# HEYNEIGHBOUR!

### A RESIDENT ANIMATORS GUIDE

RECIPES FOR BUILDING CONNECTIONS BETWEEN NEIGHBOURS



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## **INTRODUCTION**

Welcome to HeyNeighbour! for Resident Animators: A Guide to Building Connections Between Neighbours. Whether you are new to community building or have been an active community champion for a while, we are excited that you have found your way here.

This guide was created from a year-long pilot project that explored what it takes to support residents to be "animators" and create community within their buildings. One of the things that we learned was that while face-to-face connection remains the preferred method of how people connect, not everyone is able to or knows how to easily navigate the walls between us, and have meaningful and fun interactions with each other.

In addition, we are hearing more and more about the disappearing "neighbourliness" and how loneliness, in addition to social isolation, is causing us to have poorer health, individually and collectively.

The pilot project worked with four local residents and tested out different ideas for building "vertical villages", where neighbours are friendly and know each other beyond their first name; are engaged in meaningful and purposeful activities in the community; and feel a strong sense of belonging.

We hope you find what is needed to help you start bringing neighbours together in your building. Share this guide with fellow neighbours and invite them to consider being a Resident Animator with you, because it only takes a few neighbours to start creating community!

# Have you met your neighbours yet?

This is perhaps the most common question most of us get when we move in to a new residence. Whether we are homeowners or renters, we all have neighbours and we are neighbours to others.

The ways that we can connect with our neighbours is more diverse than ever, because of the many different designs of buildings and our capability to connect via the internet. Yet, face-to-face connections remain the most popular and sought after mode of connecting.

### There are so many ways to meet your neighbours. But who lives in your building?

It can sometimes be overwhelming to know what is the "right" or "polite" thing to do when it comes to interacting with neighbours. Some of us may even have neighbours that we don't want to connect with. There is such a thing as incompatible neighbours!

Strong neighbourly connections can improve one's quality of life.

Luckily, there are so many different kinds of people in your community presenting different opportunities for type and strength of connection. A book club might be waiting to be formed. A cooking group might already be happening with other neighbours in their own homes. An elder could have amazing stories and skills that you can learn from them and in return, you could share your life experiences with them, or help them out with household tasks. Neighbours do more than just live around us. Neighbours in a city as diverse as Vancouver possess many stories, experiences, skills, resources and memories that are assets to be shared, and help create a shared culture of belonging.

# Neighbours can also help each other be more safe and resilient when there are strong connections to each other.

In an emergency, will you or your neighbour know what to do? Would you be able to assist each other to get out of danger when needed? Who might be in your building that needs help? What about neighbours with kids? Who might be in a wheelchair? When a disaster strikes, it's just as much about "who" is in your emergency kit, as "what."

If you are ready to explore ways to meet new neighbours and help them meet each other, we welcome you to use this Hey Neighbour Recipe Book and become a Resident Animator for your community!

# **RESIDENT ANIMATORS**

Many people often ask what a Resident Animator is and what does "animation" have to do with community building. In the case of Hey Neighbour, a resident animator uses connections and purposeful tools to "bring community to life". Resident animators can also be known as Community Champions, Social Concierges, Caring Residents, etc. Really, whatever term resonates with you!

# Resident Animators care about knowing their neighbours and finding ways to create healthy relationships within their communities.

They are the ones who people feel comfortable asking for help, and they offer motivation to meet neighbours. Resident Animators also come in different forms and have different skill sets. Here are some traits that would make for a great Resident Animator:

Interested in building	Willing to have fun
community	Good at moving past obstacles
$\Box$ Have ideas for events and	Be willing to ask for help
activities	☐ Have strong communication skills,
☐ Can organize small groups	or willing to learn
☐ Know how to make an event	☐ Interested in helping neighbours
poster, or are willing to learn	host their own events
□ Willing to talk to, and listen to,	☐ Have some free time (though it's
neighbours	definitely not a full time job!)
<ul> <li>Want to participate in activities</li> <li>Have skills that can be shared</li> </ul>	□ ADD YOUR OWN!

### **TEAMING UP WITH MANAGEMENT**

Building or property managers can be helpful in supporting you to undertake animating activities. However, we recognize that not all managers are the same. Some managers might be very supportive, while others may not be able to or want to engage in community building with you, for a variety of reasons.

We often hear residents share stories about their managers, from deeply connected tenant/manager relationships to ones where tenants don't even see their managers unless necessary. If your manager is not someone you can ask for support, don't fret! We have included a section on building your community with neighbours on a small and more manageable scale when a manager is not around to support you.

There are also local organizations that you can approach to help you get your Hey Neighbour Project going. Check out the section on page 19 for helpful local and online resources.

One of the things that we hear is that while there is general appreciation for a Management-run annual building event for tenants, it's not enough for building community; instead, more frequent and ongoing opportunities are needed to help people connect. But annual building events are often a good place to volunteer or provide assistance to the building manager as part of building trust. Once a relationship has been established, you can then ask about hosting some "building activities" as a resident, and offer to help facilitate this.

### Not sure if your building manager is interested?

We find that the easiest thing is to ask. Some managers are able to support you and might already have ideas. Check with your manager about building events, suggestions for communicating with neighbours, opportunities for hosting, and how you can work together to make the building more connected. In our experience we have found that having the program in place actually makes the job of a building or property manager easier and more enjoyable!

### **Reality Check**

Managers often have to follow strict policies and rules set by the company they work for, and may only be able to to give limited support. It is also important to recognize that managers don't always have the power to provide you the support that you need - even if they want to. Getting the support of your building manager may require the understanding that they can only offer limited help; either way, it is important to have them on your team when it comes to building community.

Similarly, there are managers who are not able/interested in supporting you with building community at all. That's unfortunate, but it doesn't mean you can't work independently towards building community with your neighbours.

The easiest way may be to simply gather your "social courage" and invite your neighbours for a hangout at a coffee shop, park or amenity space. We have met many neighbours that have used "slip the note under the door" invitations that have worked effectively to start building community. While this toolkit has been designed specifically for you as a resident, there is a companion toolkit aimed at Management you can share with your manager.

Go to Vancouver.ca/Hey-Neighbour and download the Hey Neighbour Toolkit: A Manager's Guide to Creating Community In Buildings

## The Recipes Book

Welcome to your Hey Neighbour Recipe Book! This is where you can find simple ways to create a more vibrant community in your building.

### "A Social Potluck"

A good way to think about resident animating is to relate it to potlucks, or a communal meal where each guest brings their own culinary creations to the host's space to share it with each other.

Resident Animating is about what your neighbours can bring to your building community and how to support them to bring their "village-building" ideas to the table.

And there are THREE essential ingredients to the success of this potluck.

### YOU + YOUR NEIGHBOUR + MANAGER\* \*Dependent on building

Which brings us to the next part, helpful tips before you start.

### Before you start...Some tips

Resident Animating can be a very rewarding experience, especially when you get to see the ways that community can be built through your own efforts. However, even the most energetic Resident Animators can run out of energy quickly. Village building takes times and patience. So here are a few tips for you to get your prepared and resilient throughout the animating experience.

#### Keep activities fun for you

Fun brings creativity which in turn enriches the experience of community building for you, your managers and residents.

### Small batches are the best.

Imagine looking at a variety of cupcakes instead of one big cake. Each cupcake can be different in colour, flavour and size. Small groups allow for more creativity and empowerment to happen.

#### Try the same idea more than once

Just because it did not work the first time does not mean you cannot try again. Be creative and experiment with different times, dates, and locations within the building.

#### Ask for support...all the time

Ask your neighbours for help! Chances are people want to be helpful and be involved in activities.

### Find a buddy!

Don't do it alone! Having a buddy Resident Animator whom you get along can make animating activities more fun. You might start with your neighbour next door.

### Be curious about others

Be curious of residents' skillsets and passions. Chances are they are waiting to be animated! Check out the section on "Asset-Based Community Development

# **HEY NEIGHBOUR! CONVERSATIONS**

Remember Mister Rogers' Neighbourhood, and how he would sing the song: "Won't You Be My Neighbour?" While we are not expecting you to sing, here are some ways that might help you start a conversation with new neighbours:

### **1. USE THE WORDS "HEY NEIGHBOUR"**

Words are powerful and simple ones are often the most effective. If you meet someone in your building that you have not met before or are unfamiliar with, simply greet them with "Hey Neighbour!" and have an "elevator chat."

### **2. ELEVATOR CHATS**

Elevator chats are by far one of the most awkward experiences many people share. If you meet someone you don't know, you can initiate conversation by asking someone if they live in the building, followed by a self-introduction and a topic of interest.

Turn to the next page for a conversation that did happen!

"I had this experience once when I had just moved into an apartment building. I was in the elevator with a stranger. We were both very quiet and there was a sense of awkwardness. I usually don't do this but I blurted out to the person

"Hi. Do you live here?"

And before I could let them start, I apologised and confessed that I always feel awkward when people in elevators don't chat with each other, but also acknowledged that not everyone has to chat.

What I did not expect was an excited and relieved response from this stranger. They had a big smile on their face and exclaimed

"I know! I'm so glad you said that! I always want to chat with people but always feel like I am intruding into their privacy."

Turns out this stranger cleans our building on Sundays. She was born in Iran and was always taught to be friendly and welcoming but now, living in another country where she wasn't sure if her cultural behaviours were appropriate. she kept to herself when with strangers.

With her Iranian friends and family, she is more chatty. The next time we saw each other, I received a homemade Iranian dessert, and we became instant friends." - F.H.

### **3. BULLETIN BOARDS**

Bulletin Boards are great for promoting events that you are hosting with fellow neighbours. Check with your building manager about letting you try putting up a poster for a small event, or simply to meet neighbours! Insert poster - Hi Neighbours! I'm new to the building and would love to meet new friends. Anyone up for tea and a chat, come say hi in the lobby. There will be tea and homemade cookies from 3pm - 5pm on Sunday. - Sadaf

### 4. SOCIAL MEDIA PLATFORMS

Ask your building manager if there is an existing social media account that is used for the building, and see if they will write a post for you for upcoming building events. Or if none exists, you could consider starting your own account to help neighbours connect.

### 5. NOTES UNDER THE DOOR

You didn't think we forgot about this, did you? Again, one of the most minimally intrusive ways to say hi to your neighbours is a postcard size note.



Building events are wonderful ways to connect with your neighbours and each event can be catered towards specific groups of residents.

Here are a few recipes to help you meet some neighbours and make connections.





#### Posters

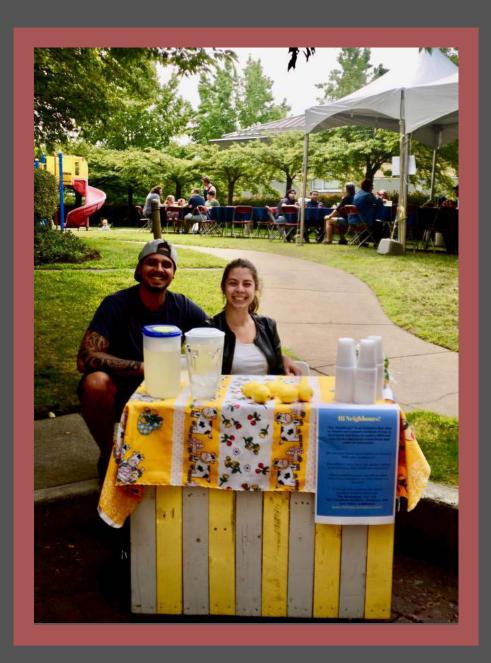
Design a poster to let neighbours know when the event is happening. Put it up on a bulletin board or ask your manager for permission to slip it under people's doors. Also ask your manager about social media platforms that you can use.

If you haven't had any experience designing posters, we suggest checking out Canva - a user-friendly design website where you can create beautiful posters in minutes. Go to www.Canva.com

#### Bonus

Ask neighbours if anyone has supplies, using a small card or poster on bulletin board and in areas that are visible to residents.

Add in a fun activity such as origami or fun questions that neighbours answer in exchange for a cup of lemonade! Chef's Notes "The lemonade stand is a simple idea that has far-reaching effects. It is an easy way to get kids involved in community building as well as practise selfdevelopment."



Resident Animators, J. Santo and A. Santo's Hey Neighbour Lemonade Stand

# OUTDOOR/INDOOR MOVIE NICHT www.ie wight ticket De ONE weighbour

#### Ingredients:

Projector, Speakers, A computer or DVD player, Screen or white wall, Chairs, Pillows (optional), popcorn, beverages, a movie!

Chef's Notes "This used to be a wonderful way to share time with neighbours and we are bringing it back! Watching movies together has proven to be a timeless activity that anyone can enjoy and at any time. It's also just really fun when you add popcorn to the mix!"

#### Spaces:

Amenities Room Outdoor Courtyards \*Underground parking lots are great for playing music or movies. It can easily be converted into a natural movie theatre because the acoustics are already in place! See if some residents are willing to give up their parking space one evening for a building event.

#### Bonus

A Conversation Board is a very effective tool to ask residents interesting questions as a form of "passive" animation. You could use this to help decide what movie to watch.

Turn to the section on "Conversation Boards" on page and learn what these passive animators can do!

### SEASONAL EVENTS + HOLIDAYS

There are many seasonal celebrations that you can do in your building that can showcase the diversity of your fellow residents. New year celebrations happen at different times of the year, depending on which culture you are from.

The only limiting factor may be your time availability, with so many different fun seasonal events that you and other residents can take turns hosting!

Here is an idea that was explored by two Resident Animators!

# HALLOWEEN!

Ingredients: Halloween decorations, Treat Baskets,

#### Spaces:

Lobby Amenities Room Main Entrance Outdoor Courtyards Laundry Room Mail Room Residents' Doors\*

#### Bonus

\*If your building manager allows for it., consider getting your neighbours to decorate their doors or the floor they are on.

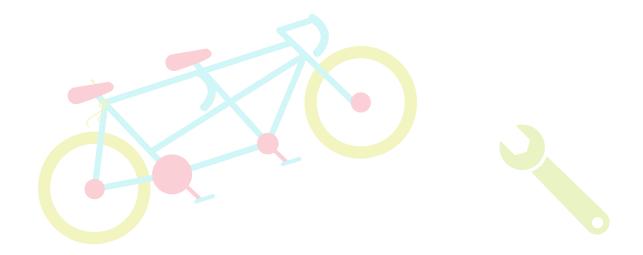
A decorating contest can be fun for residents of all ages to participate in.

What about Pumpkin Carving weekend? Chef's Notes "Halloween is an festive day that is always fun simply because there are just so many things you can do and it can include all generations.

Halloween can also be an opportunity to use any arts and crafts supplies that neighbours are willing to share instead of going to the dollar store."



Resident Animators V. Lee standing with a pumpkin that was left by an anonymous neighbour and decorations.



Everyday Things You Can Do Together

Having neighbours can often be helpful in managing our day to day tasks. Everything from cooking meals to taking care of someone's home while there are away; there are so many daily things that you can do that involve your neighbours.

# MULTI-CULTURAL GROCERY SHOPPING EXPERIENCES

An multi-cultual grocery shopping experience that involves getting a neighbour who cooks food from a culture that's different that yours to introduce you to ingredients used in their cooking. You can then try cooking the dish at home and share it with your neighbour as a way to thank them.

#### Ingredients:

Multi-cultural grocery store, grocery bags, A neighbour that knows about ethnic cooking.

#### Spaces:

Grocery stores that sell cultural foods

#### Bonus

Start a "recipe box" in your building and trade recipes with other residents.



"This is an experience that is fun and engaging and it uses Recipe Sharing as a way to connect with each other. Tired of the foods that you have been cooking? This would be a good way to try and learn to cook foods from different countries!"



### WALKING TOGETHER

Walking groups are very popular and are also easy to organize. It is also a wonderful activity that can include many generations and all abilities. It is a great and relaxing way to build community, through exercise and conversations.

> Ingredients: Resident Snacks Coffee Tea

Spaces: Parks Around your neighbourhood

Chef's Notes "It is a healthy activity that can be done together in a group without any cost other than people's time and energy. Many great conversations and relationships were built when people walk together. Walking together allows us to get to know each other in a relaxing way." Bonus Start a "recipe box" in your building and trade recipes with other residents.

Other activities that you can do together Community Dinners Repair Meetups Language and cultural exchanges Storybook reading to kids

### WALKING GROUP SOME EXTRA TIPS

Don't worry about other people's schedules. Pick a date and time and a meeting place, then see what happens.

The key thing is to not give up too quickly. You can also organize it as a weekly event and if you cannot make one of the walks, trust that other neighbours will take over for you to plan.

This is a great activity to empower other residents to step up.

Ask residents if they would like to help plan some walking routes for the future.

If there are neighbours who love to bake, consider asking them to make small energizing treats and bring them for the walk!

You might get a diverse range of ages and abilities for this activity.

Be patient. A great way to deal with this is to encourage people to have walking buddies.

When picking a place to go, be mindful of accessibility issues for those that have trouble with terrains.

Go easy and go gentle. Most importantly, have fun!

"When people's assets are appreciated by each other, we become more connected to each other and are able to better care and support each other through difficult times. Skill sharing means that people can contribute actively to their communities, which can help to improve their personal and family lives. Also, what a fun way to learn about your neighbours! Imagine what a building of skillful people can do for each other."

### WORKSHOPS

Learning together is often an experience that creates new friendships. What kind of workshops do you think will be beneficial for building residents? Here are some more ideas!

### SKILL SHARING & RESIDENT-LED WORKSHOPS

One of the most valuable things about having neighbours is the access to their knowledge and experiences. All of us have skill sets that we can share. Some of us are really good at sharing things one on one, some of us are good at sharing to a group. The point is all of us have something that could be useful to another.

Skill sharing makes use of people's assets and passions to nurture connections over what we can share with each other. The best way to prepare for a disaster or emergency is by knowing what skills and resources your neighbours might have.

A good way to encourage skill sharing is to invite residents to be part of a skill sharing group where residents can trade services with each other. There could be a hairstylist willing to cut your hair in exchange for a pot of soup, or there might be a resident who could help you look at your taxes.

#### Suggestion:

Start a Social Media group or a community building app like thevillage.io to connect with neighbours over skills, passions and resources.

For neighbours that don't have access to a computer or Internet, try putting up a "Community SkillShare Board" where residents can ask for or offer skills and resources.

Consider co-leading the workshop with the resident, if they need a buddy.

## EMERGENCY PREPAREDNESS WORKSHOPS

#### NEIGHBOURHOOD EMERGENCY PREPAREDNESS PROGRAM (NEPP)

The City of Vancouver's Emergency Management Department offers residents a free workshop on the basics of Emergency Preparedness.

Learn about what to put in a grab and go emergency kit, what to do during earthquakes and other natural disasters, and how to work with your neighbours in times of need.

#### Contact the City of Vancouver at 311 and request for a Neighbourhood Emergency Preparedness Program (NEPP) session to be organized and held at your building.

Think about ways that other residents' social and cultural assets can be beneficial in an emergency, such as language. During an emergency, residents who can speak non-English languages can assist and support those for which English is not their main language of communication.

#### Ingredients:

Food and Beverages Chairs Projector and Screen (Presenter might have them)

#### Spaces:

Amenities Room Lobby (If your lobby is big enough, it might not be a bad idea to have a more public event to raise awareness with other residents.)

An interesting resource is Community Asset Mapping. This exercise invites participants to think about what kinds of assets, including social and cultural assets such as language capabilities, skill sets, and things that can used to help others.

We have included here a link for an Asset Mapping Toolkit for you to use or refer to.

> resources.depaul.edu/abcdinstitute/resources

### COMMUNITY EVENTS

Events in the community are wonderful places to build neighbourliness.

Volunteering Together Brings Neighbours Together Another way of bringing neighbours together is to VOLUNTEER together for community causes.

#### Spaces:

Community Centres Neighbourhood Houses\*

#### Suggestion:

Consider creating a "building volunteers board" where residents can post volunteer opportunities and gather residents.

Consider **Neighbourhood Houses.** They are a great resource for Resident Animating! Neighbourhood Houses often put up community events intended to strengthen connections and interactions for residents.

#### Chef's Notes:

"This is also about volunteering opportunities that can focus on the idea of 'doing good things together" instead of just being about what specific things or skillsets people can bring. Often, the gift of someone's company can also make volunteering experiences more meaningful. We can all care for each other through so many diverse ways."

#### ASSOCIATION OF NEIGHBOURHOOD HOUSES BC

To find out if there is a Neighbour House in your area, check the Association of Neighbourhood Houses BC (ANHBC).

### ENGAGING YOUR NEIGHBOURS

Now that you have some ideas, the next fun part is finding ways to let your neighbours know about animating activities and opportunities.



### POSTERING

We shared about postering in the section on the lemonade stand. It is an excellent way to engage those that don't have a computer or have access to the internet.

One thing to think about when postering is how feasible it is for you. Postering in big buildings might mean taking a strategy of postering only in building where these is high resident traffic, such as mailrooms or laundry areas.

If postering is not an option, consider using social media.

### SOCIAL MEDIA

Social media platforms can be efficient and effective ways to connect with neighbours. But remember, not everyone is familiar with the plethora of apps available out there, and not everyone owns a smartphone or has a computer. It is important to note that social media platforms can be used in tandem with other activities.

A building instagram page can engage residents to take fun pictures of building activities and to promote building events. Facebook Page can connect neighbours over resources and requests for help.



WhatsApp is a communication app where you can set up group conversations for specific things. You can use it on your phone, or online.

### COMMUNITY BUILDING APPS

These are apps that have been created specifically to help people connect with each other.



The Village - A community building platform developed by a local in the Cedar Cottage community of Vancouver, BC. It was inspired by an original "listserve" that was created by another community member in the neighbourhood. Free and easy to learn.



bazinga! - Also a local community building platform that was inspired by a lack of effective communications developed that facilitates better between residents, strata councils and property managers. Paid and requires some education.

### EMAILS & BOARDS

An email list requires more effort to manage, and discussion boards require more advanced computer programming skills.

While email is great for smaller groups, it may not be very effective for bigger groups or if you need to do a lot of moderating.

However, if your manager has an existing email list to residents, consider asking them if they are willing to help you.

## SPECIAL RECIPE! CONVERSATION BOARD

The Conversation Board was conceived as an idea by two Resident Animators who found that their neighbours were too shy or too busy to meet, so they came up with a novel idea to engage residents at their own time and convenience.

They installed a PASSIVE ANIMATOR - a whiteboard on a stand with a few whiteboard markers, placed in the lobby beside the mailbox where neighbours tend to see each other more. They wrote interesting questions on the board, and used it to ask residents for ideas and help with events.

Here's a few examples!



### MORE THAN MONEY

## How much do I spend? What about supplies?

Ideally, you don't have to use a lot of money to engage your neighbours!

Here are a few ways that may help you get financial support to get animating activities going.

### ASK YOUR MANAGER

If your building manager is on board with what you are doing, they might consider supporting you financially to cover the cost of expenses.

If this is the case, send your manager to the Hey Neighbour website and download the Toolkit for Managers.

You can talk with your manager about setting up a budget, and clear guidelines on what you can spend on each activity.

It may not be possible to have your costs covered, as not all building managers have access to funds, which brings us to the next idea.

## RESIDENTS, GRANTS & COMMUNITY RESOURCES

**Neighbourhood Houses.** They are a great resource for Resident Animating!. They can also connect you with micro-funding initiatives such as Vancouver Foundation's Neighbourhood Small Grants.

**Neighbourhood Small Grants** - The Neighbourhood Small Grants (NSG) is a program that gives \$50 to \$500 to support projects that bring people together, share skills and knowledge, build a sense of belonging and celebrate diversity. Contact your local Neighbourhood House or Vancouver Foundation to find out more

Put up a poster and ask neighbours for help!

### TRAINING

As you engage more neighbours, you might find that you would like to further develop your skills in group work.

**Group Facilitation** is a popular and effective skill set to learn about group management, especially when groups are diverse in many different ways, from age and ability, to socio-economic class and race. Group facilitation is a way to help each other work together and work with each other.

**PeernetBC** is a local organization that is dedicated to helping people connect, providing resources for peer groups and peer-led initiatives. They host Facilitation 101 workshops for very affordable rates.

Tip: See if your manager can sponsor you to take facilitation training.

Conflict Mediation & Resolution is a skill that may be useful in this work, however it may require more specific training. If your manager is on your team, check with them if they have existing resources that you can reference to.

MediateBC also offers a listing of trainings.



# TROUBLESHOOTING

#### NO AMENITY SPACES

Check with your manager if you can host a small group event outdoors. Or think creatively: are there other spaces that may not have been designed for gathering, but that could be temporarily repurposed?

#### ENGLISH IS NOT MY FIRST LANGUAGE

It is understandable that residents might be worried whether their English Language skills are adequate for the role. However, we have found that English fluency is not a prerequisite to be a great animator!

In our pilot project, we had a Japanese person who at first did not feel that she could be a Resident Animator because of her English abilities. However, with some encouragement she participated in the pilot and within a short period of time, she became more confident and is now actively and creatively engaging neighbours, using language as well as art and cooking as a way to connect.

#### FOB ACCESS IS A BARRIER

Fob access is meant to protect neighbours. However, restricted access to other floors may mean that you don't see your neighbours very often, or prohibits you from easily socializing with those on other floors. Consider how to more actively promote events through social media and postering in common areas where all residents have access, for example, lobbies, elevators and mailbox areas.

### MORE RESOURCES

#### Hey Neighbour Website

Find helpful toolkits and reports that partners of Hey Neighbour have created.

### Better At Home Program - For Seniors

Better at Home is a program that helps seniors with simple dayto-day tasks so that they can continue to live independently in their own homes and remain connected to their communities.

### 100 in 1 Day

100In1Day Canada inspires residents to activate 100 innovative, thought-provoking ideas into interventions to transform their city all on one day.

### **Resilient Streets Toolkit (Victoria)**

This wonderful program has been transforming the City of Victoria to through the use of creative ideas to support residents to connect with each other!

# FROM STRANGERS TO NEIGHBOURS

There is a profound evolution that is giving new meaning to what is means to be neighbours, in light of the various social and cultural movements and tensions around the world. The alarming reports of increased social disconnectedness, isolation, loneliness, comes also at a time when we are trying to understand how best to live with each other, as we scour for new paradigms of communication and understanding of each other as interconnected people.

Hey Neighbour is what we think of as "Neighbours Helping Neighbours Be Connected Neighbours" and as a result of this connectedness, we can be feel happier and secure knowing that our neighbours can be our source of support and contribute to our overall health.

We've only scratched the surface on what we can do with strengthening sociability in high-rises in Vancouver.

We believe that residents like you can bring about a necessary change to our collective living experience in high-rises in Vancouver and we are thankful for the passion and excitement we have received thus far from other residents, property managers, developers, community builders, and government.

Together, we can nurture a Vancouver that is built upon vibrant and strong personal, communal and social relationships with each other.