



Creating Community: Finding People Who Support Your Wellness & Love You for You

This resource was created to help you as you participate in our online event. We encourage you to use these questions as an opportunity to reflect on how these themes may apply to your own life.

1. What communities do you currently belong to?
2. When was the last time you experienced a deep sense of belonging in a community?
3. How well does your current community serve your health and wellbeing?
4. What holds you back from addressing or leaving a non-inclusive or unhealthy community?
5. What qualities would your ideal community possess? Which of your values would be supported by your ideal community?

