



Community  
Circles



*"I am out  
of my  
shell now!"*



Community Circles help people to be happier, healthier  
and more connected with the support of those around them.

About



Community  
Circles

A **Community Circle** brings people together around a person, to help them work towards what matters to them.

Circles are a way for friends, families and neighbours to support someone they care about through regular, informal meetings with a trained volunteer, known as a 'Circle Facilitator'.

Each circle has a purpose. It could be about meeting new people, connecting more in your community, getting a job, or just being supported through a challenge in your life.

Everyone in the circle gains by being part of something shared, focused and often life changing.

If you would like to talk about Community Circles  
contact: [carol@options.org.nz](mailto:carol@options.org.nz) or checkout: [www.community-circles.co.uk](http://www.community-circles.co.uk)