Building Resilient Neighbourhoods
Neighbours Helping Neighbours

HEY NEIGHBOUR! Collective

Community non-profit organization

🕐 2023 to 2025

📍 Victoria, Vancouver, North Vancouver, Toronto

Since 2012, Building Resilient Neighbourhoods (BRN) has been developing and testing different on-the-ground programs to help build neighbour connections and community resilience. Their flagship "Neighbour-to-Neighbour" programs—delivered by BRN and their network of community-based delivery partners—bring neighbours together to strengthen social connections, foster mutual support, and become better prepared for and resilient to different kinds of emergencies and chronic stresses.

Participating Buildings:

- **51** buildings
- Low-rise, high-rise, townhouses
- Non-market rental, market rental, owner-occupied condominiums

Highlights:

- Facilitated workshops about mutual assistance and aging in place
- Program adapted to resident and delivery partner circumstances
- Coaching support provided to resident champions
- Resident-led activities included social events, buddy check-ins, floor connectors

6 Delivery Partners

- Brightside Community Homes
- Good Neighbour Kitsilano
- James Bay New Horizons
- NORC Innovation Lab, Toronto
- North Shore Community Resource Centre
- West End Seniors' Network

Building Resilient Neighbourhood's (BRN's) "Neighbours Helping Neighbours" (NHN) pilot aimed to bring residents of multi-unit housing together to learn about the value of intergenerational neighbourly support. Through an asset-based community development approach, this program supported neighbours to engage in mutual assistance activities in ways that can potentially help aging adults to live comfortably in their own homes and communities for as long as possible.

BRN worked with partner community-based organizations to embed neighbour-helping-neighbour ideas, activities, and tools into their existing programs, many of which focused primarily on reaching older adults. In this way, NHN was iterative and customized for each context – an approach that allowed partners to explore various strategies for building neighbourly mutual support and test ways of fostering mutual support as a "multi-solver" for different kinds of shared challenges. Some neighbour groups, for example, held social events to discuss and plan, launched buddy check-ins, or developed floor connector systems.