

Building a More Resilient Community

Being resilient means being able to roll with the punches.

It means that you can face some pretty tough obstacles and overcome them. We all have the power to get through life's day to day challenges, but sometimes the challenges can become overwhelming and we can't do it alone.



Buncombe County is working to give our community a strong foundation by supporting initiatives that build resiliency. If we work together we can create a stronger, safer, more resilient community.



When things get tough, we support one another and tip the balance toward positive outcomes.

Positive support can come from many different sources

Buncombe County is Resilient

The people of Buncombe County are already resilient. When things get tough, we support one another and tip the balance toward positive outcomes. It is like a scale with negative weights on one side and positive weights on the other.

When the positives outweigh the negatives, you are tipping towards being resilient. Positive support can come from many different sources including your family, friends, faith, and from within.

It can mean reaching out to those around you that need help, or accepting the help of others. It can look like a community garden or it can sound like a choir singing. It can feel like lifting up and seeing clearly.

Buncombe County is Resourceful

Resiliency is supported when strong public structures are in place that help prevent harm, and help people thrive. Just like investing in roads and highways to make travel safer, it is critical to invest in supports that help communities come together to tackle serious issues.

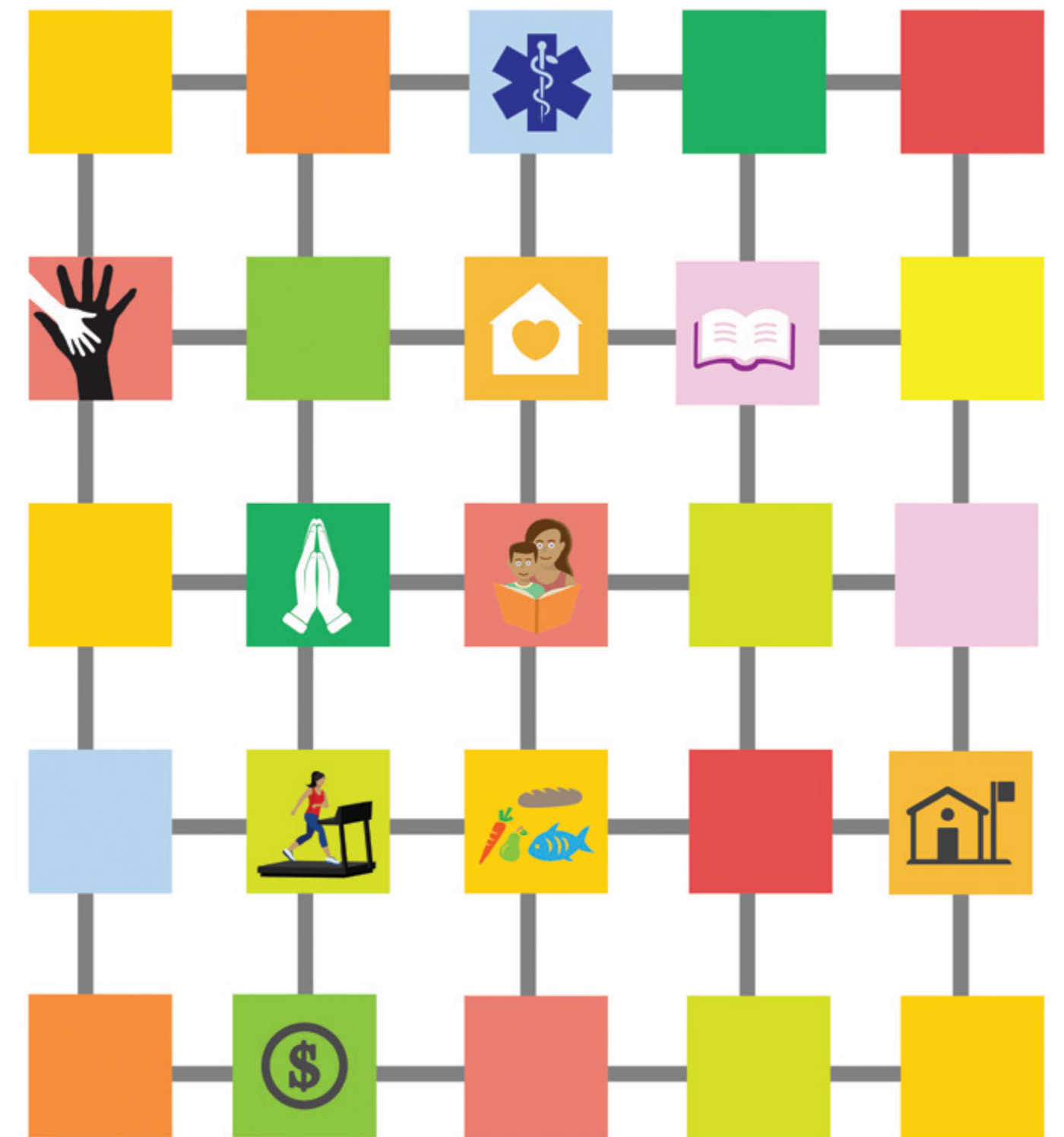
Like a power grid, many partners come together to build the resource grid, and ultimately, communities can fill out their own grid of resources with unique, community based solutions to unique challenges.

Current examples of creative solutions to complex issues:

- **Pop-up Markets** provide nutritious foods to families so that children can grow strong and healthy.
- The YWCA's **Mother Love** program or Triple P (Positive Parenting Program) are examples of supports in place to help caregivers manage parenting stress.
- **My Daddy Taught Me That**, is a community based group that helps support young men reach their goals through educational and social mentoring by positive male role models.

Programs like these and many more make up our community's resource grid.

We are a Resourceful and Innovative Community.



Help Us Build Resilience

We have a tremendous opportunity to build resilience in our community. Currently, Mini-Tipping Point grants are available to either fuel what is already happening or allow you to develop your own local projects that create pathways to good, safe experiences for communities. The project must improve your community in positive ways.



To learn more about the Mini Tipping Point grants, visit www.buncombeaces.org or call us at (828) 250-5608.