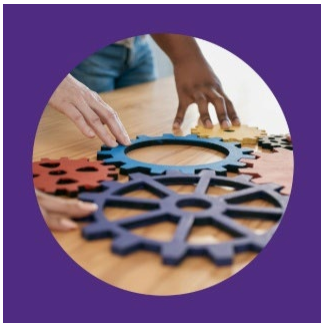


Community Resilience Momentum Mail



Community Resilience Learning Movement

MUSKOKA, NIPISSING, & PARRY SOUND DISTRICTS



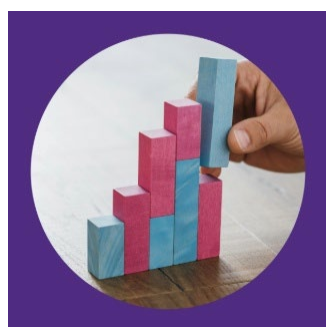
Grounding Ourselves in Our Purpose

Across Muskoka, Nipissing, and Parry Sound districts, people are coming together with a shared purpose: to better understand how early experiences shape lifelong health and well-being. This movement is growing because so many of us care deeply about helping our communities thrive - and we are learning and moving forward together.

This work is led by the Adverse Childhood Experiences and Resilience (ACER) Working Group, an initiative focused on preventing Adverse Childhood Experiences (ACEs), reducing their impacts, and building resilient communities. ACEs prevention and mitigation is an impact priority of the Muskoka, Nipissing, and Parry Sound Child and Youth Planning Table.

Celebrating a Community Commitment to Foster Resilience

Since the launch of the [Community Resilience Learning Movement](#) in October 2025, our community has shown strong momentum in building shared knowledge and action. Thanks to the many organizations involved, we're seeing progress! For example for [Community Resilience Core Training](#), we have seen **148 professionals certified, 29 agencies engaged, and 13 sectors reached**. Together, we're strengthening the skills and connections that help foster resilience across our districts.

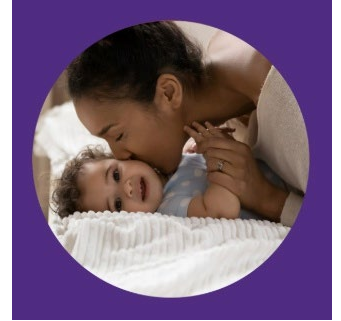


Data Corner: New ACEs and Resiliency Dashboard!

The [ACEs and Resiliency Dashboard](#) offers local data from Muskoka, Nipissing, and Parry Sound districts on **12 key population health indicators** related to early adversity and protective factors that build resilience. The tool highlights how conditions like poverty and housing insecurity increase early adversity risk, while belonging and protective relationships help buffer long-term impacts.

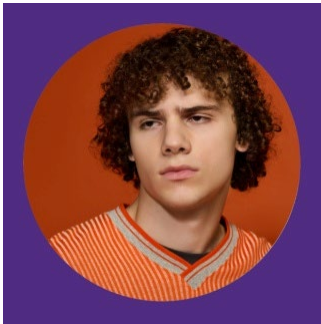
Community Resource Highlight: Perinatal Mental Health Care Pathways

Supporting mental health during pregnancy and the postpartum period is an important way to help prevent ACEs. When caregivers receive timely support, families are better able to provide safe, stable, nurturing relationships. Local Perinatal Mental Health Care Pathways offer **step-by-step guidance** for professionals to identify and respond to perinatal mood and anxiety disorders, with available resources.



Explore the pathways here:

- [Nipissing–Parry Sound Perinatal Mental Health Care Pathway](#)
 - [Perinatal Mental Health Provider Care Pathway for Central Region North](#) (includes Muskoka district)
-



Our Take: Why Early Adversity Matters for Substance Use Prevention

Early adversity is strongly linked to later substance use. People with four or more ACEs face a **2–4× higher risk** of using alcohol or other drugs at an early age, and those with five or more ACEs are **7–10× more likely** to use unregulated or injectable substances. Understanding this connection underscores the importance of preventing early adversity and building resilience to reduce substance-related harms.

Read the two-pager:

[Connections Between Early Adversity, Resilience and Substance Use](#)

Featured Resource: ACEs Hub – Your Gateway to Scientific Evidence on ACEs

The [ACEs Hub](#) is a Canadian resources that provides a large collection of research on Adverse Childhood Experiences, featuring **4,000+ studies** and **300+ systematic reviews**. It supports researchers, practitioners, and policymakers by offering evidence to guide analysis, clinical decisions, and program planning. Explore the ACEs Hub to access the full body of research.

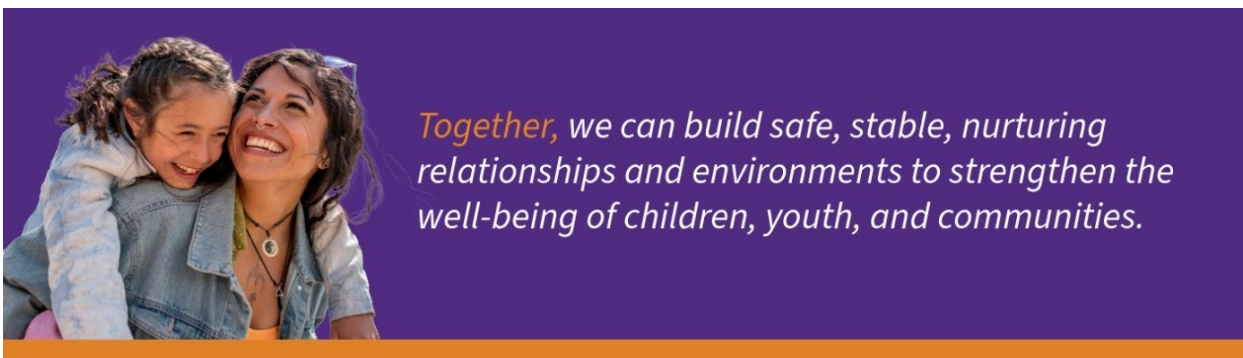


Join the Movement!

Book a one-hour presentation on early adversity and resilience for your team or organization, sign up for Community Resilience Core Training, dive into the 30-hour online Brain Story Certification, or simply share this newsletter!

👉 Explore learning opportunities: myhealthunit.ca/communityresilience.

👉 Get in touch: community.health@healthunit.ca



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