

Unite for Good: Building a More Resilient Community Together

October 13, 2026



Toward Common Ground



Community Resilience
Coalition

Guelph & Wellington

**Building a better community
together.**



Toward Common Ground

Image credit: Dudek Photography



Community
Resilience Coalition
Guelph & Wellington

Pathway to Resilience

Our vision

Resilient communities that prevent
and reduce the effects of early adversity.

Our purpose

Together, we advance shared understanding
and take action to strengthen resilience.

Our why

Communities are stronger and more vibrant when children, youth,
and adults are supported, especially in the face of adversity.

**Together, we can build better
futures.**





“Little brains wire themselves to
the world we create for them.”

~ Lisa Feldman Barrett

A large group of people, including children and adults, are gathered in a grassy park area. In the background, there are colorful inflatable games, including a large red and yellow one. The scene is set outdoors with trees and a clear sky. The text "Positive Childhood Experiences protect against atypical adversity." is overlaid on the top half of the image in white font.

Positive Childhood Experiences
protect against atypical adversity.

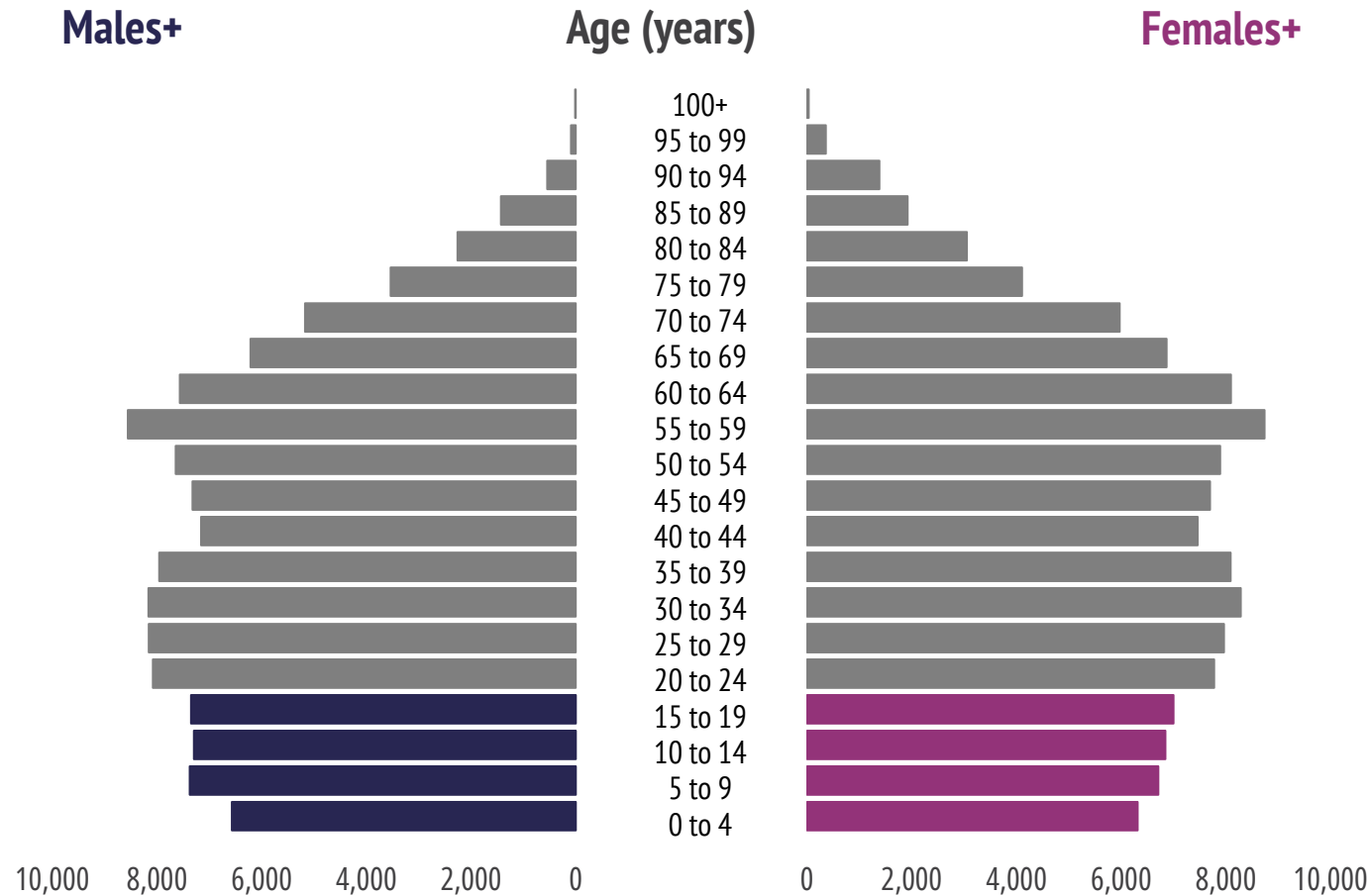
Image source: Guelph Community Health Centre

Resilience



Image adapted from: Alberta Family Wellness Institute

In 2021, 241,025 people lived in Guelph & Wellington.
Children and youth (0-19 years old) made up **23%** of the population.



Source: Statistics Canada (2023)

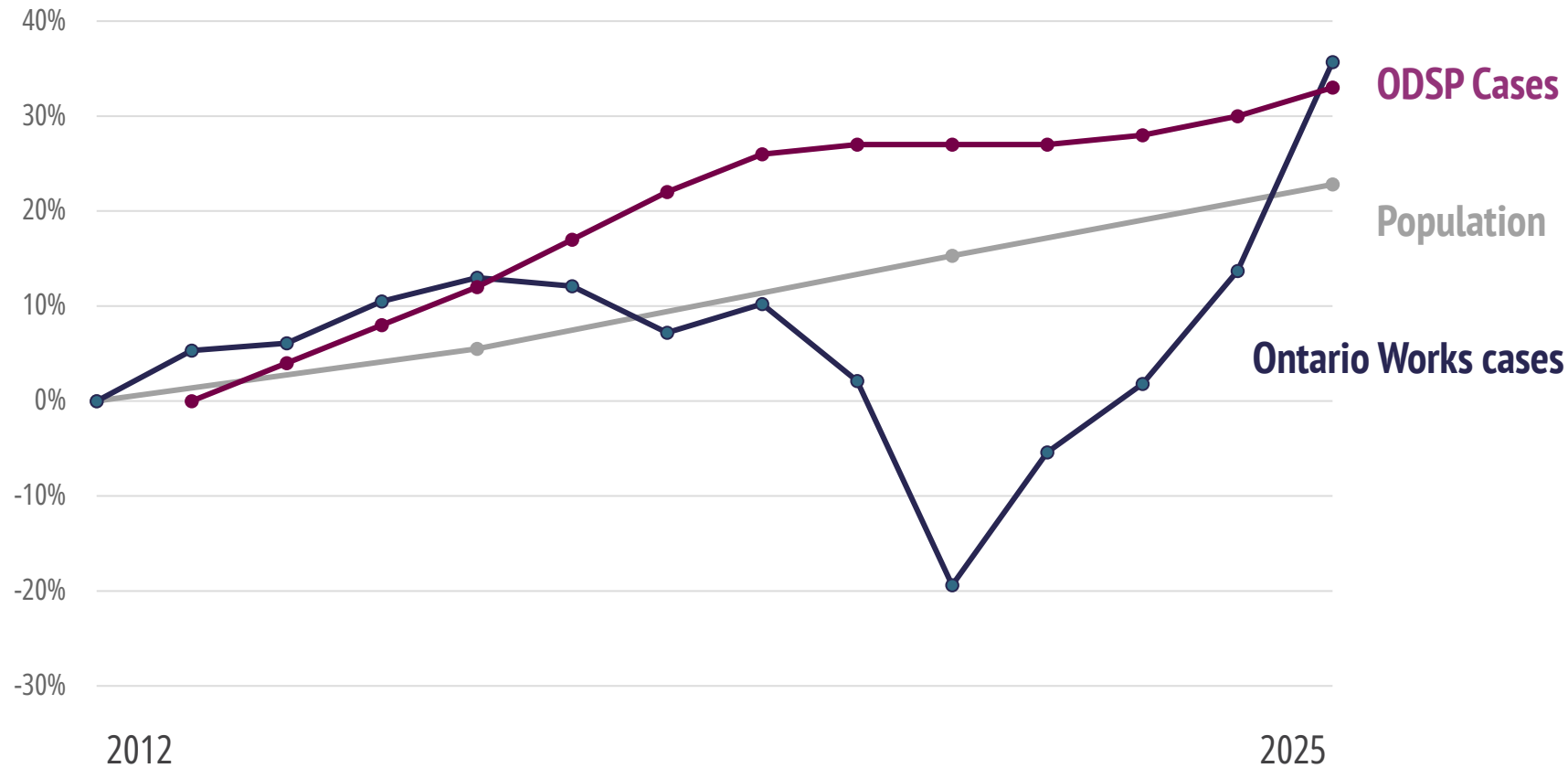
4,300

**children & youth in Guelph and Wellington
lived in a low-income household in 2021.**

That's about 172 classrooms of students.

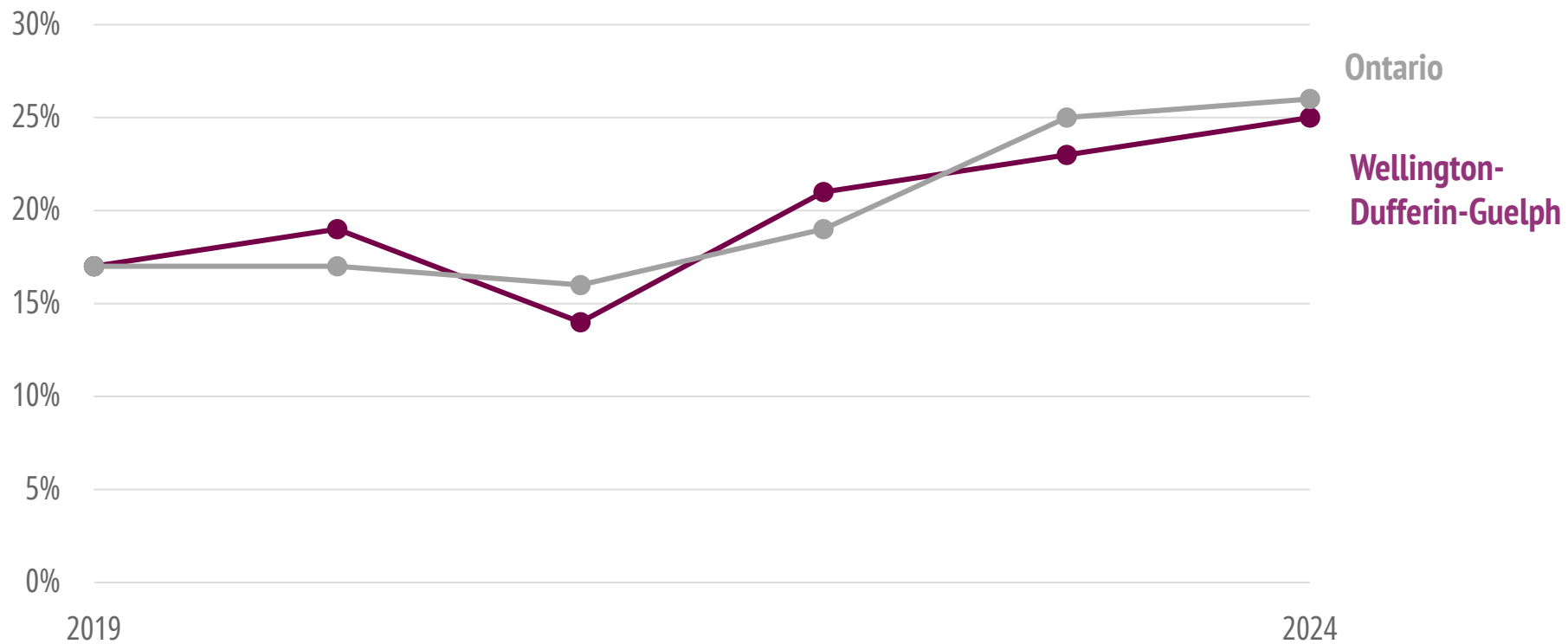
Source: Statistics Canada (2022)

After falling during the COVID-19 pandemic, **reliance on social assistance has been increasing** and outpacing population growth.



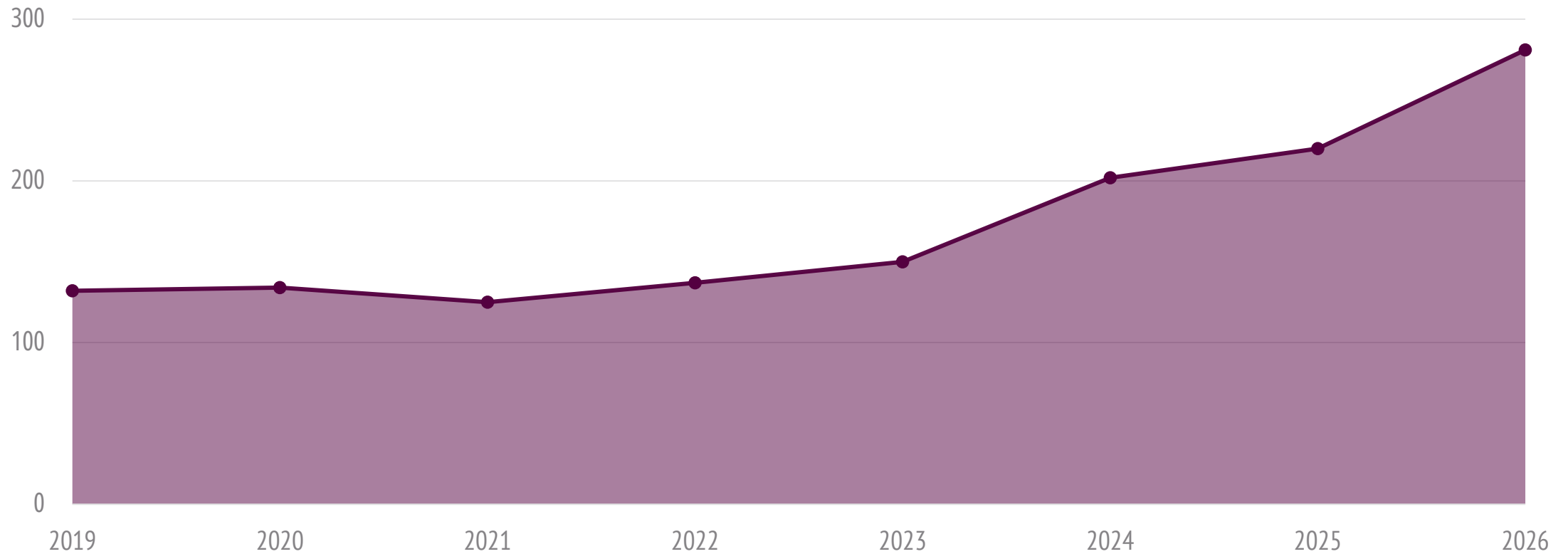
Source: County of Wellington Social Services (2025)

Food insecurity is increasing. In 2024, **1 in 4 households in our community did not have enough money to afford food** to meet their needs.



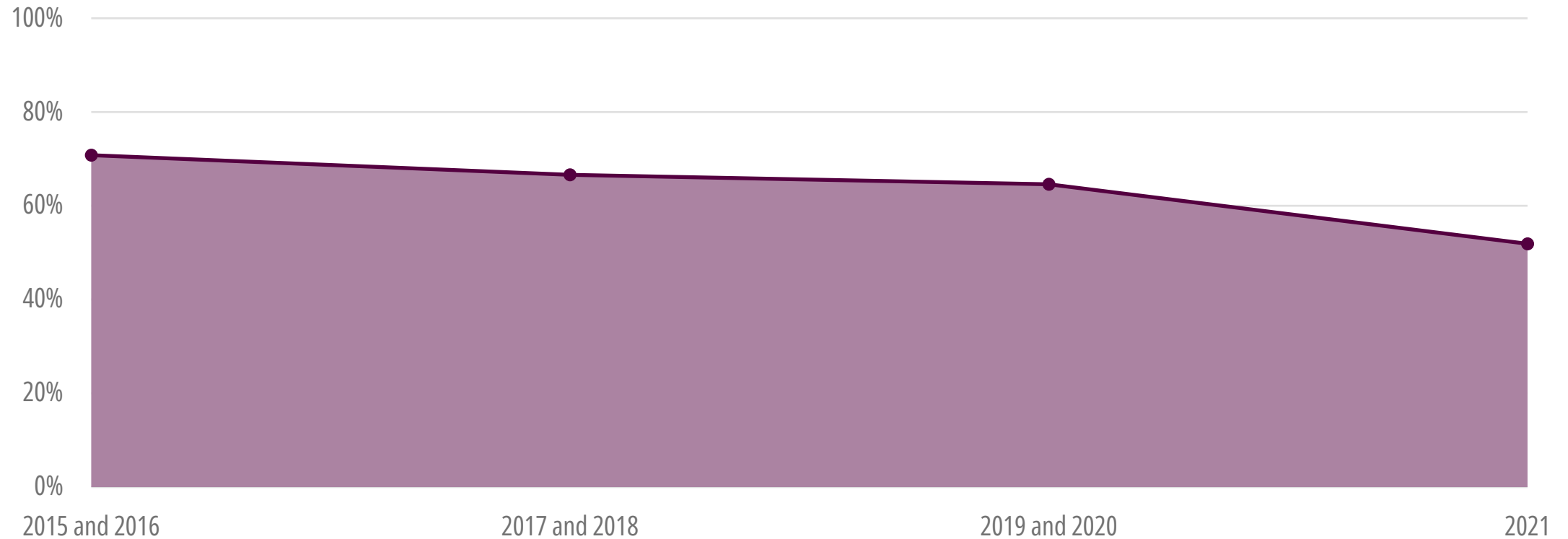
Source: Public Health Ontario (2025)

Experiences of homelessness are increasing. The average number of people experiencing chronic homelessness has **doubled in recent years**, reaching its highest point in the first half of 2026.



Source: County of Wellington (2026)

Fewer people in our community perceive their mental health as very good or excellent. The proportion of people age 12 years and older in our community who **perceive their mental health as very good or excellent** is declining.



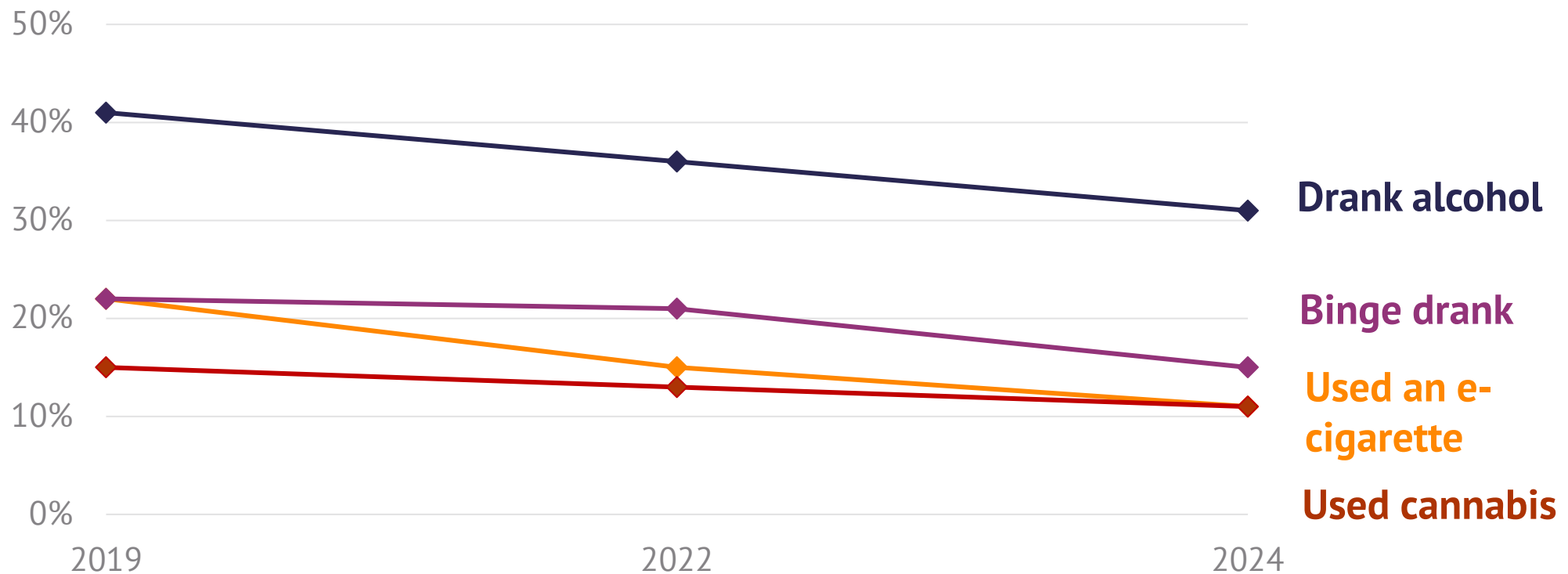
Source: Public Health Ontario (2025)

81%

of student respondents reported their mental health as good, very good, or excellent.

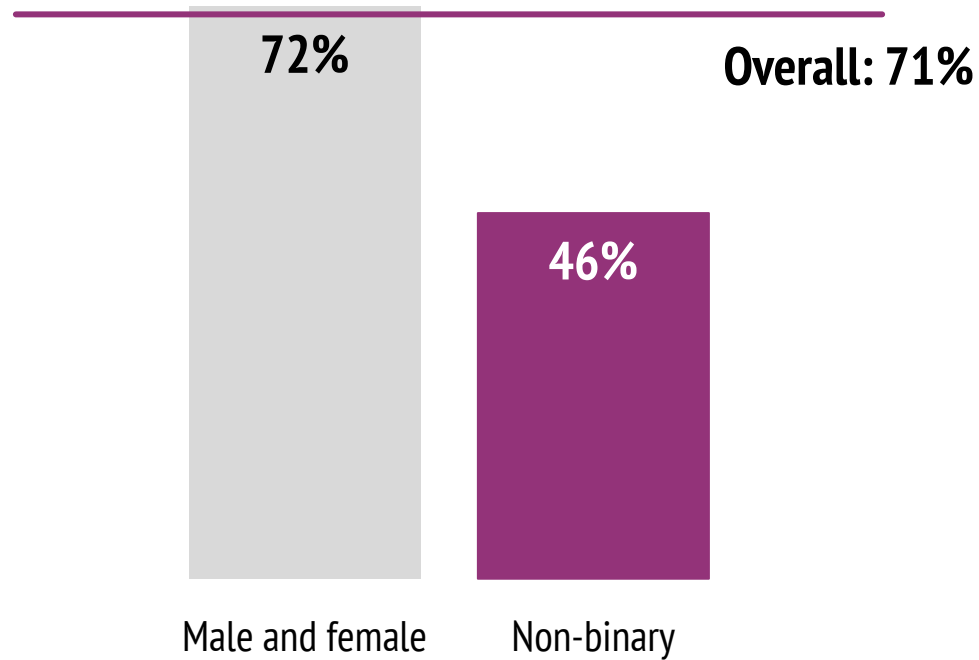
Slightly more than half (58%) of **non-binary** students reported their mental health as good, very good, or excellent.

Among grades 7-12 students, reports of **substance use have been decreasing since 2019**



Source: Wellington-Dufferin-Guelph Public Health. (2025)

In 2024, almost three quarters of youth in our community reported having a supportive family relationship. A smaller proportion of non-binary youth reported having a supportive family relationship compared to males and females.



Source: Wellington-Dufferin-Guelph Public Health. (2025)

Together, we can build better futures.

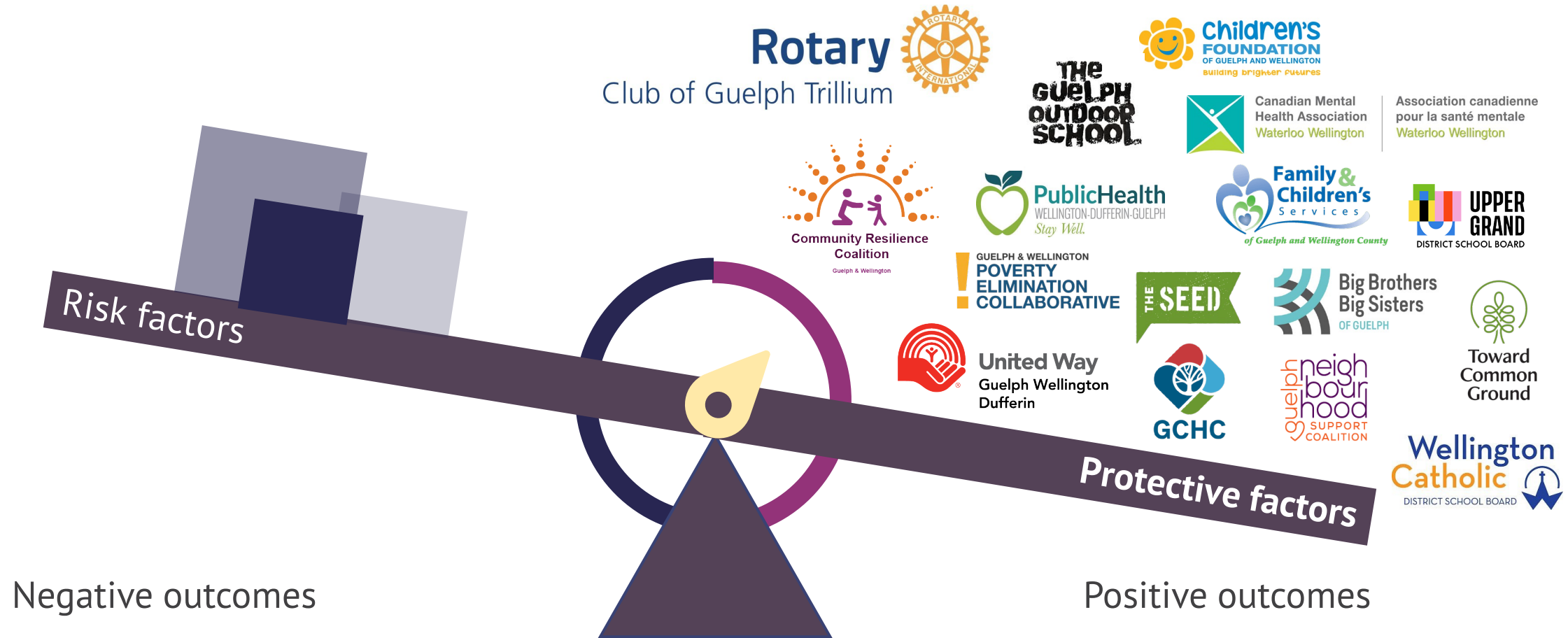


Image adapted from: Alberta Family Wellness Institute



Take action

www.communityresilience.ca

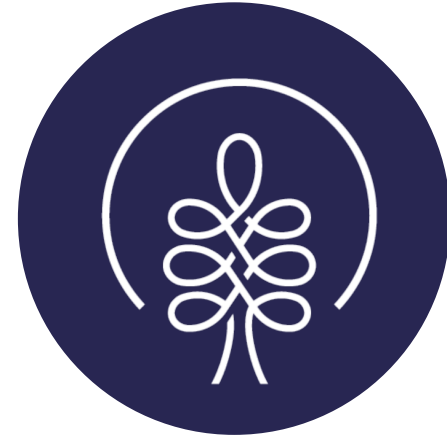
communityresilience@gchc.ca



Learn more



Volunteer



Membership



Data portal

The Toward Common Ground Data Portal presents local data and information about well-being in Guelph and Wellington County. Data is organized into the key elements of our community that influence our well-being. By examining the past and current state of these elements—and how they are interacting with each other—we can work together better to build a community where everyone can thrive.

Click on the topic you are interested in to read a summary of local trends. If you want to explore the data in more detail, click the link below to visit our dashboard directory.

