



Councilmember Anita Bonds

A CEREMONIAL RESOLUTION

IN THE COUNCIL OF THE DISTRICT OF COLUMBIA

To recognize September 23rd, 2024 as National Family Day in the District of Columbia and all the different types of families and households there are and all the ways they support each other throughout their lives.

WHEREAS, family can instill a sense of belonging and identity while exposing us to traditions, values, and beliefs that can nurture personal growth such as providing intergenerational experiences that build social skills;

WHEREAS, spending quality time with family can improve mental health, alleviate stress, and build self-esteem for family members of all ages which all lead to a healthier lifestyle;

WHEREAS, being part of a family encourages healthy interdependence, where members work together towards the common good using conflict resolution and problem solving techniques and generous portion of caring, encouragement and loving interactions;

WHEREAS, family looks out for each other by taking pride in their community and speaking up when they see something wrong;

WHEREAS, families come in many forms and sizes and under different circumstances and being an active member of the community one such important kind of family;

WHEREAS, the interdependent nature of families is recognized by the prevalence of shared healthcare plans, housing models, and educational accomplishments;

38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60
61
62
63
64
65
66
67
68
69

WHEREAS, one of the crucial functions of family is the support they provide for each other and the sense of safety that support brings both in life’s joys and it’s sorrows;

WHEREAS, when difficult situations arise such as illness or involvement in the justice system, family is the first line of support;

WHEREAS, further research suggests that maintaining family ties during incarceration facilitates post-release functioning because it allows for a more psychologically healthy adjustment during the stressful process of reentering society;

WHEREAS, studies show that people with supportive friends and family feel they have a stronger sense of purpose;

WHEREAS, the support of a community is shown to improve achievement outcomes in children and young people both academically and in markers of general well-being;

WHEREAS, the District has an abundance of free activities and experiences which families can enjoy together such as hands-on museums and outdoor concerts;

WHEREAS, other ways to enjoy National Family Day and spend quality time with your loved ones include taking walks, having a cookout, visiting your local public library, have a game night, or host a movie marathon at home.

RESOLVED BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this resolution may be cited as the “National Family Day Recognition Resolution of 2024”.

Sec. 2. The Council recognizes the importance of and celebrates families and households in the District, in whatever form they may take, for the positive forces that they bring to our lives and the community more broadly.

Sec. 3. This resolution shall take effect immediately.