

STRONGER *Together*

Building a more connected community

Thank you for hosting a community conversation!

Together, we can build a more connected community. This guide equips you with tools to activate friends, family and coworkers by helping them understand the prevalence of loneliness and the healing power of social connection. You do not need any special training to host a community conversation.

Our goal is to have hundreds of community members and dozens of organizations sign a pledge to get connected. We hope you will:

- Present the information provided that is relevant to your audience (youth-focus or general)
- Lead your group through a guided reflection
- Inspire your group to **sign the pledge!**

This toolkit includes:

- **Powerpoint Presentation** (general or youth-focused options)
- **Flyer** with Personal Pledge link via QR code (general or youth-focused options)
- Shareable **Social Media Posts**

Additional materials for organizations:

- **Agency Pledge**, for governance-level endorsement
- **SWOT Exercise** to document strengths and opportunities of your organization to help at-risk groups build social connections

After your conversation:

Track progress toward our goal by sharing a summary after each community conversation. Find an easy-to-use **REPORT** link on the website.

Guiding Principles

ALL PEOPLE ARE WORTHY OF DIGNITY, LOVE, AND RESPECT.

Every person has fundamental value. We have a responsibility to serve our community so everyone feels like they belong and matter.

WE ALL FACE CHALLENGES, AND CAN THRIVE THROUGH THEM.

Social and emotional wellbeing is ever-changing and will be a challenge, at times, for every person. Thoughtful and intentional relationships, environments, and policies can proactively build and support the skills and protective factors that help individuals grow--through challenges and throughout their lifetimes.

CONNECTION BOOSTS WELLBEING.

Connection comes from people who care about us, places we feel we belong, and a sense of purpose. Our wellbeing is profoundly interconnected. When we extend ourselves to others, we increase our own wellbeing, sense of purpose and joy.

WE ARE ALL NAVIGATING A CHANGING WORLD.

We honor traditions that uplift our community while understanding that we are living in a changing world. When we listen and learn, we can better understand the impact of our rapidly changing society, bringing the best of our past and present together to forge a bold pathway toward a future in which everyone has the opportunity to thrive.

WE HAVE THE POWER TO TRANSFORM THE FUTURE.

With curiosity and compassion, we can work together to build a community that is healthier, more resilient, less lonely and more connected.