“Lonely, I'm Mr. (Ms.) Lonely, I have nobody for my own. I am so lonely. I'm Mr. Lonely. Wish I had someone to call on the phone.” - Bobby Vinton

Most of us feel lonely some of the time and others chronically feel lonely. In 2018 the World Health Organization announced that loneliness was a global mental health issue. Researcher, Julianne Holt-Lunstad, concluded that loneliness doubles the odds for increased mortality, obesity, and physical illness. Then on October 14, 2020, the Angus Reed Institute reported that the number of Canadians indicating they have a good social life has dropped from 55 percent in 2019 to 33 percent. Certainly, COVID-19 has added to the problem of loneliness.

The good news is, once we name a problem, it is half solved. Join us as we explore how to meaningfully relate to ourselves, our loved ones, and those we know who would benefit from an uplifting connection.

You will:
1. Gain clarity on the difference between isolation, being lonely, and being alone.
2. Understand the Three L’s of Connection: Loved and supported, Liked and liking, Lifestyle.
3. Assess your own degree of loneliness and need for connection.
4. Have ways to better attend to your own and others’ mental wellness through meaningful connection.

Patricia Morgan is often referred to as a Spunky Seniorpreneur. Her ability to provide bite-sized knowledge nuggets for resilience has helped many people emerge stronger after facing unthinkable challenge. With a MA in Clinical Psychology, she has authored several books on resilience, stress management, and women’s issues including the acclaimed Love Her As She Is: Lessons from a Daughter Stolen by Addictions. She is a recipient of Global TV’s Woman of Vision award and the Canadian Association of Professional Speakers’ Spirit of CAPS award for her contribution to the Canadian speaking industry. She is described as a therapeutic counsellor, speaker, author, mentor, mother to three, grandmother to five, and great-grandmother to two.
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