



BC ASSOCIATION OF  
**Community Response Networks**  
*Stopping Adult Abuse and Neglect ... Together.*  
[www.bccrns.ca](http://www.bccrns.ca)











# GIVING

Share our stories through kindness and compassion by reducing stress and promoting a sense of well-being.

FAITH HOPE LOVE PATIENCE

happi  
simpler  
dinner recipes  
find the best recipes  
there are calls for  
community  
connecting through  
challenges  
Balance Academic  
work with  
hobbies  
and family  
time

Let's be the change that  
we want to see  
in the world  
Be a good role model  
for others  
Be kind to everyone  
Be honest  
Be brave  
Be a good listener  
Be a good friend  
Be a good student  
Be a good citizen

Being able to get  
up and go  
every day  
feeling good  
about life  
is a goal  
that many  
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# CONNECTION

It's not just the connections we make, but the effort in sustaining them that truly matters. Social ties are the backbone of our community.

Connections  
The thing that makes  
the world go round  
is not money or power  
but friendship

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My grandma told  
me that the best  
way to stay healthy  
is to stay connected  
to the people you  
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# GROWTH

Learning and growing through the challenges of life. It's not just about the destination, but the journey and the people who support us along the way.

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***Thank you!***  
**Smithers Seniors Citizens Association**