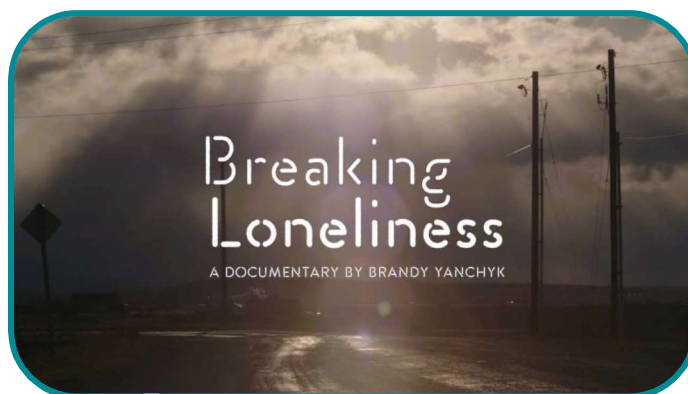


Social Isolation & Loneliness Discussion

Join us for a panel discussion on loneliness and social isolation following the screening of *Breaking Loneliness*.

March 18, 2021 from 1 to 2:30 p.m.



Moderator: Doris Toy-Pries (Vice-President of Strategy, United Way)

Panelists:

- **Brandy Yanchyk:** director, producer and writer of the documentary, *Breaking Loneliness*
- **Dr. Aleem Bharwani:** Lead for Public Policy at the O'Brien Institute for Public Health at the University of Calgary
- **John Chief Moon Jr.:** Knowledge Keeper and member of the Kainai Nation of the Blackfoot Confederacy
- **Evelyn Mansell:** Program Manager, Drive Happiness

To Register:

Please visit this [link](#) to register. We will send a link to watch the film prior to the event.

What is loneliness?

Loneliness is a feeling of being alone, empty, or separated from others. It's an emotional state. It can be felt even when people are surrounded by others.

What is social isolation?

Social isolation happens when a person has little or no contact with other people. Isolation may be over a short or long time period. It's a physical state of not being around others.

What's *Breaking Loneliness* about?

It's a documentary about people finding ways to escape loneliness and connect with others. It was filmed in Edmonton, Calgary, and on the Blood Reserve in Southern Alberta, Canada.

Is loneliness or social isolation affecting people in your community?

Let's look at what communities can do to support each other. For individual support, call 211 or the Mental Health Helpline (1-877-303-2642). Speak to a social or healthcare provider.