



# Friendly Calls Program

The Canadian Red Cross Friendly Calls program helps address feelings of loneliness and isolation that so many are experiencing during the COVID-19 pandemic.

The program pairs a trained Red Cross volunteer with an adult who feels isolated or lonely, who may have limited social and family connections, or feels they could benefit from more social interaction.

Volunteers provide wellness checks and weekly phone calls, and can help provide connections to community resources and other referral services.

Scheduled phone calls are tailored to meet each person's needs. Calls can range from a two-minute check-in to a longer, more social chat.

People can participate in the program by:

- contacting the program coordinator directly;
- via a referral from a family member or care provider;
- or a referral from community partners such as social services, religious leaders, or a seniors' group.

Friendly Calls is a free service.

Do you know someone who could benefit from the Friendly Calls program?

Would you like to train as a Red Cross Friendly Calls volunteer?

No experience necessary, all training provided.

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## Contact us



Call

1-204-583-6285 or 1-866-685-4250



Email

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