



Introducing: **Connect & Share**

Good company is just a click away!

Wouldn't it be wonderful to meet someone new and feel the pleasure of talking with someone who is truly interested in you? We've got a new program that can make that happen!

People are feeling more lonely right now because of COVID-19 keeping so many people away from their families and friends as we all try to stay safe. Being lonely isn't good for your mental health – and it can even damage your physical health if you end up feeling depressed.

That's why we've created **Connect & Share**.

Here's how it works:

- If you are interested, we can match you with a volunteer who shares your interests. That person can become your “virtual” buddy who will visit with you – just for the fun of it.
- You can have phone visits or you can have online calls using a platform like Zoom, so you will be safe from COVID-19.
- Your virtual visits would last about 30 to 60 minutes per call.
- You can expect to have a call with your buddy at least once a month or more often – as much as you and your buddy would like.

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Need help with technology? Let's get you connected with Hi, Tech!

If you think you need some help to be more comfortable with Zoom or other technology to make this happen, tell us about that, too. We have another tech support program, called **Hi, Tech!**, where a volunteer can spend some time with you to solve your technology problems. Let's get you connected.

To learn more about these programs or put in a request to join, please contact us:

British Columbia - Diana Shields dshields@marchofdimes.ca - 250-940-0809

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