## **MOMENTS OF HOPE**

"For my friend's birthday we did a zoom drinking game and celebrates virtually. It was really fun and a good way to connect during this time."

"I feel like I'm truly finding myself during this time. That's something that I've struggled with for years and now I finally feel like I'm being cleansed. I can finally think clearly because I've been learning how to meditate and get more fresh air."



Homir Work

**Connecting During COVID** 

## Are people learning new things?

The extra free time has given many people the opportunity to learn new things or improve skills that they normally would not have the time to pursue.



T