

Do you have a support
network?
TOGETHER, WE CAN BUILD ONE

SENIORS

Over the course of life's events, our "forest of human relationships" becomes deforested, but it is never too late to sew new seeds of friendship. Connections are part of the essential needs of the human-being.

- Through the various changes that you have experienced, how did you manage to maintain connections with others?
- Are you ready to continue developing new connections in your everyday life?
- Have you found an organization, activity centre, sports group or something else that fulfils your interests and needs?
- What actions could you undertake in order to develop, maintain or strengthen your relationships in various aspects of your life?

être bien dans sa tête .com



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The energy of an association! The strenght of a network!

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