

Relationships, family, community and connection are part of our culture.
Staying connected helps everyone.



Did you know that reaching out to those around you leads to:



Better physical and mental health



Better relationships



Feeling safer and more welcome in your neighbourhood



Being able to help others and they can also help you when you need it

During the pandemic, many people have felt disconnected and lonely. At times like this, we have to get creative to **make sure everyone is included.**

How have you been staying connected?



Let's do what comes naturally and support those around us.

If we do this, together we can end loneliness.