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Address Social Isolation



Dear Colleague,

To reduce isolation and improve emotional health, addressing social interaction has to be a priority.

I know we know this to be true!!! I make sure that I have some kind of social interaction every day, be it a walk in my neighborhood (alone or with a friend), a cultural event, meeting in a coffee shop with others or even getting on the phone with a family member for a check-in call.



Now that we are flexing between virtual and in-person social experiences, I think innovations such as Virtual Senior Centers extend the opportunities for all kinds of engagement. How exciting! See how a virtual platform helps older and home-bound adults connect and engage here, link - <https://www.vscm.selfhelp.net>.



October's CircleTalk™ Virtual Training Course is Filling Up Fast!

**** * * October 11 - November 1, 2022 * * ****
Live Zoom Calls from 3-4:30pm MST

**** For More Information and to Register, go to -***

<https://www.circletalk.org/circletalk-trainings/>

**** Scholarships Available***

**** Contact: Fawnda@circletalk.org***



CircleTalk™ Virtual Training Course
October 11 – November 1, 2022
Live Calls: 3:00 – 4:30pm MST

How do CircleTalk™ Programs Work?

We bring older adults together for engaging activities and meaningful conversations about life and personal experiences in a regularly scheduled, one hour program. Each week, a thought-provoking theme is introduced with carefully selected poems, short stories, symbol cards, and other props, to inspire a lively discussion of shared memories and important life stories. Our goal is to reduce social isolation and increase meaningful engagement and connection in small groups.

Learn the CircleTalk™ method and be able to create new opportunities for belonging, personal expression, and relationships for older adults in many different kinds of communities.

About The CircleTalk™ Leader Course

CircleTalk™ trains professionals, caregivers, and others who are interested in working with older adults to disrupt the loneliness epidemic that contributes to their decline. Guided by a 13-module field-tested curriculum, these trained leaders facilitate groups in virtual and face-to-face environments of all kinds. This interactive course **includes learning and practicing core leader skills** and coaching by Master Trainers.

For information & registration go to <https://www.circletalk.org/>
Contact: Fawnda@circletalk.org

Cheers and warm regards! Deb





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