

# Connect

## Disconnect to Reconnect

3 ways you can take mini breaks from your screens and enjoy being fully present in life:

1 - When you meet up with a friend or family member, keep your phone in your pocket. Give your family and friends the attention they deserve by removing the temptation to answer a text or take a call.

2 - Make tech-free activity choices. Choosing activities that don't require being connected to Wi-Fi, gives us fewer reasons to use our devices.

3 - Put away your to-do lists and your devices for a few days (or hours) and experience the joy of intentionally disconnecting.



Did you know that Hinton FCSS gives up to \$200 in rebates for community neighbourhoods to hold Block Parties?

Contact Lisa 780-865-2670 or [click here](#) for more info.

Hinton has a variety of faith communities.

Check out the [Hinton Community Directory](#) for a full list of community faith groups.

Meeting people is vital to making a community thrive through individual, family, and group connections.

B.R.I.D.G.E.S. offers a variety of workshops and programs open to everyone. Check them out at <https://bridgeshinton.org/>