

Social Bridging NC



Embrace the power of connection from wherever you are.

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.**

You Are Not Alone.

Whether you're homebound, recovering, or simply looking for new ways to engage the Social Bridging NC (SBNC) website makes it easy to find support and connection — right from home.

SBNC is a free, statewide website that helps older adults, caregivers and communities stay connected through meaningful online activities, virtual programs and trusted resources.

Who It's For

Any older adults, or organizations that are supporting older adults in staying engaged with their communities.

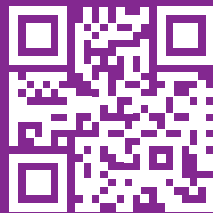
What You Can Find on SocialBridgingNC.org

- Enjoy classes, hobby groups, discussions and community programs you can join from anywhere.
- Access opportunities to learn something new — from history to technology to wellness.
- Explore reliable tools that support healthy living, mental well-being and staying active.
- Find help topics and resources for how to use a computer, navigating the internet and getting comfortable with technology
- Caregivers can discover programs and tools to reduce stress, stay informed and support loved ones.

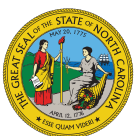
Get Started Today

Visit: SocialBridgingNC.org

Scan the QR code:



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



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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