

The Benefits of Greenspaces

Greenspaces are essential to environmental resilience and the physical and mental well-being of the community. By incorporating greenspaces into community infrastructure, cities can achieve climate adaptation and biodiversity goals. However, greenspaces are not equitably distributed or accessible to all community members. Through its *Greenspace for All* initiative, the Stewardship Centre for BC is working with community partners to connect underserved communities with nature so that everyone can enjoy the benefits and services it provides.

What Are Greenspaces?

Greenspaces are areas within a community that provide access to natural habitat, with characteristics like native plants and mature trees.

Examples include:

- Conservation & protected areas
- Urban parks
- Green corridors
- Pocket forests
- Wetlands
- Marine shorelines
- Hiking trails



Why Nature?

Health & Wellness

- Lowers anxiety, depression, and stress
- Reduces exposure to air, water and noise pollution
- Promotes social cohesion and sense of place within communities
- Improves cognitive function, cardio-vascular health, and immune system function

Climate Adaptation

- Protects against future sea-level rise
- Absorbs water flow during extreme weather events
- Cools urban temperatures, reducing the urban heat island effect
- Removes and stores greenhouse gases (GHG) from the atmosphere

Ecosystem Services

- Filters stormwater through soils and vegetation
- Provides critical habitat for native wildlife and vegetation
- Filters out pollutants and other particulate matter from the air

Economic Benefits

- Supports local businesses and tourism
- Mitigates the risk and cost of coastal and urban flooding
- Reduces costs associated with cooling homes and businesses