



Step-by-step guide: Building neighbourhood connections



Strong neighbourhood connections reduce isolation, increase safety, and create a sense of belonging. Small steps build strong community ties over time.

Step 1 — Start small and be seen:

- make it a habit to smile, wave, or say hello — even if you haven't met them yet
- spend time in visible spots like your front step, porch or balcony to signal you're open to connection
- challenge yourself to learn one new neighbour's name each week and use it — names matter

Step 2 — get curious about your neighbourhood:

- Take note of where people naturally gather:
 - parks, mailboxes, dog parks or local shops
- Ask yourself:
 - Who lives nearby? Families, seniors, students, long-time residents, newcomers?
 - What spaces or shared resources exist (courtyards, trails, community centers)?
 - What shared interests might people have (e.g. gardening, cycling, crafting, cooking, etc.)



Step 3 — create easy, low-pressure opportunities to connect:

- invite a neighbour for a casual walk, coffee or dog meet-up
- start a chat group for your block, building or street — make it easy to share updates or plan simple activities
- host a casual gathering (e.g. bring your coffee mug mornings, lawn games, etc.)
 - neighbours can join when they're ready, no pressure

Step 4 — set up a way to stay connected:

- create a communication channel (e.g. a group chat, email list, bulletin board, a paper contact list, etc.)
- consider online options like a private social media group, depending on comfort levels

Step 5 — keep the momentum going:

- follow up, send a quick thank-you note or casual check-in after a gathering or conversation
- celebrate small wins (e.g. seasonal meet-ups, sharing resources, a growing habit of “good morning” greetings, etc.)
 - over time, these small actions weave the fabric of a connected, caring neighbourhood — one hello at a time

