

WAYS TO STAY CONNECTED DURING THE HOLIDAYS

Here are some helpful ideas to stay connected with family and friends during the holidays.



During this virtual holiday, Zoom is the perfect way to stay connected. From hosting dinner parties to virtual hangouts, try Zoom during these socially distanced holidays.



Board games are no longer a sit-at-the-table activity. You can now play all kinds of virtual board games with friends and family no matter where you are.



Let the people you care about know you're thinking of them. Blue Mountain offers free virtual greeting cards you can send to loved ones during the holidays.



While the holidays are about giving, it's important to take care of our mental health as well. Reach out to a counselor for free with MySSP if you ever need someone to talk to.