

Connection Calendar



Feeling connected is essential to our mental health. Strong social connections help us feel **supported, reduce loneliness, build resilience, and improve our overall well-being**. Research shows that meaningful relationships aren't just good for our mental health. They're linked to better physical health and even longer lifespans.

It's the quality of our connections that matters most. Whether it's checking in with a friend, sending a card, sharing a kind message, spending time together, or letting someone know they're not alone, these small acts of connection can have a lasting impact.

This October, every small act of connection matters. Through our **#ConnectionChallenge**, we’re sharing one simple daily challenge to inspire meaningful moments of connection. And when you purchase Carlton Cards at select participating retailers, you help support **CMHA National** and community mental health across Canada. Together, we can strengthen our relationships, support one another, and help build healthier, more connected communities.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Below is a week by week road map to help you foster human connection and self-care this October. Don't forget to follow Carlton Cards on & for your daily #connectionchallenge

1 Who makes your life a little brighter? Take a moment to tell someone they're appreciated.	2 Skip the small talk. Call a friend, chat over coffee or ask someone, "How are you, really?" Even five minutes of genuine conversation can help us feel happier, calmer and more connected.	3 Give a shout-out to three people who always make you feel accepted—or simply take a moment to think about why they mean so much to you. A little gratitude goes a long way.
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WEEK 1 Start with someone close Strengthen the relationships that support you every day	4 Slow down. You've earned it. Take 15 minutes away from your phone to enjoy something that fills your cup, whether it's a cozy blanket, a hot bath, or a favourite playlist. Try writing: "Today, I'm giving myself permission to..."	5 Tell someone what you genuinely admire about them. Write it. Text it. Say it out loud. You might just make their whole day. Try starting with: "One thing I genuinely admire about you is..."	6 Unplug for a moment and grab a coffee, share a meal or go for a walk with someone you care about. The best conversations happen when we're fully present. Conversation starter: "One thing I've always wanted to ask you is..."	7 Rest looks different for everyone. Invite a friend to take a restful break with you, then explore the seven types of rest together. Which one do you both need most today?	8 Who deserves a little extra appreciation today? Thank someone for something they do that often goes unnoticed. Writing prompt: "Thank you for always..."	9 Check in with a coworker today. Skip "How's it going?" and ask, "How are you really doing?" Feeling connected at work can boost more than just morale; it can prevent burnout, improve collaboration and create a sense of belonging. Conversation starter: "You make work better by..."	10 Today is World Mental Health Day. One of the simplest ways we can support our mental health is by connecting with each other. Spend time with someone who fills your cup. Share a walk, a coffee, a meal or simply a meaningful conversation.
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WEEK 2 Reach across distance Reconnect with someone you've been missing	11 Take the scenic route today. Step outside, breathe fresh air, stretch your legs, or enjoy your favourite warm drink by a window. Nature has a gentle way of helping us reset. Try writing: "Today, I'm slowing down by..."	12 This Thanksgiving, let someone know you're thankful they're in your life. Send a card, make a call, or share a heartfelt message with someone you don't see often. Writing prompt: "I'm especially thankful for you because..."	13 Someone's been on your mind lately. Maybe today's the day to reach out. Send the text. Make the call. Set the coffee date. You might be surprised at how much it means. Start with: "It's been too long since we..."	14 Fresh air can work wonders, helping us slow down, recharge and feel more present. Grab your headphones or enjoy nature's sounds, go for a walk, and take deep breaths. If it feels right, call someone you've been meaning to catch up with along the way.	15 Who have you been meaning to reconnect with? A simple "I've been thinking about you" can remind someone they're loved, remembered and appreciated.	16 Reminisce on a fond memory with someone. Reach out and share it with them. Need a little inspiration? Sometimes remembering a shared moment is all it takes to make someone smile. Try: "Missing you and thinking of the time we..."	17 Technology can help us stay connected and a little creativity can make it feel even more personal. Choose a favourite recipe, cook it together over video and enjoy catching up from wherever you are. Because the best ingredient is sharing the moment.
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WEEK 3 Support someone who may need a pick-me-up Show someone they're not alone	18 You can't pour from an empty cup. Find a quiet moment to check in with yourself. Take a deep breath and ask yourself: "What's one kind thing I need to hear today?" Write it down: "One small thing I appreciate about myself is..."	19 Think of someone who's facing a challenge and remind them what makes them incredible. Need a little inspiration? Try starting with: "I admire your ability to always..."	20 Invite someone who's been having a hard time for a walk, coffee or a quiet chat. No pressure. No agenda. Just time together. Because knowing someone is there can make all the difference.	21 Take 15 minutes today to support your own well-being. Stretch, walk, read, listen to music, or simply enjoy a moment of quiet. Because caring for yourself, helps you show up for the people you care about. Writing prompt: "One thing I can do today to take care of myself is..."	22 What words help you feel supported during a hard time? Your words might be exactly what someone else needs to read today.	23 Take a moment to remind someone they're important to you. A thoughtful text, a handwritten note or a simple "I'm glad you're in my life" can mean more than you realize. Writing prompt: "I don't say this often enough, but..."	24 Think of a quote, song, book or small act of kindness that's helped you through a difficult season. Share it with someone who might need it. Sharing prompt: "This always lifts my spirits, and I hope it brightens your day too..."
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WEEK 4 Build a habit of connection Turn connection into a lasting habit	25 Check in with yourself the same way you'd check in with a friend. If something's weighing on you, choose one small thing you can do today to lighten the load. Try writing: "One small thing I can do today to take care of myself is..."	26 Send the text. Make the call. Book the coffee date. The best plans are the ones we actually put on the calendar. Your future self (and your friend) will thank you.	27 Plan something simple with someone you care about. Host a game night. Grab dinner. Take a walk around the neighbourhood. It doesn't have to be fancy. It just has to be together.	28 Choose one simple wellness habit you'll carry into next month. One small step today can become a healthy habit tomorrow. Try writing it down: "One wellness habit I'm taking with me into next month is..."	29 The best habits are the ones that bring us closer together. What's one connection habit you'll carry beyond October? Writing prompt: "I'm looking forward to making more time for us by..."	30 Try something new in your community. Visit a local event, join a class, volunteer or explore a club you've always been curious about. You never know who you might meet.	31 Kindness is the sweetest treat. Whether you're handing out treats, admiring costumes, walking with family or saying hello to neighbours, take a moment to spread a little extra kindness today.
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If you are struggling – or someone you love is – know that there is hope and there is help. If you need to talk to someone immediately, know that there IS hope and call 1-833-456-4566 toll free (In QC: 1-866-277-3553), 24/7 or visit www.crisisservicescanada.ca. You can also reach out to your local Canadian Mental Health Association; find it at www.cmha.ca.