NEWS RELEASE

Distributed November 2, 2026

Nanaimo participates in Social Connection Month

Bringing people together to combat social isolation

Summary

The City of Nanaimo and Vancouver Island Regional Library are inviting residents of all ages to take part in Social Connection Month this November, an initiative that celebrates the power of belonging, friendship and meaningful connections.

Throughout the month, residents are encouraged to visit all three local Vancouver Island Regional Library branches for a display on this topic, including a suggested reading list prepared by local librarians. City of Nanaimo recreation centres will offer a variety of programs and activities with welcoming spaces designed to help people connect with others, build relationships and strengthen their sense of community.

Social Connection Month piggybacks on Genwell's "Talk to a Stranger Week" which takes place from Nov. 23-29.

Research shows that social connection is essential to our overall health and well-being. The World Health Organization identifies social isolation and loneliness as significant public health concerns linked to poorer mental and physical health outcomes and reduced quality of life. High-quality social connections contribute to improved mental health, physical health and overall well-being.

A lack of social connection has been associated with increased risks of depression, anxiety, cognitive decline, dementia, cardiovascular disease and premature mortality. In Canada, 43 per cent of adults aged 50 and older are at risk of social isolation while 57 per cent report feeling lonely.

The City encourages residents to explore the many programs and services available year-round through Nanaimo's recreation centres and Vancouver Island Regional Library branches. From fitness classes and arts programs to book clubs, workshops, community events and drop-in activities, these spaces play an important role in fostering inclusion and belonging.

Social Connection Month also highlights the City's involvement in Social Prescribing, an innovative approach that helps connect people with community-based activities and supports that can improve health and well-being. Social Prescribing links individuals to non-clinical services, such as recreation programs, social groups, cultural activities, volunteer opportunities and community services based on their interests and needs.

Through the City of Nanaimo's Social Prescribing initiatives, residents can connect to opportunities that promote physical activity, social engagement, lifelong learning and community participation, helping to reduce feelings of isolation and improve overall wellness. Anybody interested in participating can do so by contacting their Primary Health Care Provider or Nanaimo Family Life Association at 250-754-3331.

Residents are encouraged to stop by their local Vancouver Island Regional Library branch or City of Nanaimo recreation centre during Social Connection Month to participate in activities, meet new people and discover resources that can help foster lasting connections.

Because connection matters, these welcoming spaces and programs are available not only during Social Connection Month but throughout the year for anyone looking to become more involved, meet others or strengthen their sense of belonging in the community.

For more information about Social Connection Month, please see the City of Nanaimo website

[https://www.nanaimo.ca/parks-recreation-culture/parks-events/social-connection-month] or the Vancouver Island Regional Library website [https://virl.bc.ca].

Strategic Link: Providing social connections makes Nanaimo a more livable community.

Key Points

- Social Connection Month takes place during the month of November with a variety of activities to encourage opportunities for people to form connections with others in the community.
- Social Connection Month includes activities with the City of Nanaimo Department of Parks, Recreation and Culture and local branches of Vancouver Island Regional Library.
- Social Connection Month piggybacks on Genwell's "Talk to a Stranger Week" which takes place from Nov. 23-29, 2026.

Quotes

"Strong communities are built on strong relationships. Social Connection Month is a reminder that even small moments of connection can have a big impact. Whether you're attending a recreation program, joining a library activity, volunteering or simply meeting someone new, there are opportunities throughout Nanaimo to connect, belong and thrive."

Leonard Krog
Mayor
City of Nanaimo

"At the Nanaimo Harbourfront Branch, people connect in different ways: by joining a program, finding their next favourite read or taking a quiet moment by the fireplace. For Social Connection Month, our display of suggested reading offers another way to explore connection and belonging. I hope visitors will stop by, get comfortable and find something that interests them."

Casey Stepaniuk
Customer Services Librarian
Vancouver Island Regional Library

Quick Facts

- A lack of social connection has been associated with increased risks of depression, anxiety, cognitive decline, dementia, cardiovascular disease and premature mortality.
- In Canada, 43 per cent of adults aged 50 and older are at risk of social isolation while 57 per cent report feeling lonely.
- The World Health Organization identifies social isolation and loneliness as significant public health concerns linked to poorer mental and physical health outcomes and reduced quality of life.

-30-

Contact:

For media enquiries, please contact
Communications
City of Nanaimo
Media.Requests@nanaimo.ca
250-754-4251

View the online edition for more information -
https://www.nanaimo.ca/NewsReleases/NR261102NanaimoParticipatesInSocialConnectionMonth.html