



Media Release

Kingston Frontenac Public Library
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Combat isolation, foster friendships at Talking Café

Discover the warmth of community connection at Talking Café, a collaborative initiative by Compassionate Communities Kingston and KFPL. Designed to combat social isolation and enhance mental health through friendship building, this program invites adults and seniors to enjoy light-hearted, casual conversations guided by a facilitator.

“Compassionate Communities and KFPL recognize the importance of creating and maintaining friendships in adult life, a truth confirmed by the challenges of the COVID-19 pandemic,” said Jake Miller, Librarian, Adult Programming. “Talking Café is a great opportunity to connect with people you may not otherwise meet. This will be a fun, casual opportunity to expand your social circle and build new connections!”

Experience the benefits of improved mental well-being and strengthened community ties. Save the date for January 22, from 3-4 p.m. at the Calvin Park Branch. Registration is required and can be completed at <https://calendar.kfpl.ca/event/9838971>.

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