

Social Bridging NC



Embrace the power of connection from wherever you are.

You Are Not Alone.

Social Bridging NC is a free, statewide website that helps older adults, caregivers and communities stay connected through meaningful online activities, virtual programs and trusted digital resources. Whether you're homebound, recovering, or simply looking for new ways to engage, SBNC makes it easy to find support and connection — right from home.

New to Technology? We've Got You.

You don't need to be tech-savvy SBNC is designed to be easy to use with clear categories and accessible features. **The website also has links to resources and programs that can help you build computer skills.**

What You Can Find on SocialBridgingNC.org

- **Virtual Activities and Social Groups:** Enjoy classes, hobby groups, discussions and community programs you can join from anywhere.
- **Learning and Enrichment:** Access opportunities to learn something new — from history to technology to wellness.
- **Health and Wellness Resources:** Explore reliable tools that support healthy living, mental well-being and staying active.
- **Technology Guidance and Digital Skills:** Find help topics and resources for using devices, navigating the internet and getting comfortable with online tools.
- **Caregiver Support:** Caregivers can discover programs and tools to reduce stress, stay informed and support loved ones.

Who It's For

- ✓ Older adults
- ✓ Caregivers and family supporters
- ✓ Senior centers and aging service providers
- ✓ Digital navigators and community educators
- ✓ Anyone seeking meaningful ways to stay connected

Get Started Today

Visit: SocialBridgingNC.org

Scan the QR code:



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Aging

**All Ages,
All Stages NC**
A Roadmap for Aging and Living Well

ncdhhs.gov/divisions/division-aging

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**Stay connected.
Stay engaged.
Thrive today — from
wherever you are.**