

Ways to Expand Your Social Network

Below are some tips on how to meet new people to expand your social network.

- Join an exercise club such as a running club or an adult sports team.
- Use your pets and kids! For example, take your dog to the dog park or take your kids to kid-focused events in your town.
- Join a hobby group such as a book club or meet-up groups that share similar interests. Many of these can be found on the internet.
- Volunteer for a cause in your community that you find important.
- Take a class either through a local college or the community center to help meet people with similar interests.
- Ask people you want to get to know better at work to take a walk break or have lunch.
- Strike up small talk with your neighbors when you see them outside and build up to more meaningful conversations over time.
- Put yourself out there! Invite acquaintances that you want to get to know better to breakfast, lunch, dinner, coffee, drinks.
- Join a campaign or community clean up event.
- Most of all, remember to be PATIENT. Building new relationships takes time and effort.