



## MEDIA RELEASE

# Interested in community contribution and becoming an agent of positive change?

---

*Let's Create Connection*  
**Together This Fall**

Learn More At:  
<https://createconnectioninNorthPerth.eventbrite.ca>



**Lonely No More**  
Rural Community Connections \*\*\* a program for seniors



*"I alone cannot  
change the world,  
but I can cast a  
stone across the  
waters to create  
many ripples."*

*-Mother Teresa*

---

August 22, 2022 - Lonely No More Service Providers and the Municipality of North Perth are teaming up once again to provide a skill-enhancing virtual workshop series for rural, older adults this September.

Journey with your rural neighbours and learn new skills such as; how to have a coaching conversation using appreciative inquiry, how to provide peer support and how to help others navigate to find the resources they need, as part of asset-based community development. At the end of the workshop series, make a positive impact in your community by registering to become a volunteer in the Lonely No More (LNM) Program.

LNM is a nationally recognized social engagement initiative specifically designed to support rural and remote older adults. The program was initially launched in 2018 to provide a free weekly phone-based program for isolated rural seniors. The calls are facilitated by trained community members to offer peer support, coaching conversations and system navigations assistance.

The discussions in LNM's weekly group chats, called Elder Circles, are not predetermined. Participants decide the topics and peer volunteers support equal participation and facilitation of the call. Additionally, LNM uses a one-on-one, peer-based model enabling participant-centered health coaching dialogues to assist older adults in creating their own action plans to address any issues beyond their participation in the weekly circles. This 8-week volunteer opportunity (2 hours/week) will enable you to become an active advocate for older adults in contexts of abuse, neglect, and isolation. Help give voice to those who self-identify with the negative impacts of social isolation in North Perth and neighboring communities.

Registration is open for community members who want to enhance their skills and heed this call to create connection in North Perth and its neighbouring regions. Community members who are interested in learning more about empowering their community's resilience are encouraged to attend a 4-part webinar series called "Connectedness Coaching". The webinars will run for four consecutive weeks beginning Thursday, September 8<sup>th</sup>, 2022 from 1:30pm-3:30pm. To register, contact the Lonely No More Program Coordinator, Sarah, by calling 519-292-6862 or visit the online registration link: [www.createconnectioninNorthPerth.eventbrite.ca](http://www.createconnectioninNorthPerth.eventbrite.ca).

Let's create connection together this fall.

Kelly Broughton, Program Coordinator  
Municipality of North Perth  
519-292-2055  
E: [kbroughton@northperth.ca](mailto:kbroughton@northperth.ca)

