

SOCIAL CONNECTIONS

WHERE TO MEET
NEW PEOPLE AND
TRY NEW THINGS

Outdoor Places

Going outside is a great way to spend a day. Take a walk in your local woods and if you run into another hiker, ask them if they want to meet again & go on a hike together.

Meet-Up Groups

Connect with people who have shared interests. To find a new group around your activities, whether it's sewing, walking, riding bikes or baking, there is likely a group for you. Check out local groups near you at www.meetup.com.

Farmer's Markets

This is a great place to get organic produce and meet local artisans. Most vendors accept SNAP benefits! Look-up when farmer's market is going on near you.

"So many parts of our lives are stressful, but every day we can choose to activate happiness and joy."



YMCA

A great place to go for a judgment-free workout, check out a sliding fee scale.

Volunteer

Do you have a cause you care about or want to get more involved in your community? Call an organization near you to volunteer, it's a great way to make new friends.

Live Music

Local restaurants offer live music events often included in the price of a meal. Look for free trivia nights and play a game of pool or darts with your housemates!

Be Curious

Pay attention to what's on your mind, what makes you happy - - connecting with another begins with having a real connection with yourself! If you know what's fun for you, it can lead you to people with shared interests.

Libraries

Libraries are a great place to go to relax, read, and attend many free events available to the public. Check out your local library to see what activities they offer. They also have bulletin boards that advertise other local events and job postings.

Free Art Events

Most museums offer a free weekly night to the public. Art openings in smaller galleries are also usually free events. Look up museums and art openings near you to find an upcoming event, invite your housemate or friend to join!

Public Parks

Google "local parks near me" to find green spaces to walk to, with housemates, friends or self. Parks are a great place for pickup basketball, to swing on the swings or to just sit and watch the clouds roll by.

Big Joy Experience

When people plan out a small "act of joy" every day, emotional happiness increases. Joys include making a daily list of things you are grateful for, sharing a story with your housemate or friend, making a gift of food, or identifying the silver lining in a bad situation, known as positive reframing.