



## Connecting with those around us...

**“You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the first and great commandment. And the second is like it, you shall love your neighbour as yourself”  
Matthew 22:37–39 (NKJV)**

## Volunteer your time...

- Volunteer with your church, a local community service, homeless shelter, CityCare program or women's shelter.
- Are you a healthcare or legal professional who can do pro bono work? Consider volunteering your time for those who need your services.

## Create community that has an impact...

- Create community that has an impact. Whether it be with your immediate neighbours, or with your family, some friends or a connect group.
- Introduce yourself to your neighbours or someone new at your work/school/church and build relationship. Ask how you might be able to help them. Let them know if they ever need anything that they can come to you.
- Check in on neighbours, friends, family or the elderly who live alone.
- As a group, work towards a goal such as donating a certain amount/item to a DFV or homeless organisation.
- Organise a free BBQ in a low-income neighbourhood in your town/city.
- With permission from your local council, gather your connect group and clean up a public area in a community that has been neglected.

## Educate yourself...

- Educate yourself on homelessness and domestic and family violence. Know the signs to look for, how to respond and what to do if someone discloses to you. know where to refer people to get the help they need.