



Share Today. Shape Tomorrow.

Join Community Connections

This year has been a lonely and isolating time for a lot of people. Community Connections is a chance for people in Marion County to join activities and a free smartphone app to help us reconnect with one another!

What does Communication Connections include?

- **Free** access to the Quillo Connect app, including hundreds of videos to watch and share with others. *See the box below for details.*
- Join monthly virtual activities, hosted by our partners:



What kinds of videos will I see on Quillo Connect?

The partners listed above will make videos to share ideas to stay connected and avoid social isolation. Videos are in six [LifeCourse](#) categories: **Daily Life & Employment, Community Living, Social & Spirituality, Healthy Living, Safety & Security, and Advocacy & Engagement.**

What kinds of virtual activities can I join?

Partner organizations will host a variety of online sessions, such as yoga, cooking classes, art, chat rooms, hangouts, bingo, dance parties, and more. Watch for a weekly calendar with information on how to register for each activity.

How do I sign up?

Community Connections is **free** to join. If you are a person with an intellectual or developmental disability and you live in Marion County, download the "Quillo" app from the App Store to sign up. More details are available on the "Steps to Join Quillo Connect" flyer.

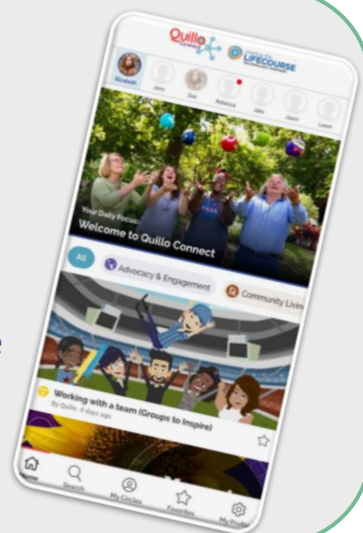
What is Quillo Connect?

New smartphone app connecting people with I/DD, families, and friends to resources.

Create Circles of Support and invite family and friends to join.

Watch short 1-minute videos that share stories and ideas.

Learn more at www.myquillo.com/Connect



Thank you to our funders for supporting this program: Indiana Office of Community and Rural Affairs (OCRA), the City of Indianapolis, and the Family and Social Services Administration (FSSA).

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