Staying connected during Covid-19

There are many ways to stay connected with friends and loved ones during social distancing. You might even find yourself feeling more connected than ever before.

VIRTUAL EVENTS allow even those most distant to safely join in on the fun.

You can do this through **video calls on your computer or phone**...

**First Laugh Party**

**Regular Catch-Ups**

**Birthday Party** 🎂 **Happy birthday to you!**

**Memorial**

**Free video calling tools**

- **Zoom**
  - **Pro:** Sign-up with any email address
  - **Con:** 45 min limit (paid version is unlimited time)

- **Google Meet**
  - **Pro:** No time limit
  - **Con:** Need to have or create a Gmail account

- **FaceTime**
  - **Pro:** Already on phone
  - **Con:** All call participants must have an iPhone

- **Duo**
  - **Pro:** For any smart phone
  - **Con:** Might need to install App on phone

You can do this through either a **video chat** or a **simple phone call**...

**Shared Walk**

**Traditional Counseling**

You can go all out with **new virtual platforms** or keep it traditional with **time-tested communication tools**...

**Virtual Movie Party**

**Letter Writing**

**Teleparty**

- **Pro:** Free and compatible with Netflix, Disney+, Hulu, and HBO
- **Con:** Requires a strong internet connection

COVID-19 relief support: 1.833.956.1554 or navajohopisolidarity.org
More info on COVID-19: CDC.gov/coronavirus

Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.