



STRATFORD PERTH
COMMUNITY
FOUNDATION

It all comes back to you

2017 STRATFORD PERTH VITAL CONVERSATION KITCHEN TABLE WORKBOOK

FOCUS: BELONGING – CONNECTING TO YOUR COMMUNITY

Whether from a different country, city, business, school or community, we have all been newcomers at least once in our lives and can understand the isolation it can bring.

The Stratford Perth Community Foundation is partnering with the University of Waterloo's Community, Health, Environment, Communications (CHEC) Initiative, Stratford Perth YMCA, Stratford Public Library, University of Waterloo Stratford Campus, United Way Perth-Huron, Social Research & Planning Council, Powernoodle, Choices for Change, Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA) and Facile Perth to host the inaugural Stratford Perth Vital Conversation to deepen our understanding of belonging in our community.

What is a Vital Conversation?

A Vital Conversation is a facilitated discussion with community members to learn more about the social, economic and natural/built environmental trends impacting local quality of life – to help build momentum and engage our community towards action.

Why did you choose this topic?

We chose 'sense of belonging' as the topic for our first conversation because it is a fundamental human need – just like food or shelter – and is essential to our sense of happiness and well-being.

How can I get involved?

June 9th, 2017 is the date we are hosting **Vital Conversations 2017 – Belonging: Connecting to Your Community**. For those community members who cannot attend, we've created this simple workbook to help you take part in the 'belonging' conversation!

Answer the questions below individually or with your family, friends and/or work colleagues (recommended) and share them with the Community Foundation **by June 30th, 2017** to be included in a final community report. Completed kitchen conversation can be sent to drea@spccf.ca or mailed to the Stratford Perth Community Foundation at 55 Lorne Ave. E., Stratford, ON N5A 6S4.

Now, on with your kitchen table conversation about belonging and community connection.....



Question 1

What are your biggest concerns around sense of belonging in our community? *Please choose one main concern on which to focus your conversation.*

Think about:

- What areas need improvement?
- What can we do better?
- What are the barriers?

Question 2

Why is the above-mentioned topic important to you?



Question 3

What are you hoping to accomplish by discussing this topic?

Question 4

What change do you think should happen in our community about this topic?



Question 5

What would be helpful for others in our community to do about this topic?

Question 6

What can you personally do to make a difference about this topic?



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Question 7

If you had \$1,000 what would you do to make a difference about this topic?

Thanks for taking the time to complete this Vital Conversations kitchen table conversation about **Belonging: Connecting to Your Community**.

If you have any questions, please feel free to reach out to Tracy Van Kalsbeek, Executive Director of the Stratford Perth Community Foundation at tracy@spccf.ca or 519-271-1503.

"It is not more bigness that should be our goal. We must attempt, rather, to bring people back to...the warmth of community, to the worth of individual effort and responsibility...and of individuals working together as a community, to better their lives and their children's future."

~ Robert F. Kennedy