



2021

COMMUNITY CONNECTIONS CALENDAR



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Introduction

Here at the Collaborative, we are all about community participation and staying connected with our communities! To say the year 2020 was challenging would be an understatement; lives have changed significantly due to the COVID-19 pandemic, and circumstances have impacted how we connect with one another and participate in our communities. It has been necessary for us to limit our contact with others in order to keep ourselves and each other safe and healthy. In response to the circumstances of 2020, we rose to the occasion by identifying creative ways to maintain our community connections!

As we head into 2021, we are hopeful that we will once again be able to safely connect with each other and participate in our communities in ways that we all have been missing! That's why the 2021 calendar theme is "Community Connections." Each month focuses on a different community participation goal that maintains the health and safety of everyone and offers three specific strategies that can support you to maintain your community connections: one using technology, one that is low-tech, and an in-person strategy.

The suggestions and prompts found in our 2021 Community Connections Calendar take a broad view of community participation—we have found that, yes, it is possible to connect with the people we care about and participate in our communities from where we spend most of our time. While technology can certainly enable us to keep connected with our communities, there are also so many ways to keep connected that don't use technology! For example, creating piece of art work around a specific theme and hanging it in a window for neighbors to enjoy can be a meaningful way to connect with our communities.

There are many changes ahead of us as we head into 2021, and we are hopeful that these changes will bring us closer together while maintaining our health and safety. Isolating ourselves and limiting contact with friends, family, neighbors, and everyone else around us can significantly impact our mental health. Even with these unique challenges, we at the Collaborative believe that staying meaningfully connected is still possible and vital for all of us! We hope that this calendar helps you to maintain those connections with the people and places (including virtual places!) that are most important to you.



Temple University Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

www.tucollaborative.org

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Monthly Goal!

Make a commitment!
Strive to connect with five different people who would like to hear from you!

January

Low-tech strategy: Write a letter to a friend or relative and share a special memory of them!
Tech strategy: Set up a zoom call with a few friends and share your hopes and goals for the new year!
In-person: Strike up a conversation! Say hello to a neighbor while you are going for a walk or running errands!

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Monthly Goal!

Make time for each other! Set aside time during at least one day this month to spend time with someone you care about

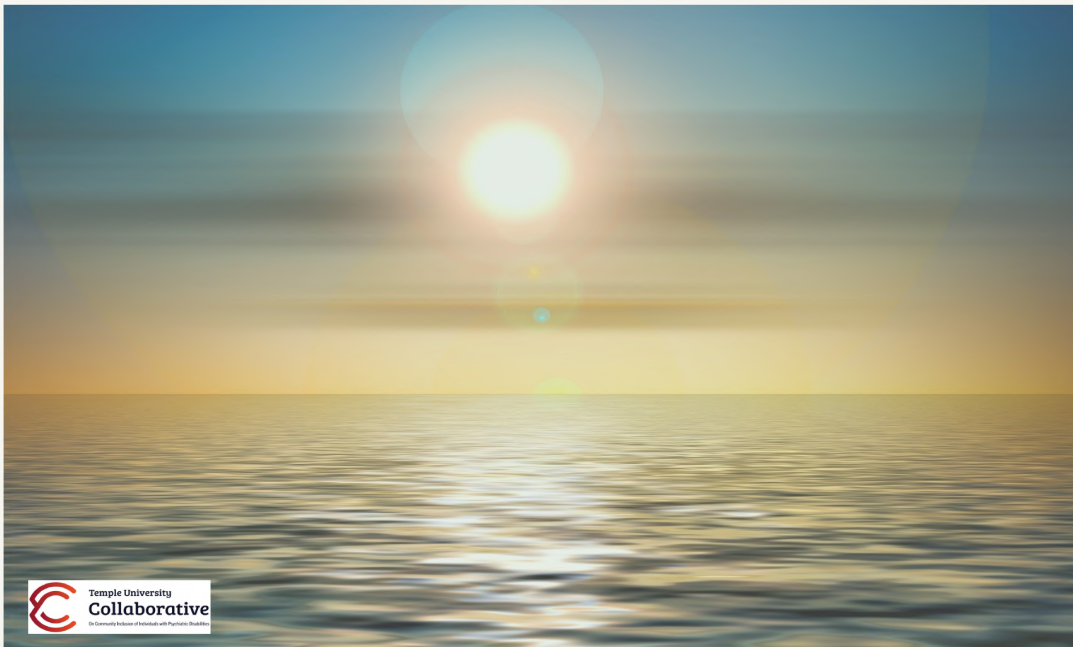
February

Low-tech strategy: Write a card to someone you love and tell them the things you love most about them.
Tech strategy: Plan a romantic video chat date with a loved one or another couple!
In-person: Plan a date night with a friend / loved one

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Monthly Goal!

Incorporate at least one new spiritual practice into your life this month

March

Low-tech strategy: Call in to a spirituality-related service
Tech strategy: Find an online service for a religious community near you
In-person: Go to an in-person service

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Monthly Goal!

Make a commitment! Share a piece of writing (original or something that is meaningful to you) with an old friend you've been meaning to connect with!

April

Low-tech strategy: Display a poem in your window for neighbors to see in honor of National Poetry Month!
Tech strategy: Host a Poetry Slam on Zoom and invite friends and family from near and far!
In-person: Invite friends and family to gather together to share creative writing!

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Monthly Goal!

Getting out in nature is good for everyone’s mental and physical health! This month, make a commitment to visit your favorite park or discover a new one!

May

Low-tech strategy: Paint rocks and leave them for other park-goers to find and enjoy!
 Tech strategy: Make a plan to Facetime or talk with a friend from afar while you each take a walk in your favorite park! Share pictures of your walk with one another!
 In-person strategy: Plan a nature scavenger hunt in a local park with friends and family!

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Monthly Goal!

Try a new exercise or workout that you've never done before

June

Low-tech strategy: Set a home workout schedule for yourself or you and your family
Tech strategy: Participate in an online workout with friends
In-person: Attend a free group fitness class in your area!

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Monthly Goal!

Make a commitment!
Make arts and culture a part of your life this month by creating a work of art, visiting a museum, or connecting with friends from afar to tour a museum virtually!

July

Low-tech strategy: Create a work of art! Consider making it visible for your neighbors to see by hanging it in a window!
Tech strategy: Tour museums virtually with Google Arts and Culture!
In-person: Plan to visit a museum in your area with a friend!

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Monthly Goal!

Write a list of things that you've always wanted to learn but never seemed to have time to do!

August

Low-tech strategy: Book swap! Organize a book swap with neighbors
Tech strategy: Free online education courses
In-person: Go to a free class offered by the library!

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Monthly Goal!

If you are a parent, make a commitment to try out a new leisure activity with your kids this month!

September

Low-tech strategy: Play a new card game that you and your child learned together!
Tech strategy: Search online for board games that you can play over Zoom with family and friends from afar!
In-person: Get outside! Go for a bike ride or plan a nature walk scavenger hunt to do with your children! Consider inviting family and friends!

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Monthly Goal!

Make a commitment!
Music and performances are a great way to participate in the community! Find out what's going on in your area or online. Or make your own music!

October

Low-tech strategy: Make some music! Put on a favorite album and sing along with friends and family!
Tech strategy: Search for free or low-cost virtual performances that you can watch with friends and family from afar!
In-person: Maybe there is an outdoor concert or play in your area! Search online for these possibilities and make a plan to attend with a friend!

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Monthly Goal!

Try a new mindfulness or gratitude practice and share your experience with others

November

Low-tech strategy: Practice mindful eating
Tech strategy: watch a gentle yoga video online
In-person: Have a meaningful face-to-face conversation with someone where you practice listening skills and staying attentive

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Monthly Goal!

Make a commitment!
Engage in an activity that allows you to reflect and celebrate the past year!

December

Low-tech strategy: Write in a journal about 3 things you are glad you experienced in this past year.
Tech strategy: Watch a holiday parade or faith service online.
In-person: Plan a secret santa event where everyone brings homemade gifts!

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