



Introducing: **Connect & Share**

Good company is just a click away!

Wouldn't it be wonderful to meet someone new and feel the pleasure of talking with someone who is truly interested in you? We've got a new program that can make that happen!

People are feeling lonelier right now because of COVID-19 keeping so many people away from their families and friends as we all try to stay safe. Being lonely isn't good for your mental health – and it can even damage your physical health if you end up feeling depressed.

This program is open to adults 18 and over currently living with a disability.

That's why we've created **Connect & Share**.

Here's how it works:

- If you are interested, we can match you with a volunteer who shares your interests. That person can become your “virtual” buddy who will visit with you – just for the fun of it.
- You can have phone visits, or you can have online calls using a platform like Zoom, so you will be safe from COVID-19.
- Your virtual visits would last about 30 to 60 minutes per call.
- You can expect to have a call with your buddy at least once a month or more often – as much as you and your buddy would like.

If you have any questions or would like to register for Share and Connect please contact:

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Presented by

