

FINDING PEOPLE WITH COMMON INTERESTS

Introduction

Being connected to others is an important part of your mental health and happiness. If you feel isolated and want to make more social connections, you will usually have most success when you participate in groups of people with common interests. This worksheet can be used to help you identify groups of people who have common interests.

Your Interests

Interest 1) _____

Groups based on this interest: _____

Interest 2) _____

Groups based on this interest: _____

Interest 3) _____

Groups based on this interest: _____

Interest 4) _____

Groups based on this interest: _____

Interest 5) _____

Groups based on this interest: _____
