

## **Support Groups, Social Issues**

Support groups that focus on social issues such as divorce, gambling and debt.

Links

## **Coalition to End Social Isolation and Loneliness**

Source

[Coalition to End Social Isolation and Loneliness](#)

Article

## **Loneliness and Social Isolation — Tips for Staying Connected**

Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone.

Source

[National Institute on Aging](#)

Books & Guides

## **Staying Connected and Healthy During the COVID-19 Pandemic**

Staying Connected and Healthy During the COVID-19 Pandemic provides strategies for decreasing loneliness and social isolation.

Source

[National Association of Area Agencies on Aging](#)

Article

## **Greet the Neighbors: 5 Practical Tips for Making Connections Close to Home**

Strong social connections are important for our physical and mental well-being. Making connections with neighbors can reduce social isolation and be transformative for everyone!

Source

[AARP](#)

Article

## **Self-Assessment: Is Isolation Affecting Me?**

You can take the Connect2Affect Self-Assessment for social isolation for yourself or someone you know.

Source

[AARP](#)

Links

## **Connect2Affect: Tools to Overcome Social Isolation**

Source

[Connect2Affect: Tools to Overcome Social Isolation](#)

Books & Guides

## **Expand Your Circles: Prevent Isolation and Loneliness As You Age**

As circumstances in our lives change, it is important to stay socially connected and engaged in our community. [Expand Your Circles: Prevent Isolation and Loneliness As You Age](#) provides resources and strategies for keeping your social network vibrant!

Source

[National Association of Area Agencies on Aging](#)

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