

**Before we begin**

Our main **Intention** is not to try to get through all of the questions, but to provide a **balanced discussion** where everyone has a chance to speak.

**We only have two rules**

- respect for everyone in the video chat, and one person talking at a time.

**Interjecting**

- In order to avoid anyone from **dominating** the discussion, just **raise your hand** if you would like to speak. That way, everyone (including the facilitator) knows that you have something to say.

Okay, let's  
get started!



**WARM UP QUESTIONS** always help build respect at the table...

Which of the **Food For Thought** videos was the most **interesting** to you, and why? (See page 2 with videos)

What does it mean to **truly** belong (i.e. with regards to friends, family, community, etc.)?

In your opinion, how realistic are fictional TV shows (i.e. Friends, Sex and the City) at portraying actual **friendship possibilities** in the *real world*?

**... now that we're warmed up...**

What are the main **barriers** that prevent more communities from forming in societies?

Before the pandemic started, what has **prevented** you from having a greater sense of belonging in your life (besides time and money)?

Is it possible to find **new connections** and find a community during the pandemic? If so, do you have any strategies to share?

What strategies are you doing (or thinking of doing) to **maintain** a sense of belonging during this difficult time?

**... if there's time...**

**How often** do you try to stay in contact in order to **maintain** a sense of belonging when it comes to family, friends, etc.)?

In your experience, do community centres really help to build **genuine** community? If not, what could they do **better**?

Besides community centres - are **governments** responsible to help people feel a sense of belonging?

**STAY IN TOUCH:**

See instructions below on how to stay in touch with interesting people you meet at Meetup events.

**How to organize plans with people from Meetup events:**

1. Create a plan using PlanMaster.org, and click the Share option to get a link to that plan.
2. Click on the attendees list for this Meetup event to find the people that you would like to send this to.
3. Select the option to send a message to these people, and paste the link to your plan in this message.

