



Hi friend,

Stable housing is one of the cornerstones of resilience.

“A house is not a home unless it contains food and fire for the mind as well as the body.” —
Benjamin Franklin

Today’s Activity

Reflect on what “home” means to you — safety, comfort, stability, belonging.

Explore This Resource

National Low Income Housing Coalition — [“Out of Reach”](#) report

Reflection Question

Why is stable housing essential for long-term wellbeing?

Local Focus

Learn about Habitat for Humanity of Forsyth County and their homeownership programs.

Join Us This Week

Join us Friday, Feb. 20 at 12 pm for this week’s Community Check-in. This Zoom session will offer space to reflect on Week 2 of the 21 Day Resilience Challenge and will focus on economic resilience. Participants will explore how entrepreneurship and small business support contribute to stability and opportunity for individuals, families, and the broader community.

Click here to register for the Zoom link: [Week 2 Check](#)

Join us **IN-PERSON** for United Way of Forsyth County's 21-Day Resilience Challenge culminating panel event—*Resilience in Leadership: Women Who Lead Through the Storm*.

Click here to register for: [Resilience in Leadership: Women Who Lead Through the Storm](#)

Event details:

Friday Feb 27, 2026, 11:30 a.m. to 1:00 p.m.

Forsyth County Annex 1 Auditorium,

725 Highland Avenue, Winston Salem, NC 27105

A safe home uplifts the entire community.

Warmly,

United Way of Forsyth County

GIVE