

Strengthening our Toronto community through connection



Dear Fellow Civic & Community Leaders,

I've seen firsthand that many of the challenges we face — from rising mental health concerns and substance use to community disengagement and polarization — share a common root: disconnection.

That's why I'm asking you to join me for an important conversation — one that introduces a powerful and often overlooked pillar of community well-being: social health.

In partnership with GenWell, Canada's Human Connection Movement, the Township of Amaranth is hosting a **Civic Leaders Social Health Workshop** designed specifically for leaders like us.

It's a chance to learn, reflect, share ideas, and collaborate on building a more connected community where everyone thrives.

EVENT: **Civic Leaders Social Health Workshop Thursday**
DATE: **June 18th, 2026**
TIME: **8:30 am to 9:00 am - Arrival, Coffee & Connection**
9:30 am to 12:00 pm - Human Connection Workshop
LOCATION: **Monora Park Pavillion**

Let's Lead Together!

The solutions to many of our most pressing issues start with people — and the relationships among them. If we want to build safer, healthier, and more engaged communities, we must start by rebuilding the human connections that hold them together.

I hope you'll join me in taking this important step. Together, we can be leaders not just in title, but in shaping a more connected future for everyone we serve.

Victor Paan
Councillor



Why This Matters:

When people feel connected, they do better - and so do our communities

We've long focused on physical and mental health, but research from around the world — including the World Health Organization and Canada's own Social Connection Guidelines — now shows that social health is just as vital, if not even more important, in this post pandemic world.

Social isolation, disconnection, and loneliness don't just affect individuals emotionally; they increase the risk of chronic diseases, depression, anxiety, addiction, and even premature death. On the flip side, strong human connections improve well-being, resilience, engagement, and even economic and public safety outcomes.

But the impact doesn't stop with individuals. At a societal level, disconnection erodes trust, weakens civic engagement, and increases demand on emergency and crisis services. It undermines workplace productivity, school engagement, and community safety. Disconnected communities are more vulnerable to polarization, misinformation, and reduced empathy across social, cultural, and generational lines.

In contrast, when communities are better connected, we see stronger social cohesion, improved public health outcomes, more inclusive neighbourhoods, and a more engaged, compassionate, and resilient population.

What You'll Learn:

This workshop goes beyond the science - it's a practical, inspiring experience designed to help civic leaders:

Understand the Power of Social Health - Gain a deeper understanding of how social health impacts individuals and society - and why it matters in your role as a civic leader.

Identify Opportunities for Connection - Explore how everyday actions, programs, policies, and community spaces can either foster or hinder human connection - and how to make positive change.

Take Action with Proven Tools - Discover practical, evidence-based strategies to build connection across ages, cultures, and neighbourhoods - from small team changes to community-wide initiatives.

Lead by Example - Reflect on your own leadership practices and consider how to model and inspire a culture of connection in your work and your community.

Build a Network of Changemakers - Connect and collaborate with fellow civic leaders who share your commitment to creating inclusive, connected, and thriving communities.

Together, we have the opportunity to champion a powerful transformation — one that prioritizes human connection as a cornerstone of healthier, safer, and more resilient communities.

Let this workshop be a catalyst for change, equipping you to lead with intention and inspire connection in every facet of your work in and support for our community.

