



Hello friend,

Today's focus is powerful and tender: **community healing**.

"The wound is the place where the light enters you." — **Rumi**

Just like individuals, communities experience trauma — and communities also heal. Shared healing strengthens trust, unity, and long-term resilience.

Today's Activity

Talk with someone you trust about a challenge your community has faced — and how people came together in response.

Explore This Resource

["Community Healing and Resilience"](#) by SAMHSA

Reflection Question

How can communities support each other through hard times?

Local Focus

Learn about Crossnore Communities for Children and their trauma-informed initiatives.

Join Us Tomorrow

Join us tomorrow, Friday, Feb.13 at 12pm for this week's Community Check-In. This Zoom session will offer space to reflect on Week 1 of the 21-Day Resilience Challenge, with a focus on personal and community wellbeing. Participants will also preview key themes from Dr. Will Lewis' upcoming session connecting individual reflection to practical lessons in resilient leadership.

Click here to register for the Zoom link: [Week 1 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

You're contributing to a culture of healing just by engaging today.

Warmly,

United Way of Forsyth County

GIVE