

Community Connector Challenge

A huge component of a flourishing community is one **full of belonging**. That is why Carman Wellness Connections Inc. is encouraging businesses, volunteer organizations, and individuals to **become Community Connectors** by hosting an event to **increase a sense of belonging** in the community.

People need to feel seen, heard and missed.

Encourage shared experiences (interests, skills, culture).



Barriers are broken down.

Build trust by allowing everyone to participate.

Create safe, welcoming spaces.

Physical wellbeing

Belonging is proven to improve:

Self-esteem and self-identity

Positive relationships

Mental health

Become a Community Connector by joining CWCs Belonging Project:

- 1 Plan your event with CWC – carmanwellnessconnections@gmail.com
- 2 Get support from CWC with promotion & seed money for your event.
- 3 Register your event with CWC to ensure it meets criteria.
- 4 Host your event!
- 5 Celebrate with us – your event will be featured online.
- 6 Reflect with us – help us understand the impact of our your work.

