

Things that would help someone feel connected and supported during COVID-19



To stay safe this year, many people have had to reduce in-person times together that they value so much. That's why we want to use Community Inclusion Month to encourage our communities to stay connected to the people we serve.

CLBC asked individuals what would be safe and meaningful to them. Here are the ideas they shared. Please join us in sharing the ideas on this list with friends and via social media during the month.

1. **Set up a schedule to call someone once a week**
2. **Meet once a month for a physically distanced coffee**
3. **Plan a drive by dance party**
4. **Meet outside at a park**
5. **Go for a walk together**
6. **Join a virtual yoga or exercise class together**
7. **Drop off or mail arts and crafts activities**
8. **Find a board game you can play together online**
9. **Organize a virtual dance party**
10. **Make and drop off cards for first responders and frontline workers**
11. **Mail a letter and become pen pals**
12. **Host an outdoor social hour with neighbors**
13. **Join an online cooking class together**
14. **Facetime a different friend each week**
15. **Offer to run errands for someone once a week**