



Strathcona County

Choose Kind

Healthy relationships are built on trust, safety and respect. We all want to feel safe and connected to others. One way we can achieve this is by being kind and respectful to ourselves and others.

Together, we can create a lasting impact within Strathcona County through small acts of kindness. Displays of kindness can have a significant effect on others as well as ourselves, including increased overall sense of belonging, feelings of well-being, self-worth and safety. According to the Random Acts of Kindness Foundation, kindness has been proven to boost health, happiness and societal goodwill.

The month of February offers several opportunities to support our community-driven social outcomes of safety, connectedness and inclusion. Our community is invited to join the Choose Kind initiatives that foster healthy relationships and aligns with international campaigns including Safer Internet Day on February 5, Random Acts of Kindness Week during February 17 to February 23 and Pink Shirt Day on February 27.

We all have a role in creating a supported, safe and connected community. We encourage all community members to be champions and lead the way by spreading kindness and respecting each other's values, beliefs and lifestyles. Small actions are powerful and can positively impact each other and our community's wellbeing.

NOW THEREFORE I, Mayor Rod Frank, do hereby proclaim the month of February, 2019 as Choose Kind month in Strathcona County.

Dated this 5 day of February, 2019.

signed by

Rod Frank, Mayor