



Ontario Society of Senior Citizens Organizations
La Société des Organisations des Citoyens Aînés de l'Ontario

presents

HOME ALONE - Overcoming Loneliness and Social Isolation Workshop

Date: Wednesday, June 21st

Time: 10:30 a.m. - 11:30 a.m.

Location: 1700 Wilson Avenue,
Suite 104 (inside Sheridan Mall).



During this interactive workshop, attendees will view the video *3 Seniors Conversations Worth Sharing*. They will also learn:

- How seniors can stay engaged and active by participating in programs that suit their interests.
- How to access a community based service/program.
- How to promote inclusion for the most isolated in our communities.

Registration is required. Call (416) 785-8570 or email

ocsc@ocsc.ca to register.

This workshop is **free** of charge to seniors, families of seniors, care providers to seniors and students.