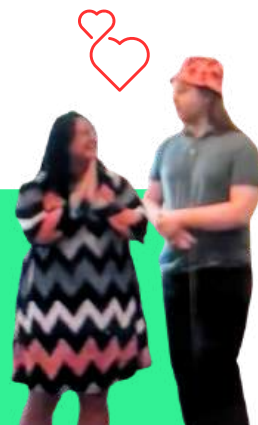


Bridging Generations

Week 3 Recap

Theme: Connection & Relationships



Week Three: Connection and Relationships

In week three of Bridging Generations, we explored connection and what makes a relationship genuinely healthy—not merely one that looks good from the outside. Through thoughtful conversation, participants reflected on the qualities that allow trust, care and meaningful connection to grow.

We heard from Mabel and Toren, who shared the story of their marriage and the years they spent getting to know one another through letter writing on the Slowly app. Their experience offered a beautiful reminder that strong relationships can develop patiently, one little exchange at a time.



Farkhondeh also shared a moving story about a former student who was able to support her at the hospital when her son was ill. It showed how the care we offer others can return to us years later, often at the moment we need it most.

And, let's not forget the words of wisdom dropped by Ela, who shared with us that the harmony she shared in relationship with her husband was born out of mutual respect for one another.

The session reminded us that meaningful relationships are not defined by appearances, but by presence, trust, kindness and the willingness to show up for one another.



Session 3 | July 14, 2026

Bridging Generations:
Theme 3 - Connection & Relationships

CAPTURING SESSION THREE

Some beautiful photos were captured by our talented Canada Summer Jobs staff member Mabel, and our Adler University intern Pak.



Craft station



Post office visit by
Melissa to
drop off the cards
we made.



Connection



Sharing



Special thank you
to Avril for
dropping off the cards
at the senior's residence



Creating cards for
a senior or special friend

