

5-PART WEBINAR SERIES

STAYING SOCIALLY *connected* DURING THE COVID-19 PANDEMIC

Greetings!

The ability to stay connected to one another has dramatically changed over the last two months as most of us are staying home to protect ourselves, and our loved ones. As a result, many of us have lost our community connections, have less contact with family, friends and formal support, and are experiencing increased isolation. Though staying home protects everyone's physical health, having little to no physical contact with those outside of our home can be detrimental to our mental wellbeing. *Isolation affects us all - disproportionately so for those with disabilities - and now more than ever, it is important that we ensure we stay socially connected.*

Plan Institute invites you to join us for a free 5-part webinar series in collaboration with our sister organization, PLAN, specifically designed to help people facing social isolation stay connected during these unprecedented times. We will be focusing on sharing the tools and resources required to ensure all members of our community are safe.

The 5 webinar topics will be:

Don't Wait to be Asked - May 26, 1:00PM – 2:00PM (PT)

For a variety of reasons (pride, past hurts, fear of being turned down, loss of confidence, confusion) not everyone will ask for help or actively pursue their dreams and goals. Join us for this webinar for ideas on how to build and nurture connections, confidently share about what you need and want, build your personal leadership skills and how not to give up even if you haven't been thanked.

Make it a Team Effort - June 2, 1:00PM – 2:00PM (PT)

A network of caring relationships is the best way to share the things that need to be done, especially during challenging times like the COVID-19 pandemic. This webinar will focus on how to join forces and work as a team while ensuring the person who is the focus of your concern is never neglected and has the care that they need in a timely way.

The Latest Technology Helps - June 9, 1:00PM – 2:00PM (PT)

So does old technology like knocking on the door or picking up the phone. WhatsApp, Slack, NextDoor, FaceTime, private Facebook groups, email and telephone trees are simple ways to stay in touch and keep everyone up to date. In this webinar, we will discuss the different platforms available and how technology can facilitate greater connections.

Little Things Make a Big Difference - June 16, 1:00PM – 2:00PM (PT)

It all helps. A phone call, a Netflix subscription, a bag of cookies, running an errand, or walking the dog. In this webinar, we will explore how little things can make a big difference and provide you with some ideas of practical ways that you can be active and engaged in the lives of your friends, neighbours, or loved-ones.

Majority of People Care and Want to Act - June 23, 1:00PM – 2:00PM (PT)

We can't emphasize this enough. Despite what you may have read or thought, caring is in Canada's DNA. In this webinar, we will discuss how to ask for and accept help, and how you will actually be doing everyone a favour, including yourself.

Each webinar will feature a conversation with Rebecca Pauls and Shelley Nessman from PLAN, alongside guest speakers to discuss ways that we can ensure our friends and loved-ones maintain their social connections throughout this crisis.

We hope you will join us for this important dialogue series, as we come together to strengthen our community.

The first webinar of the series 'Don't wait to be asked' will be on May 26, 1:00PM – 2:00PM (PT). Click the button below to register.

Register Now!

**You will only have to register once and we will send you the link each week for the next webinar.*



Visit us on social media to stay connected.

