805 Connects Activity Reminder

Event: Social Friendship Group- Ways to Cope with Loneliness

This activity uses 3 authorized hours with 805 Connects

Date: May 21st, 2026

Time: 4:30 PM - 7:30 PM

Location: 805 Connects Office
1317 Del Norte Rd. Suite #150, Camarillo CA 93010

Description:

Join our Social Friendship Group as we talk about ways to cope with loneliness in a safe and supportive space. We'll share simple strategies for staying connected, building friendships, and finding enjoyable activities to fill our time. Through group discussion and activities, participants can practice social skills and learn healthy ways to manage difficult feelings. This is a welcoming group where everyone is encouraged to share, listen, and feel included.

How to Prepare:

Pick up details for the day of the event:

- Pick-up time is 3:45pm-4:30pm
- An activity coach will call you during pick-up.
- Please be prepared, answer your phone, and be patient so we know you are still attending.