

Finding a community

It's normal to feel lonely or isolated when you're new to a city, a neighbourhood, or a workplace.

One way to fight loneliness is to find a community. Your community could be:

- People who have the same hobbies and interests as you
- People who care about the same things you care about
- People who have things in common with you, like speaking the same language



Tips for finding a community

It can be hard to start over in a new place or at a new job. You might feel shy. You might also feel worried or scared that things won't work out. Try these tips to find a new community.

Try new things

A good way to meet people is to try new things. Make a list of things you're interested in trying or learning about. Check local newspapers, bulletin boards at your library or local shops, search online, or talk to co-workers and people you meet about new things you can try.

Don't give up

You probably won't find your new community right away. Sometimes you might feel disappointed. It's okay to take breaks when you need to. You can keep trying new things and meeting new people when you feel ready.

Stay in touch with people you care about

Even though you're in a new place or at a new job, you may still care about people from your old communities. Keep in touch with them by phone, text, chat, or email. You can still keep these people as part of your community, even though you might not see each other very often.

Ask for help

Talk to people you trust about your loneliness. Ask friends, family members, or co-workers you trust to think of ideas for finding a new community. Ask them how they found their communities.



Let's talk about it

- Have you ever felt like part of a community before? What communities have you been part of?
- Make a list of activities that might help you find a new community. Think about your hobbies, your interests, and the things you care about.
- Pick one activity idea that's exciting to you. Where will you look for groups you can join?
 - Newspapers
 - Bulletin boards
 - Online search
 - Ask people I meet
 - Other idea: _____