



Reconnecting is a non-medical approach to recovery for community Jenga's (builders) that initially emerged from community members and indigenous traditions.

Daily Reconnect with Play



Spend 10-minutes playing with your child:
at a park, sports or video games, etc.,

Weekly Reconnect with Others



For an hour of doing things together: *dancing, singing, laughing, socializing, etc.,*

Monthly Reconnect with Nature



Take an afternoon and spend it in Nature to relieve stress: *walking, gardening, etc.,*



Annually

Organize an annual community event with a community development officer and your peers. Here is where you can write down your ideas. ↘