



During this season of giving, we would like to express our gratitude for all the many partners we have worked with who are committed to improving resilience and positive health outcomes for populations around the world. We are proud and thankful for all that you're doing to improve the lives of children and families in your community.

From the entire Palix Foundation team, we would like to express our warmest wishes to you this holiday season and all the best in the new year!

One Year of the Resilience Scale Masterclass

It has been over one year since the Palix Foundation delivered the very first Resilience Scale Masterclass! We kicked off this training in February 2022 by offering a virtual Masterclass to members of the Lethbridge community and have since delivered in-person and virtual sessions for organizations around the world.

A YEAR IN REVIEW



2,700

ATTENDEES



52

SESSIONS



133

COMMUNITIES

The feedback we have received from participants is valuable for us to revise and refine our training sessions and to inform our future endeavours. Thank you to all those who have provided comments, critiques, and suggestions along the way.

We are grateful to everyone who has participated in the Resilience Scale Masterclass and is committed to using the Resilience Scale in practice to improve health outcomes for individuals, families, and communities.



The Brain Story and Resilience Scale Framework



Over the past 18 months, the Alberta Family Wellness Initiative (AFWI) has made significant advances towards our goal of embedding the Brain Story across systems to produce concrete changes in policy and practice for the betterment of individuals, families, and communities. The Resilience Scale has been central to our ongoing work.

Using the Resilience Scale as a framework, we have established a three-part strategy that evaluates the needs of individuals, clarifies the role of organizations and service providers, and works towards systems integration.

This strategy is introduced in the Resilience Scale Masterclass and is now available as a series of three reports prepared by the AFWI.

READ THE RESILIENCE SCALE FRAMEWORK REPORTS

High Level Resilience Day



On November 10, 2023, the Palix Foundation visited the Fort Vermilion School Division (FVSD) for a Resilience Day in High Level, AB. The event was attended by nearly the whole school division staff, as well as key leaders in High Level and surrounding communities in the areas of education, healthcare, justice, and social services. The level of connectedness and support between community members was evident through the discussion and engagement of everyone throughout the day.

Thank you to Natalie Morris (Associate Superintendent for Inclusive Education at FVSD) and Mark Hilton (Manager Community Outreach, RCMP “K” Division) for inviting us into the community and hosting us for a successful Resilience Day! We are looking forward to continuing our partnership with High Level and FVSD to build capacity and improve resilience at the individual, family, and community level.

Thank you to everyone who joined us at the High Level Resilience Day!

National Addiction Awareness Week at Fresh Start Recovery Centre

As part of National Addiction Awareness Week, Nancy Mannix, Chair and Patron of the Palix Foundation, was invited to speak on a panel at Fresh Start Recovery’s Community Perspectives event in Calgary. The panel was chaired by Jennifer Kent-Charpentier, Director of Operations at Fresh Start Recovery. Nancy was joined by Matt Nomura, Vice President of the Calgary Homeless Foundation, and Glenn Rumble, business owner and community supporter of Fresh Start Recovery.



The panel discussion focussed on how addiction affects both individuals and families, the necessity for identifying positive supports within our community, and how to find hope through difficult times. Thank you to Fresh Start Recovery Centre for inviting us to be part of such a meaningful discussion; we were honoured to hear the personal stories shared by members of the Fresh Start community.
