

A high-resolution satellite-style image of Earth from space, centered on the African continent and the Middle East. The image shows the blue oceans, brown and green landmasses, and white cloud patterns. The Earth is set against a dark, star-filled background. The text "Connecting with others" is overlaid in a white, serif font across the center of the image.

Connecting with others



Social distance
vs.
Stuck at home

Changing perspective can help change the mindset.


Trying thinking "I'm staying home or keeping 6 ft. or more from people to reduce the spread of the COVID-19 "

Don't worry we understand, IT'S HARD staying home for 2+ months. It's been hard for us to be away from the Club.

Let's CONNECT!



But how?



We all have probably done the typical: zoom calls, facetime, phone call, texting, snapchat, Netflix party etc.

But when was the last time you gave someone in your house a hug? Or wrote a letter (with pen & paper)? Here are some other ideas to interact with those you love.

Send A Hug to Someone you Love and Miss

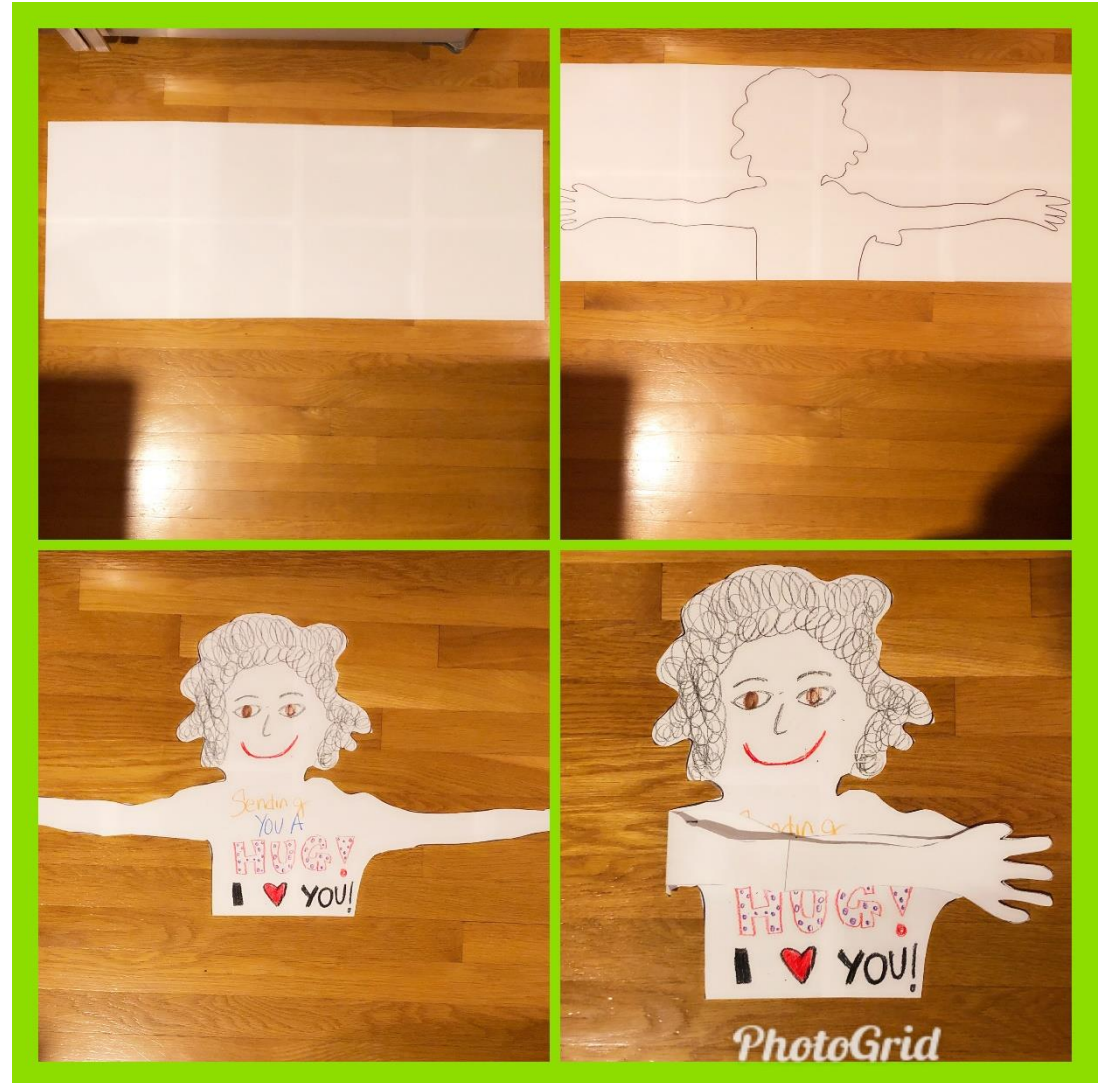
Step 1: Use Poster Paper or tape pieces of paper together.

Step 2: Next have someone help you trace your upper body; head and arms.

Step 3: Next carefully cut out your tracing or have a grown up help you.

Step 4: Decorate it however you like. The sample says sending You A Hug, I love you!

Step 5: Fold in the arms to fit a Clasp Envelope (big enough to fit your life size person)
Address it and send it in the mail!







Self-care is
important

Remember to stay connected
with friends, family, PCP,
behavioral health providers,
spiritual practices etc.

AND if no one is around when you
need a hug...

HUG YOURSELF & LOVE YOURSELF!



Don't forget!

BGCB staff want to see
you & connect with YOU!!

Join your Club on zoom!

