



# Wellbeing Tips

## Social connection in communities



### Finding community through shared hobbies

*One of the easiest ways to build connection is by getting involved in something you genuinely enjoy and letting conversations flow naturally. Shared interests can be a way to connect and form community. It might be gardening, cooking, fishing, painting, woodworking, pottery or something completely different.*

These activities give us something to focus on and talk about. When your hands are busy and your mind is engaged, the pressure to “make conversation” disappears. It is often in those small moments that trust builds and connection grows.

Across many cultures, hands-on activities have always brought people together. Working side by side allows people to share skills, pass down knowledge and support each other without needing big conversations. Shared hobbies can also create connection across generations. For example, parents teaching a child how to garden or cooking a family recipe can create special memories and strengthen family bonds.

Periods of transition, separation or change can sometimes leave families feeling disconnected or isolated. Engaging in a shared activity can offer a simple and welcoming pathway back into connection. Even just showing up and giving something a try can open the door to new friendships.

If you are interested in connecting with other widows or veteran families, check out some of our upcoming wellbeing activities by scanning the QR Code.

