



Let's Start

UPstreamTM Together

When we focus efforts upstream we address the **foundations** of community wellbeing allowing us to foster an inclusive and supportive environment for all.

**The foundations
of community
wellbeing include:**

- Equity in the community
- Accountable political systems
- Fair economic systems
- Social norms, values and culture
- Anti-racism
- Community engagement & connectedness
- Compassion

Starting upstream enables us to link aspects of wellbeing such as safety, health, income, housing and belonging, so we can address multiple issues at the same time, with potentially fewer resources.

Starting upstream benefits everyone!

Upstream approaches enable a community to collectively experience:

- Improved safety
- Social inclusion
- Improved health
- Decreased substance use
- Fair income
- Food security
- Educational success
- Access to quality housing
- And many other benefits

Together, we can create a thriving community where everyone has a range of opportunities to grow, learn, work, play, connect, love and be loved.

#StartUpstream

To learn more about starting Upstream visit
www.preventingcrime.ca/our-work/upstream

UPstream

 **Waterloo Region
Crime Prevention Council**
Together for a Safer Community