



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, and purpose.

NOW THEREFORE I, Lisa Makin, Mayor of Fort Saskatchewan, on behalf of Fort Saskatchewan City Council, hereby proclaim SEPTEMBER 24, 2026, as "**NATIONAL RESILIENCE DAY™**" in Fort Saskatchewan.

Mayor Lisa Makin

September 22, 2026