

10 Ways To Reduce Isolation During Covid-19

1. Self-help support groups-Now is the time to do some personal growth and work on any issues that you want to understand better or change. A self-help support group is a group of peers who get together to change something in their life that they are struggling with. Find meetings at www.shareselfhelp.org



If you can't find a group, call SHARE! & they will help you find you a group dealing with your issue. All anonymous and free.

Call **310-305-8878**

2. Games to play on Zoom-There are a lot of games to play to have fun while connecting to others. <https://shareselfhelp.org/wp-content/uploads/2020/12/Free-Outdoor-Fun-with-Virtual-8x11-flyer.pdf>



3. Free classes-From free Yoga to Composing to Investing. Learn new skills or brush up on existing ones with others. Current schedule:

<https://www.eventbrite.com/d/ca--los-angeles/free--classes/>



4. Virtual karaoke party-Sing, play music and invite friends or make new ones.

<https://wildsftours.com/how-to-run-virtual-karaoke-zoom/>



5. Craft parties-Look on Pinterest to pick an art or craft and invite others to join.

www.pinterest.com/ideas/diy-and-crafts/934876475639/



www.shareselfhelp.org/covid

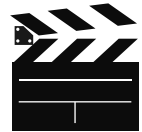
6. **Party with friends virtually**-From birthdays to National Pizza Day, pick a theme and run with it.

www.timeanddate.com/holidays/fun/



7. **Movie Clubs**-Watch online together.

www.refinery29.com/en-us/2020/04/9698760/online-movie-watching-clubs



8. **Hiking with social distance and masks**-Get outside, stay safe. <https://shareselfhelp.org/wp-content/uploads/2020/12/Free-Outdoor-Fun-with-Virtual-8x11-flyer.pdf>



9. **Zoom & phone calls**-Stay connected with friends, family, coworkers, religious peers, fellowships, etc. Sign up for a free Zoom account & start scheduling time with those important to you: www.zoom.us



10. **Join Facebook groups**-There are thousands of Facebook groups, some private some not, to connect with others who share similar interests and struggles, from Anxiety to Antiquing. www.facebook.com/groups



www.shareselfhelp.org