



Canadians have found clever ways to stay connected and still be socially distanced. Now is the perfect time to look at who is in our lives. And who we can invite in. We can help our loved ones gain friends and share their gifts. As restrictions begin to lift, how can your family begin to reach out to friends and neighbours for social and fun activities? Check out the third action guide in the *Managing the New Normal* series to learn more!



IN THIS GUIDE:

Asking For Help
Using Technology
Sharing Talents, Joy and Time

READ OUR LATEST

Managing The New Normal Action Guide Here
[Reconnecting with Friends and Family](#)

DON'T FORGET TO READ

[Action Guide One: Moving Beyond the Pandemic](#)

[Action Guide Two: Staying Healthy and Motivated](#)

UPCOMING ACTION GUIDES

December 1: Exploring Opportunities to Get Involved

December 15: Building Supportive Networks

Know someone who is also thinking about life in the new normal?

We invite you to share this guide with families you know!



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