A caring connection can give a child a great start. It can help an adult with a history of trauma heal. It can improve the health of a neighbor and the well-being of a family.

CONNECTIONS MATTER IS A COMMUNITY EFFORT.

“MY CONNECTION IS TO AUTHENTICALLY REACH OUT TO PEOPLE, TO DEVELOP THE KINDS OF RELATIONSHIPS THAT HELPED ME HEAL IN MY LIFE.”

– SANDY HATFIELD CLUBB, COLLEGE ATHLETIC DIRECTOR
"MY CONNECTION IS TO REFER PATIENTS TO COMMUNITY RESOURCES SO THAT THE FAMILIES I SEE ARE STRONGER AND THEIR CHILDREN HAVE BETTER HEALTH OUTCOMES."

— DR. AMY SHRIVER, PEDIATRICIAN

WHAT’S YOUR CONNECTION?

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A caring connection can give a child a great start. It can help an adult with a history of trauma heal. It can improve the health of a neighbor and the well-being of a family. Connections matter is a community effort.
“MY CONNECTION IS TO GUIDE AND ENCOURAGE MELISSA TO ACHIEVE HER GOALS OF FINISHING COLLEGE AND LIVING ON HER OWN.”

– DR. DEB NANDA MCCARTNEY, DENTIST AND COMMUNITY VOLUNTEER

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“MY CONNECTION IS TO MEET PEOPLE, TO SIT DOWN AND TALK TO THEM SO I CAN TRY TO HELP THEM.”

– ODELL JENKINS, COMMUNITY ORGANIZER

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WE ALL FACE TOUGH TIMES. Ongoing stress from tough times can lead to poor health and other challenges as the brain adapts to survive. Yet, science shows what we can do to change these outcomes.

WHAT'S YOUR CONNECTION?

- Reach out to a neighbor
- Spend time with a child without electronics
- Listen to someone’s story
- Make a meal for a parent

CARING CONNECTIONS PROMOTE
- Healthy brains ready to think and learn
- Supportive relationships so people cope and thrive
- Strong community where everyone succeeds

www.connectionsmatter.org