

Receive phone calls weekly for friendly social support.

Our aim is to connect volunteers with people who are isolated in the community. Everyone needs to feel connected, and our goal is to meet people where they're at.

We are hoping to reduce social isolation through weekly calls, to support with material and information resources, and to reduce stigma through friendly conversation.

To enroll, please follow <u>this link</u>, **email us at** jghvip@gmail.com **or call** 514.398 .4400 x 09670

