



Montgomery County Community Support Program (CSP) Community Connection Grant

Hello, MontCo. CSP Friends, the social committee would like to inform and remind community member about our Community Connections Grant. This grant is in place to support and foster community and social interaction among members of the mental health community and the larger community. Due to our current situation with Covid-19 our social gathering opportunities are very limited. However, this is a great way to get creative with how we interact with the people around us and staying connected.

We are inviting and challenging you with the help of the Community connection grant to come up with ways to safely interact with your peers – virtually and out in the community.

Some of our past awardees have done activities such as Art and Eat, Halloween Parties, camping trips, dinner and a movie, and Joining a Gym. Some people have used the grant to take driving lessons, get their GED/ID's and to help them figure transportation when starting a new job.

Some suggested ideas from the social committee members are online video game tournament for the gamers, social distancing lunch in the park with a friend, virtual classes, movie watch club and outdoor open mic. These are few suggestions and we welcome you to share your ideas. And if you need any support with an activity, reach out to your peers, CPS's and us for help.

I, myself have subscribed to a virtual walk/run/bike challenge with the Runegade run club. My peers and I have been meeting up at HopeWorx on Tuesdays and Fridays at 8am where we go for a walk in the Norristown Farm Park. If you would love would with me and you are unable to make those time you can contact me at **610-270-3685** or amalcolm@hopeworxinc.org and we can arrange a time and date convenient for you.

Another activity we completed with Brush With The Law is a painting series inspired by famous artist such as August Strindberg, Claude Monet, Cezanne, Violet Oakley, and Georgia O'Keeffe. Also, CIC have been running some virtual support and activities groups. In the coming weeks we have at the HopeMarket will be working generating an activities calendar, but I am very interested in hearing about and seeing how people utilize the MontCo. CSP Community Connections Grant.