



Participants Needed: *Building Socially Integrated Communities*

Join AARP as they launch a FREE evidence-based pilot program in Connecticut and Rhode Island with the goal of providing those who participate with an opportunity to increase their social integration for themselves and those in their community.

We hope that you can participate to help contribute to building a socially integrated community that can help you, your networks, and others across the country.

Why: Contribute to building a socially integrated community that helps you, your community, and others nationwide. Your participation offers you an opportunity to help others while also positively impacting your own health, connection with others and learn about relationships and social engagement all virtually. You will meet new people while taking part as a virtual participant.

What to Expect:

- Participate in this free six-week program, meeting once a week for 90 minutes virtually
- Groups range between 6-8 people
- Learning objectives for each week are accomplished through an educational, interactive, and reflective structure
- Provides you with knowledge about the social aspects of health, social networks and social isolation while taking part in active learning through case studies, reminiscence, and group discussions.
- Your experience and time in the group will be important for the program pilot. This is done with a questionnaire offered before and after the 6-week program.
- You need access to the internet and a device with video and audio such as: a computer, tablet, or smartphone. Need help connecting? A program navigator will walk you through the steps to connect to the virtual platform if needed.

***Our immediate need is for program participants for the virtual 6-week session.**

A telephonic version of this project will be available in the coming months.

Next Steps:

- If you are interested and available for the virtual 6-week session please contact **Dr. Nicholson at nicholas.nicholsonjr@gmail.com or by phone 203-582-6542**

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