



Bridging Groups

Bridges Together's How To Guides (H2Gs) empower you to create strong intergenerational (IG) programs easily and cost-effectively. Get your monthly guide with a **H2G Subscription**. The themes for 2018 guides are:



The Culture Wheel - December, 2018

By fostering a respect for both the collective wisdom of elders and the influx of various cultures through younger people, we are laying the foundation for respect and cooperation in our homes, organizations, and communities. Use this wheel with related conversations and activities to help celebrate our wonderfully, diverse culture.



Gratitude: It's a Life Changer - November, 2018

In this How-To Guide, we explore the science showing the impact gratitude has on our health. Jump into conversation starters, practical ways to express gratitude as well as a myriad of activities to explore this theme in formal groups or casual, familial settings.



Peace - October, 2018

We are living at a time where our leaders and the media seem to be filled with the opposite of peace. We are all feeling it – even our youngsters. So... “let there be peace on earth, and let it begin with me.”



Who's Cooking - September, 2018

Explore the benefits of sitting at a table together – personally and professionally - and how to make that happen. Learn some key nutritional information. Explore a wide-variety of cooking activities for people of all ages and abilities. Enjoy a supplemental bibliography of a dozen multicultural picture books about cooking with related activities.



Reading For Life - August, 2018

Reading – beginning in infancy – supports lifelong learning. Find lots of tips on how to make reading come alive and support reading intergenerationally.



Art - July, 2018

As with all of our H2Gs, this 17-page tool goes into details on how to carry out more than 15 art-based activities along with guidelines on planning a formal art program for IG groups



Gardening - June, 2018

This H2G includes conversation starters about gardening, discusses different types of gardens for you to consider and is filled with great IG activities like charting plant growth, making garden markers and more.



Summer Movies - May, 2018

In this H2G, we dive into two very different movies with IG themes, The Eagle Huntress and Up! Included are a myriad of ways to explore each of the movies – whether in a formal group or a casual, familial setting.



Outside the Classroom - April, 2018

This month, we use Maslow's Hierarchy of Needs to explore ways to intergenerationally support our community members who are struggling and to strengthen our neighborhoods.



Engage at Every Age - March, 2018

In preparation for Older American's Month in May, this H2G includes dozens of ways to celebrate older adults and people across the lifespan!



Poetry - February, 2018

In preparation for Poetry Month in April, H2G will help everyone – even the greatest skeptics - experience the passion and power of poetry. Use this H2G all year long – especially in poetry units of English classes!



Empowerment - January, 2018

In preparation for Women's History Month, we focus on women who continue to empower and encourage other women in the face of adversity. Perfect all year long as we shift the culture of this nation.

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