"Find your community" plan

Regular contact is the foundation of friendship

- [ ] Running, walking or sports group
- [ ] Choir, dance or theater
- [ ] Volunteering
- [ ] Classes or a language club
- [ ] Faith community
- [ ] Community garden
- [ ] Book club
- [ ] Parent group

What I will try	When	Contact	Went ✓

Friendship takes about 50 to 90 hours together; regular meetups help.