

— WHAT COMMUNITIES CAN DO —

HAVE A SOCIAL SNACK!

Brief, informal (and safe), positive interactions that contribute to happiness, sense of belonging, and identity.

HOW TO BUILD NATURALLY SUPPORTIVE COMMUNITIES WITH SOCIAL SNACKING:



- Challenge yourself to three social snacks a day
- Post snacking ideas on neighborhood websites
- Post stories of a social snack that make a difference in your day

<https://www.connectionsfirst.ca>