

# IDEAS FOR SETTLING IN FROM FAMILIES WHO'VE BEEN THERE

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- Join sporting activities on-base and/or off-base
- Connect through base, spouses and parenting Facebook groups
- Attend community activities and classes of personal interest, like mom and baby groups, recreational automotive activities, quilters groups, yoga, painting, geocaching
- Become a part of local online support groups
- Attend functions (family BBQs, welcome nights, playgroups, coffee connections) at the MFRC
- Join a gym, pool, YMCA, or sports league
- Look for work
- Find a faith group
- Be friendly at work and befriend coworkers
- Volunteer in the community, at the children's school or at the MFRC
- Bring your dog to a dog park
- Walk through your new neighbourhood and meet your neighbours
- Connect with other military families posted to the same area
- Visit local venues
- Research tourism in the area and go sightseeing
- Connect with old friends already in that location
- Connect with your spouse's coworkers' spouses
- Meet people in advance of your move through social media
- Keep in touch with old military family friends
- Invite people over
- Find local facilities for shopping, gym, etc.
- Go to the local library
- Find play groups in the area
- Go to unit activities and attend regimental social gatherings
- Chat with people at the bus stop
- Join a club through the mess
- Attended language classes on-base
- Invite your children's new friends over for playdates
- Research the local homeschool community online
- Go for walks through local conservation areas
- Use the community board to find workshops and events
- Join a support group for parents of children with special needs
- Go to the mess and meet friends through the member's colleagues
- Check local papers for community events
- Play outside with the kids

- Consider living in RHU to easily make immediate connections

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- Participate in town halls

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- Go to school functions

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- Reach out to people who are friends of friends

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- Talk to spouses who were there before and connect with some of their friends

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- Maintain communications with friends and family no longer nearby

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- Spend as much time as possible taking advantage of the fun new things in the area as a family

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- Set up the house fast so it feels like home for the family

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- Talk to chain of command

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- Sign up for a run club to meet similar people

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- Attend neighbourhood BBQs

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- Visit parks

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- Put out an invite online for other new residents who want to connect

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- Accept invites from neighbours and co-workers to get to know people and create bonds/friendships

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- Enroll your kids in hockey, guides, scouts, clubs, sports or other activities (a great way to connect for them) and meet parents and others through your kids' activities (a great way to connect for you) — win-win!

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