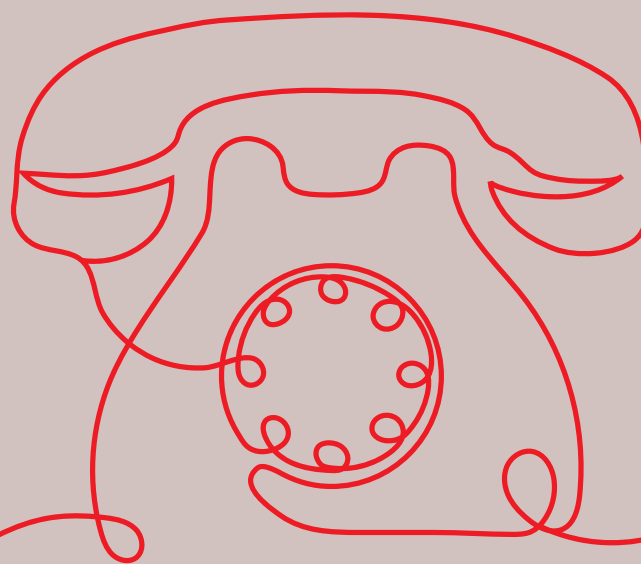


What if we told you
that a meaningful
connection was just
a *phone call* away?



Make a connection, one call at a time.

Friendly Calls is **safe, accessible, free, and available nationwide.**

Call **1-833-979-9779** or connect with us at **redcross.ca/friendlycalls**.

The Friendly Calls program matches **people over the age of 18** with trained Red Cross personnel who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.



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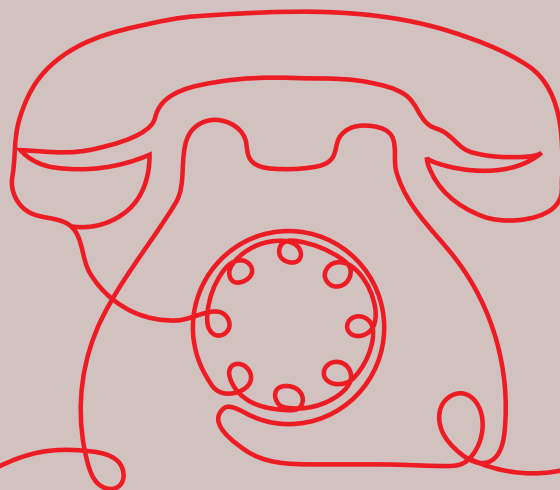


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