

Connections Among Generations



Connections Among Generations is a one-year outreach project directed towards older adults living alone in Halton. Due to COVID-19, we know that many older adults are facing challenging times and may be experiencing a loss of social connections with friends and family. As a caring community, we would like to offer words of hope and encouragement. We are seeking to engage people of all ages, including students, families, and older adults to contribute messages of kindness, caring and hope, which provided by Food for Life, to over 800 older adults every month.



Please Get involved!

- Contribute by writing letters, cards, poetry, and creating artwork for older adults living alone. You can include crossword puzzles and word searches!
- This is a great opportunity for high school students to complete their required volunteer hours.

For more information about this exciting project please contact us:

email seniors@cdhalton.ca, call 289-348-1503 or visit Age-Friendly Halton at cdhalton.ca