

SOCIALIZING SAFELY

IN A POST-PANDEMIC WORLD FOR SELF ADVOCATES



I feel uncomfortable going in public.

Start with regular faces & places

Returning to a familiar place may feel good again.



Take a new look.

Revisit an old interest that you enjoy.



Don't rush.

Find the right balance that works for you.



Feeling good? Try something new to get out of your comfort zone.

You never know what will come of it.

We are ALL trying to figure it out.

Don't be afraid to ask your Care Manager for help.