

Do You Know Your Neighbour?



- Building neighbourhoods for all ages results in healthy and safe communities.
- Every individual, regardless of age, race/ethnicity, gender, sexual orientation, abilities, or other factors can contribute to their neighbourhood.
- Connecting with people helps to prevent isolation and loneliness.

“In our fast paced and busy world, it is easy to become disconnected and isolated from those around us. Social isolation and loneliness can be particularly challenging for older adults but may be experienced by people of any age. We all benefit when we watch out for and support our neighbours. You are not too young or too old to contribute to your neighbourhood. Let's work together to help others feel that they belong and that they matter. This is a space for you to share your stories and suggestions for connecting and supporting the people who live in your neighbourhood. We look forward to hearing from you!”



**You are not too young. You are not too old.
It is not too late! Let's start in our neighbourhood!**



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