

[13 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. 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



3. Games to play on Zoom-There are a lot of games to play to have fun while connecting with others. Here's a list of 53 to get you started.

<https://nerdschalk.com/best-zoom-games/>



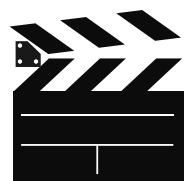
4. Party with friends virtually-From birthdays to National Pizza Day, pick a theme and run with it.

<https://www.timeanddate.com/holidays/fun/>



5. Movie Clubs-Watch online together.

<https://www.refinery29.com/en-us/2020/04/9698760/online-movie-watching-clubs>



6. **Start a Recipe Club via Zoom**-Invite friends to join in and cook at the same time. <https://skillet.lifehacker.com/start-a-virtual-recipe-club-1843005461>



6. **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. <https://www.facebook.com/groups/>



8. **Virtual karaoke party**-Sing, play music and invite friends or make new ones. <https://wilsftours.com/how-to-run-virtual-karaoke-zoom/>



9. **Craft parties**-Look on Pinterest to pick an art or craft and invite others to join. <https://www.pinterest.com/ideas/diy-and-crafts/934876475639/>

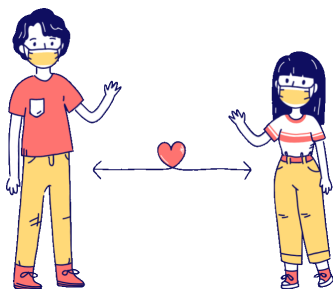


11. **Hiking with social distance and masks**-Get outside, stay safe. <https://www.meetup.com/topics/hiking/>

12. **Walking guides of Los Angeles neighborhoods**-61 self-guided tours on bicycle and foot <https://www.kcet.org/shows/social-wanderer/61-self-guided-tours-for-exploring-la-on-your-own>



13. **Free virtual tours by the Los Angeles Conservancy**-Learn and travel virtually. <https://www.laconservancy.org/events-tours/self-guided-tours>



www.shareselfhelp.org

