

WE ARE NOW RECRUITING PARTICIPANTS

Lonely No More

Rural Community Connections

...▶ A PROGRAM FOR SENIORS

SENIORS ARE CAREGIVERS, PARENTS,
GRANDPARENTS, VOLUNTEERS,
CITIZENS, AND POSITIVELY
CONTRIBUTE TO THE ECONOMY

RECOGNIZING THESE CONTRIBUTIONS,

- ⊗ Do you feel isolated or lonely?
- ⊗ Do you need additional support accessing resources?
- ⊗ Do you enjoy talking with other seniors and making new social connections?

STEP 1.

Give us a phone call, to see how you can join the Lonely No More project and how it can help you engage in your community.

STEP 2.

Participate in group teleconference calls with other seniors, lead by trained facilitators.

STEP 3.

Create a sense of community, share topics of interest with others in similar situations to you, and impact each others wellbeing.

OUR SENIORS. OUR FRIENDS. OUR FAMILY. OUR FUTURE.
Huron Perth Grey Bruce
OUR RESPONSIBILITY.

GET INVOLVED BY CONTACTING
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