



Community Connection

BRAINSTORM

Name _____

Date _____

1. PEOPLE & SUPPORT

****Please answer the questions below.**

Who are the people you feel comfortable reaching out to? _____

Do you have a friend, family member, mentor, neighbor, coworker, or another person you can connect with? ☐ Yes ☐ No

Who could you call if you were having a difficult day? _____

Is there anyone you'd like to reconnect with? ☐ Yes _____ ☐ No

2. FAITH & SPIRITUAL COMMUNITY

****Please answer the questions below.**

Do you attend a church, mosque, temple, synagogue, or other place of worship? _____

Would you like help finding a faith community? ☐ Yes ☐ No

Are there groups, classes, volunteer opportunities, or events there that interest you? _____

3. HOBBIES & INTERESTS

****What activities or interests sound like something you would enjoy? Check any that apply.**

☐ Sports or fitness

☐ Walking/hiking

☐ Reading/book clubs

☐ Arts & crafts

☐ Music

☐ Gardening

☐ Cooking

☐ Dancing

☐ Gaming

☐ Volunteering

☐ Community events

☐ Classes/workshops

☐ Animal/pet activities

☐ Parenting/family activities

☐ Others: _____



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4. PLACES YOU ALREADY FEEL CONNECTED TO

****Is there a place where you regularly see people you know or feel welcome?**

- ☐ Community center
- ☐ Gym
- ☐ Place of worship
- ☐ Workplace
- ☐ Club/group

- ☐ Library
- ☐ Park/recreational center
- ☐ School
- ☐ Local organization
- ☐ Other: _____

5. SOMETHING NEW TO TRY

****Is there something you've always wanted to try or get involved in?**

- A new hobby: _____
- A group or club: _____
- A sport/activity: _____
- A volunteer opportunity: _____
- A class: _____
- Something else: _____

6. MY CONNECTION PLAN

One thing I can do this month to stay connected is:

One person or organization I can reach out to is:

A place I would like to visit or become involved with is:



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7. COMMUNITY CONNECTIONS

Community isn't just about having people around you. It's about having places where you feel welcomed, valued, and seen.

Connection or Organization	Contact information	Next steps

You don't have to do everything alone. Staying connected to people and places that support you can be an important part of your next chapter.