

# Community Living Burlington's Strategic Plan

## What is SOCIAL CAPITAL?

The networks of relationships among people who live and work in a community, enabling that community to function effectively.

- ▶ Building trusting relationships outside of CLB
- ▶ Expanding social circles by meeting new people
- ▶ Joining inclusive social groups and volunteering
- ▶ Building & strengthening family relationships and current friendships

More healthy friendships and relationships help add quality of life and create new opportunities and experiences

