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| Social Health |
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Overview:

Attainting and maintaining a healthy lifestyle encompasses being in check with social health in all aspects. Being aware of what our community offers and how we can access things can help you achieve optimal social health. Some areas to be aware of are community engagement, transportation services, and a social calendar.

Helping others achieve social care goals in our community:

Being aware of what the community has to offer in terms of social care/social health can help you be prepared for all aspects of your health and feel more within your community.

Brant County Resources:

Community Engagement:

There is a lot of support from the City of Brantford with respect to Community Engagement. There are resources online to explain more regarding the Council and exploring ideas and opinions for the community. There are resources to get engaged with their Social Media Platforms. There is also access to the library with list of hours and political information on their website.

1. City of Brantford  
   100 Wellington Square  
   519-759-4150   
   https://www.brantford.ca/en/your-government/community-engagement.aspx
2. Brantford Public Library   
   173 Colborne St.

519-756-2220   
https://brantford.library.on.ca/contact/

1. Glenhyrst Art Gallery of Brant   
   20 Ava Rd.

519-756-5932   
https://www.glenhyrst.ca/

Transportation Services:

The City of Brantford offers different transportation methods such as buses, grey hound, airport, taxi, train, and active transportation such as biking, cycling, maps, etc. This helps the community become more engaged with what is offered and reduce pollution. They also provide tips on safety measures for the people in the community to access.

1. Brantford Transit   
   64 Darling Street  
   519-753-3847   
   https://www.brantford.ca/en/transportation/bus-routes.aspx

Social Calendar:

There is a lot of support from the City of Brantford with respect to Social Calendar and events within the Community. The website below provides the community with access to events under different categories such as arts and culture, business resource centre workshops, community events, community gardens, discover Brantford, harmony square, neighbourhood associations, public information sessions and seniors activities. Costs and memberships listed.

1. City of Brantford  
   100 Wellington Square  
   519-759-4150   
   https://calendar.brantford.ca/default/Month