

You're invited to a Neighbours Every Day event...



Looking forward to
meeting you!



Neighbours Every Day | *Relationships Australia*

Create Belonging

Neighbours Every Day is Relationships Australia's social connection campaign, promoting the benefits of social connection and building capacity for everyone to make and maintain respectful relationships.

Neighbours Every Day is the next evolution of the Neighbour Day campaign, which has been connecting communities for over 20 years.

Research shows us that social connection leads to a greater sense of belonging, which leads to improved mental well-being and a reduction in loneliness. It also contributes to strength and resilience in the face of external pressures.

Neighbours Every Day provides simple, practical tools for everyone to create belonging, each and every day of the year. We can all take actions to **Create Belonging**: for ourselves, for our families and for our neighbours.

We can do this by focusing on inclusion and connection, making others welcome, and by building respectful relationships with those around us.

Neighbours Every Day | *Relationships Australia*