



Strengthening community resilience through collaboration, support, and accessible resources.

HEART Action Team

(Healing, Education, Awareness, Resilience, Trauma)

Our Goal

Develop a community-wide support network and centralized care system that strengthens families, builds life skills, fosters relationships, and reduces ACEs to break the cycle of generational trauma, providing coordinated services before, during, and after crises.

Our Initiatives

- Trauma Education for the entire community
- Having a centralized Social Service Location with a Trauma center
- Strengthening Families Parenting program
- Develop Mentoring Programs to build community

Meetings

Third Friday each Month at 10:00am
at the Boys & Girls Club.

Resilient Communities have the capacity to identify problems, establish priorities, and act.

Our Why

As part of our initiative, we offer Adverse Childhood Experiences (ACEs) training to increase awareness and understanding of the effects of trauma.

These trainings help to:

- Educate on the effects that trauma has on behavior and development
- Build skills to respond to trauma with empathy and support
- Reduce the impact of trauma on individuals, families, and the community

Our What

The Resilient Community initiative is focused on making the community a safe and healthy place for all of our residents. Through coordinated efforts, the community has come together in an impressive way to address some of the most challenging issues facing our community. These efforts improve our economic outlook as well as make Watertown a better place to live.



RESILIENT
COMMUNITY
CODINGTON COUNTY

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