

# COURAGE



## We value **Courage**, which means:

We encourage *resiliency, acceptance and change* and we *respect choices* people make. We want people to *be empowered*.



## KEY BEHAVIOURS

### How do we demonstrate that we value **Courage**?

We meet people where they are in their journey and offer dignity and compassion in providing assistance.

We recognize peoples' journey in life is not linear and may require wrap-around services and long-term support.

We provide opportunities for people to be included in a range of activities.

We foster a belief in self and the potential for continuous growth and improvement.

We recognize that change is challenging.

We teach and model healthy living skills in all areas of life.