



We're getting there. We're restoring our health and optimism. We are also finding ways to reconnect with family and friends. Now we can reach out even more. The possibilities are endless. What are some meaningful ways that families can begin re-connecting with their neighbours and larger community? Check out the fourth action guide in our *Managing the New Normal* series to learn more!



IN THIS GUIDE:

- Exploring Our Neighbourhoods
- Volunteering
- Spreading Kindness

READ OUR LATEST:

Managing The New Normal Action Guide Here
[Exploring Opportunities To Get Involved](#)

DON'T FORGET TO READ:

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

[Action Guide Two: Staying Healthy and Motivated](#)
[Action Guide Three: Reconnecting with Friends and Family](#)

UPCOMING ACTION GUIDES

December 15: Connecting to Family Networks and Supportive Relationships

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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