

COME TOGETHER, CANADA.



WORKPLACE CONNECTION MATTERS.

Nearly 1 in 5 people in Canada report feeling lonely often or always. Connection at work can help people feel supported, reduce stress, and improve well-being.

TRY ONE SMALL ACTION TODAY:

- ✓ Check in with a colleague.
- ✓ Invite someone for a break.
- ✓ Start a simple conversation.

Small moments of connection can make a big difference.