OCT 16, 2026

Bridging Generations

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SESSION 1 RECAP
THEME:THE IMPORTANCE OF TRUST

















Trust Jars



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Our first official session of Bridging Generations was a wonderful start to our fall program! We warmly welcomed new participants, reconnected with familiar faces, and spent time getting to know one another. Our theme for the week was The Importance of Trust—how we build it, nurture it, and strengthen it in ourselves and our relationships.



Inspired by the work of renowned researcher and author Brené Brown, participants created their own Trust Jars, a meaningful activity exploring how trust grows through small, everyday actions of kindness, honesty, and consistency.



Through thoughtful conversations, shared experiences, and a little creativity, we began laying the foundation for something special: a community where people of all generations feel safe, heard, valued, and connected.

After all, long term trust isn't built in a single moment—it's usually built one small act at a time.

