

MEET A STRANGER

The Community Builder's Guide To Creating
Connection And Belonging



A project of WEST COAST SPEAKS HEALTH SOCIETY

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WHY IT MATTERS

Loneliness is more than just an uncomfortable feeling – it’s a growing public health crisis in Canada and beyond. According to the World Health Organization, *1 in 6 people worldwide* report regularly feeling lonely. Closer to home, Statistics Canada found that in 2024, nearly 13% of Canadians aged 15 and older reported feeling chronically lonely, with youths aged 15-25 representing the loneliest demographic in the country.

Loneliness doesn’t just “feel bad” – it has wide-ranging impacts on mental, physical, and social health. People who experience chronic loneliness are more likely to report depression, anxiety, and reduced life satisfaction. They also face higher risks of cardiovascular disease, stroke, pain, and even premature death. On a collective level, social isolation undermines the strength, cohesion, and resilience of our communities.

This is where *Meet a Stranger* steps in. Offering more than a momentary escape from loneliness, it is built around connection, shared stories, and genuine human contact. *Meet a Stranger* can become a lifeline for those who feel invisible, isolated by trauma, or disconnected by circumstance. Unlike many programs that focus only on structured supports for seniors or other targeted groups, *Meet a Stranger* seeks to build bridges across everyday gaps - beyond age, experience, or background. It turns *lived experience* into shared understanding, and friendship from strangers into real social connection.

“Connecting with strangers is more important than ever before, and this initiative makes it easy.” – participant of Meet a Stranger.

Many G7 countries have recognized loneliness and social disconnection as issues serious enough to warrant dedicated ministries. Canada, by contrast, has not. While departments such as Health, Seniors, and Families may address parts of the problem, there is no centralized national portfolio with accountability for loneliness and social isolation across all populations. That absence makes it harder to coordinate policy, funding, monitoring, and awareness.

To address this gap, *West Coast Speaks Health Society* designed its constitution to ignite conversation, raise awareness, amplify lived experience, and advocate for the recognition of loneliness as a growing health crisis. At the same time, it seeks to seed solutions like *Meet a Stranger*; solutions that can alleviate harm now while also helping to shift norms, reduce stigma, and influence policy going forward.

Together we can unite Canadians to help tackle the social isolation epidemic. Thank you for having the courage and compassion to take the first step towards hosting your own *Meet a Stranger* event in your community. Because, after all, one conversation can change everything ...

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WHAT IS MEET A STRANGER?

Meet a Stranger is a simple, yet powerful initiative designed to strengthen connection and belonging through intentional, one-on-one conversation. Many of us enjoy chatting with new people, but often hesitate because we feel we need an invitation to engage. *Meet a Stranger* provides exactly that – a **safe, welcoming space** where strangers are paired for a **one-hour conversation** and an **invitation to connect**.

Each event allows participants to **share, listen, and engage** in a low-pressure setting. It's an opportunity to look beyond the social labels that often divide us and to learn about – and from – someone who may have a very **different lived experience** than our own. By offering that gentle invitation, *Meet a Stranger* not only **fosters curiosity and empathy**, but it also **supports mental and social health** by alleviating loneliness, reducing stress, and strengthening connection.

Because the events are **completely platonic**, they create a uniquely relaxed environment. Participants can engage freely without the pressure or expectations of dating. Being paired at random – regardless of gender – feels safe and comfortable, as romance is completely off the table. This makes space for genuine conversation, authentic curiosity, and connections that are rooted in friendship and community, rather than performance or pretence.

At its heart, *Meet a Stranger* is about rediscovering the simple **power of human connection**. In a world where many of us feel isolated and alone, these conversations remind us that everyone has a story. One hour, one conversation, one stranger, and one small step that can make a big difference.

GETTING STARTED

Hosting a *Meet a Stranger* event doesn't require a huge budget, but it does benefit from thoughtful preparation. Below are some key things to consider as you plan your event:

Location

Conversations can happen anywhere, but finding a location that is both safe and welcoming will really help create a comfortable atmosphere. You need enough space between each pair to create a sense of privacy for the conversations, but often that extra space comes with a price tag.

- Free options: hosting outside in a public park creates a relaxed atmosphere and is budget-friendly. The trade off is weather uncertainty.
- Paid options: community centres or coffee shops usually charge a fee, but often include tables, chairs, and accessibility features that make for a comfortable and professional environment.

Timing

Although conversations are only one hour, you'll want to plan for about three hours total.

- 1.30pm – set up begins
- 2.15pm - arrival
- 2.30 – 3.30pm - conversations
- 4.30pm – take down complete

Volunteer Roles

Small groups can be run by one facilitator, but two volunteers make things run smoothly for larger gatherings. We suggest the following roles:

- *Greeter*: welcomes participants, explains the jars system (*indoors/outdoors*), and directs participants to the nametag station. During the conversations, the Greeter acts as the conversational floater in case there is an odd-number of participants. See *Resource D* for the Greeter Guide.
- *Facilitator*: supports the nametag station while helping to break the ice, and leads the group introduction. During the conversations the Facilitator is available to resolve any conflicts or concerns that may arise. See *Resource C* for a Sample Script for the Facilitator.

Required Materials

Below is the list of everything you will need to host your first event.

- Two jars labeled for *inside/outside* chats (see *Appendix F*). If you will only be requiring one jar, use the label that has the word “*names*” on it
- Pencils and paper scraps for the names
- Nametags and thick markers (larger print is easier to read)
- Bell
- Conflict Resolution Tips (*Resource A*)
- Conversation Starters (*Resource B*)
- Email Sign Up Sheet (*Appendix A*)
- Feedback Survey (*Appendix B*)
- Signage (*Appendix C and D* – removed from this toolkit, and displayed upon entry. An inexpensive dollar-store photo frame is a safe and durable way to display these signs at each event)
- Snacks and non-alcoholic drinks (not necessary, but welcome)

Risk Management

Meet a Stranger events are designed to foster safe, welcoming, and respectful conversations. To support this:

- **Conflict Resolution Tips** are provided as *Resource A* of this toolkit. Photocopy them from this toolkit and keep them visible and available at each event so participants can access them if necessary.
- **Boundaries are essential.** Hosts and participants alike are encouraged to set and maintain their own personal boundaries. Everyone has the right to step away from a conversation if they feel uncomfortable.
- **Conversations are platonic, not romantic.** The purpose of these events is to build social health, connection, and belonging – not dating.
- **Zero tolerance for harassment.** Any form of disrespect, intimidation, or unwanted attention is not acceptable. Hosts should feel empowered to intervene and, if necessary, ask a participant to leave.

By keeping these practices in place, you ensure that *Meet a Stranger* events remain positive, safe spaces where authentic connections can grow.

Insurance

Most venues require hosts to carry event insurance. Before booking a space, check with the venue to confirm their requirements. As the host, you are responsible for your event.

This toolkit includes a Release Statement (*Appendix D*) that should be displayed prominently at your event. This statement clarifies that participation is voluntary and at each individual's own discretion. Having insurance in place and displaying the Release Statement protects both the host and participants, and helps ensure that events can run smoothly in any venue.

Funding and Donations

Meet a Stranger was created to be a free community event; however, there are costs involved to make it run smoothly. Therefore, suggesting donations from participants is acceptable to cover the costs of hosting the event. This can be done through a small cash donation jar for optional contributions to help offset the costs of running the event.

Additionally, sponsorships and grants should be explored. Local grants, community foundations, or city neighbourhood grants often support initiatives that foster connection. As for in-kind support, consider asking a local café, bakery, or grocery store to donate snacks or beverages.

Even if you don't have funding right away, you can start small. A few chairs in a park and some conversational prompts are enough to launch!

Advertising and Outreach

Getting people in the room is just as important as running the event! Social media is a great way to share photos, testimonials, and reminders. Personal stories and photos from past events make for engaging online content. Word of mouth is another easy way to spread the news. Why not encourage attendees to bring a friend? Many people feel more comfortable with that personal invitation. Don't forget posters and flyers in libraries, cafes, campuses, and community boards. And finally, partnerships: consider teaming up with existing clubs, non-profits, or local organizations to broaden your reach. You'll be surprised by how many individuals and groups want to contribute to building the community together.

EVENT FLOW

Once you've selected your location, set the timing, and gathered your materials, the next step is running the event itself. Here's how the typical event flow looks in practice.

Entrance

The Greeter stands behind a table with two jars labelled "*I'd prefer to chat outside*" and "*I'd prefer to chat inside*." In addition to the Community Agreement and Release Statement, the table also has pencils and scraps of paper on it. The Greeter invites participants to write their name on a scrap of paper, drop it into the jar of their choice, then head over to the nametag station. Please see *Resource D* for the Greeter Guide.

Nametags

At the nametag station, the Facilitator provides thick markers and blank nametags, so participants can write their own names (the same name they put in the jar). There is also a small stack of conversation starters here for anyone who wants them.

Welcome

The Facilitator welcomes arrivals, points out drinks/snacks (budget permitting) and introduces newcomers to regulars. This is a relaxed icebreaking period where the Facilitator encourages people to mingle and chat amongst themselves while waiting for everyone to arrive.

Introduction (5 min)

At the scheduled start time (e.g., 2.15pm) the Facilitator rings a bell to quiet the room and begin the Introduction. The Introduction begins by welcoming everyone to the event. After explaining the pairing process, the two core **rules** are clearly stated.

1. All events are strictly **platonic** – no exceptions.
2. We all come from diverse backgrounds and have different lived experiences; **acting with kindness and respect for all** is expected.

Finish by explaining that should any disagreement or discomfort arise during a conversation, participants should find the lead facilitator to work together to find a solution. Please see *Resource C* for a complete Introduction Script.

Pairing (5 min)

After the introduction the Greeter takes the “*inside*” jar to one area, and the Facilitator takes the “*outside*” jar to another. Participants go to the area matching the jar they chose. Names are drawn two at a time, and the pairs begin their one-hour conversation.

Please note: if both jars end up with an odd number of names, the remaining two participants are paired together. If only one jar has an odd number, that person is paired with the Greeter.

Conversations (1 hour)

The Facilitator remains available and periodically roams both inside and outside to observe and check that everyone is comfortable and safe. At the end of the hour the same bell is rung to mark the closing of the conversation.

Feedback/Departure

As people remove their nametags to leave, offer them printed surveys (see *Appendix B*) and pencils. Provide a large opaque envelope for anonymous feedback. Encourage brief comments about what worked and what could improve. Thank everyone for attending, and let them know when the next event will be.

SAFETY AND COMFORT

Creating a safe and welcoming space is at the heart of *Meet a Stranger*. When participants feel comfortable, conversations flow more naturally, and meaningful connections can form.

Setting the tone

- Begin each event with a warm welcome and a reminder that everyone belongs.
- Acknowledge that joining a room of strangers can feel intimidating – your role as host is to make the space feel open, kind, and low-pressure.
- Provide clear signage (*Appendix C and D*) so participants know what to expect.

Ground rules

Sharing simple, consistent guidelines at the start helps set the right tone.

- Respect: treat everyone with kindness, regardless of background, beliefs, or experiences.
- Remind participants that conversations are **platonic, not romantic**, and that there is a zero-tolerance policy for inappropriate behaviour.
- Listening: give your full attention when others speak. Conversations are about curiosity, not debate.
- No pressure: participants can pass on a question, take a break, or leave early if they wish.

Creating comfort

- Keep seating casual and inclusive – for each pair of chairs, leave plenty of space nearby to create a sense of privacy
- Ensure nametags are large and easy to read, which helps ease introductions.
- Offer light snacks or water if possible; small touches make the space feel hospitable.

By consistently setting these expectations, you create an environment where people feel safe enough to open up – and comfortable enough to come back again.

STORIES AND INSPIRATION

Hearing how others experienced *Meet a Stranger* can inspire new hosts and participants alike. Here are a few reflections from past events taken from anonymous feedback forms:

“Meet a Stranger was a refreshing and engaging experience, bringing together around 60 people in a unique setup where strangers were paired to chat freely on any topic. The beauty of the event lies in the freedom to express thoughts without fear of hesitation, knowing the person you’re talking to doesn’t know your past. It was a truly interactive session that encouraged openness, authenticity, and meaningful conversations.”

“I benefited just by taking the risk to attend and try something new. Thanks! Will attend again and it’s a good thing you’re doing to create connection and community.”

“Anytime and anywhere – meeting strangers opens eyes and hearts. Thank you for hosting.”

“Meet a Stranger gave me the confidence and belief that you can have a conversation with anyone. As long as you are curious, people are open to speaking with you.”

“Well worth an hour of your time to understand our differences and similarities.”

“A great experience communicating, relating, and being present. Very relaxed and non-threatening.”

“People aren’t scary. We’re more alike than we think. Go on, take the plunge. One hour could change your worldview.”

“Connecting with strangers is more important than ever before, and this initiative makes it easy.”

These stories remind us why simple conversations matter – and how even one hour can spark connection, belonging, and hope.

WITH GRATITUDE

Thank you for being a Community Builder. By hosting a *Meet a Stranger* event, you are helping create spaces where people can connect beyond barriers and experience the health benefits of true social connection. You are making an impact in this world.

Please share your experiences with us at **westcoastspeaks.ca** – we love learning about the conversations that made a difference.

With gratitude,

The West Coast Speaks Team

Remember: Social health is health and one conversation really can change everything.

RESOURCES

Building meaningful connections sometimes comes with challenges. Conversations can touch on sensitive topics, misunderstandings may arise, or people may simply struggle to keep the dialogue going. That's why this toolkit includes a set of conflict resolution tips to help navigate tricky moments with respect and ease, as well as a collection of conversation starters designed to spark curiosity, laughter, and genuine connection. Whether you're easing tension or breaking the ice, these tools will support you in creating conversations that are both enjoyable and meaningful.

Resource A: *Meet a Stranger* Conflict Resolution Tips

Resource B: *Meet a Stranger* Conversation Starters

Resource C: *Meet a Stranger* Sample Script for Introduction

Resource D: *Meet a Stranger* Greeter Guide

Please note that Resources A and B are designed to be photocopied for each event, as needed.

CONFLICT RESOLUTION TIPS

Sometimes disagreements may occur. This collection of Conflict Resolution Tips includes a mix of de-escalation strategies, communication skills, mindset framing, and connection building. These tools are meant to keep conversations respectful and productive, even when opinions differ.

1. **Stay calm:** take a deep breath before responding. Calm energy helps to de-escalate tension.
2. **Notice your own triggers:** if you feel yourself getting upset, step back before responding.
3. **Acknowledge emotions:** say something like, *“I can see this is important to you”* to show you’re listening, even if you disagree.
4. **Listen more than you talk:** let the other person finish their thought without interruption.
5. **Don’t take it personally:** remember, they’re likely reacting to the *topic*, not to *you*.
6. **Find common ground:** point out any shared values or experiences, even if your opinions differ
7. **Use “I” statements:** say *“I feel...”* or *“In my experience...”* instead of *“You always...”* or *“You never...”*
8. **Ask curious questions:** show genuine interest, such as, *“That’s an interesting point – can you tell me more?”*
9. **Agree to disagree:** it’s OK to end without full agreement. The goal is conversation, not conversion.
10. **Shift the topic:** if things get heated, gently suggest moving to a new subject: *“Maybe we can talk about something lighter?”*
11. **Keep humour light and respectful:** a little laugh can ease tension, but avoid sarcasm or jokes at the other’s expense.
12. **Don’t try to win:** focus on understanding, not proving who is right.
13. **Respect boundaries:** if someone doesn’t want to discuss a topic, drop it immediately.
14. **Take a pause:** if emotions rise, suggest a short break: *“Let’s grab some water and come back.”*
15. **Validate without agreeing:** example, *“I get why that matters to you.”* You don’t have to share the same view.
16. **End on a positive note:** even if you disagreed, thank them for sharing: *“I appreciate hearing your perspective.”*

CONVERSATION STARTERS

Getting a conversation going with someone new can feel intimidating. These conversation starters are designed to be light, open-ended, and easy to use. They're a simple way to spark genuine connection and invite a curious conversation.

1. If you could teleport anywhere for dinner tonight, where would you go?
2. What's the best local café or restaurant you've discovered lately?
3. Which season feels the most like *you* – spring, summer, winter or fall?
4. If you had to give a TED talk with no preparation, what topic would you choose?
5. What's a small thing that made you smile this week?
6. What's the first concert or live show that you ever went to?
7. Have you ever had a chance encounter with a stranger that impacted you deeply?
8. What is a childhood memory that really stands out to you?
9. If your life were a book, what would this chapter be called?
10. Who taught you something valuable that you still carry with you today?
11. What is a simple daily ritual that helps you feel grounded?
12. What is one way you like to show kindness in your community?
13. If you could learn a new skill instantly, what would it be?
14. Where do you go when you need to clear your head?
15. What is one thing you're looking forward to this year?
16. If you could only eat one food for the rest of your life, what would it be?
17. What is the most random fun fact you know?
18. If you could swap lives with any fictional character for one day, who would it be?
19. Coffee, tea, or something else – what's your go-to drink?
20. What is the best thing you've ever found at a garage sale or thrift store?
21. Pineapple on pizza – yes or no?
22. What is the most unusual job you've ever heard of?
23. Where is the most beautiful place you've ever been to?
24. Do you prefer road trips, train rides, or flights?
25. What's a city or country that is on your bucket list?
26. Do you enjoy visiting the same places, or discovering somewhere new?
27. What is the best trip you've taken close to home?
28. If you could time travel, would you go to the past or the future?
29. Do you have a favourite camping memory?
30. Have you ever gotten lost but ended up finding something amazing?
31. Did you have a favourite toy or game as a child?
32. Have you ever met someone famous?
33. What is a funny family tradition you grew up with?
34. Can you remember the first movie you saw in a theater?
35. Did you ever collect anything as a child?
36. What was the first job you ever had?
37. Have you ever had a "*small world*" moment?
38. What is your favourite way to spend a Sunday?

39. Do you prefer cooking, baking, or ordering in?
40. What is a hobby you've picked up recently?
41. Do you prefer mornings or evenings?
42. What book, show, or podcast have you enjoyed recently?
43. Do you prefer the ocean, the mountains, or the forest?
44. What is something you always keep in your bag or pocket?
45. What is something small that always brightens your day?
46. If you could instantly learn another language, which would you choose?
47. What's an invention you wish existed?
48. Who inspires you in everyday life?
49. Do you prefer making plans or being spontaneous?
50. What is something you think everyone should try once?
51. If you could give your younger self advice, what would it be?
52. What is something in your community that is special to you?
53. What is one simple way you practice kindness or gratitude?
54. What is the best piece of advice you've ever given or received?
55. If you could live in any decade - past or future – which one would you choose?
56. Do you prefer sunrise or sunset?
57. What is something you've learned from a mistake?
58. If you could host a dinner party with any three people (real or fictional) who would you invite?
59. What is a simple pleasure that never gets old for you?
60. If you had to describe yourself as a weather forecast, what would it be?
61. If you could design a treehouse anywhere in the world, what would it look like?
62. If you could invent a holiday, what would people celebrate?
63. Imagine a café that reflects your personality – what would it serve, and how would it feel inside?
64. What song or sound would you choose as the “theme music” for your day?
65. If you could write a letter to your future self, what would you include?
66. What is a moment in your life that completely changed how you see the world?
67. If you could relive one day, not to change it but to re-experience it, which day would you choose?
68. What is something ordinary in your life that you see as extraordinary?
69. Who has influenced you most, without even realizing it?
70. What is a memory that still makes you laugh when you think about it?
71. What do you think people often misunderstand about you?
72. When in your life have you felt the most alive?
73. What is something you've always wanted to try but haven't yet?
74. Imagine you had a year off from responsibilities – what would you do with it?
75. What dream have you let go of, and why?
76. What's something small that feels like a big dream come true?
77. If money didn't matter, what project would you start tomorrow?
78. What kind of legacy would you like to leave behind?
79. What is a goal you're secretly working toward right now?

80. What is something that you'd love to teach others?
81. What is a place you've never been, but feel deeply connected to?
82. What is something you've always wanted to learn more about?
83. If you could swap lives with someone for a week, who would you choose?
84. If you could ask one question to anyone in history, who would it be, and what would you ask?
85. What is the strangest or most unusual food you have tried?
86. What is something in nature that always amazes you?
87. What is a small act of kindness you'll never forget?
88. Who in your life has taught you the most about resilience?
89. If you could give your younger self one piece of advice, what would it be?
90. What is something that makes you feel instantly at home?
91. What is a tradition – big or small – that means a lot to you?
92. What do you wish more people asked each other about?
93. What do you think makes conversations meaningful?
94. What is something that someone once said to you that you'll never forget?
95. Who in your life do you admire most, and why?
96. What is a moment of joy that you wish you could have shared with more people?
97. What helps you feel grounded when life gets overwhelming?
98. What is something you've learned from listening to someone very different from you?
99. If you could give everyone in the world one gift (not material), what would it be?
100. When have you felt the proudest of someone else?

FACILITATOR SAMPLE SCRIPT FOR INTRODUCTION

(Facilitator rings bell to gently quiet the room)

“Hello everyone, and welcome to *Meet a Stranger*. Thank you all for being here today. It takes courage to walk into a room full of people you don’t know, and we’re so glad you chose to spend this hour with us.

Here’s how it works: in a few minutes, we’ll draw names from the jars to pair people up. Each pair will then have one hour to simply talk. You can chat about anything you like, and if you’d like a little inspiration, you’ll find conversation starters available at the nametag station.

Before we get started, I want to share two important guidelines:

1. **All conversations are strictly platonic.** This is not a dating event – it’s about connection, community, and conversation.
2. **We all come from different backgrounds and life experiences.** Please approach each other with kindness, curiosity, and respect.

If at any point you feel uncomfortable, or a disagreement comes up, please find me or [name of Greeter]. We’ll be happy to help. Remember: everyone has full permission to set boundaries, or step away from the conversation if needed.

Most importantly: this is meant to be relaxed and enjoyable. Think of it as a chance to meet someone you might never have crossed paths with otherwise.

At the end of the hour, I’ll ring the bell again. Before you leave, we’d love it if you could fill out a short feedback form so we can keep improving.

Alright, let’s get started! Thank you again for being here. Let’s see who you’ll be meeting today!”

GREETER GUIDE

Key reminder for Greeters: your warmth sets the tone. A friendly hello can calm nerves and make participants feel at ease before the conversation even begins.

Your Role: you're the first face people see when they arrive! Your job is to make them feel welcome, explain the process, and help with pairing if needed.

Step 1: Welcome

- Smile and greet each person warmly.
- Say something simple like: "Hi! Welcome to *Meet a Stranger*. Thanks for coming."

Step 2: The Jar System

- Point out the two jars: indoors and outdoors (or one jar if only using one space)
- Hand them a pencil and scrap of paper
- Script: "Please write your name on a slip of paper and drop it into whichever jar you'd prefer. This is how we'll pair people up in a few minutes."

Step 3: Nametag Station

- Direct them to the nametag table
- Script: "Next, grab a nametag and a marker over at that table. We've also got conversation starters there if you'd like to use them."

Step 4: During the Event

- Once conversations begin, float around to:
 - Participate in a conversation if there's an odd number of participants attending
 - Offer gentle support if someone looks uncomfortable
 - Let the facilitator know if any issues arise

Step 5: Departure

- As people leave, smile and thank them for coming
- Point out the feedback forms if they haven't filled one out

APPENDICES

The following items are included to help you easily set up and run your own *Meet a Stranger* event in a sustainable way. Each item provides a ready-to-use tool or template, so you can get started with confidence and consistency.

Appendix A: *Meet a Stranger* Email Sign Up Sheet

Appendix B: *Meet a Stranger* Feedback Survey

Appendix C: *Meet a Stranger* Community Agreement

Appendix D: *Meet a Stranger* Release Statement

Appendix E: *Meet a Stranger* Symbol

Appendix F: *Meet a Stranger* Jar Labels (*outside, inside, names*)

Please note that Appendix A and B are designed to be photocopied for each event, as needed. Appendix C and D are designed to be removed from this toolkit and displayed as participants enter the event. Appendix E is designed to be removed from this toolkit and used as an additional welcome sign if needed. Appendix F is designed to be removed from this toolkit, cut to size, then attached to jars. Many participants prefer to sit outside in the fresh air, so offering the choice to sit outside as well as inside helps alleviate any potential discomfort surrounding having a large group of people in a small space. If you are only having conversations in one location, simply use one jar with the “names” label.

KEEP ME POSTED ON UPCOMING MEET A STRANGER EVENTS!

NAME	EMAIL ADDRESS

MEET A STRANGER SURVEY

Thank you for taking the time to complete this survey. It allows us to better understand your experience, and improve future events to help us grow.

How many *Meet a Stranger* events have you attended? _____

Overall Experience: How would you rate your overall experience of *Meet a Stranger*?

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor

Motivation: What motivated you to participate in *Meet a Stranger*?

Conversation Quality: How would you rate the quality of the conversation you had?

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor

Perspective: Did your conversation provide you with any new perspectives or insights about yourself or society? If so, please elaborate.

Health and Well-being: Did you feel any benefits to your mental or social health as a result of the conversation? If so, please explain

Sense of Belonging: Did the conversation contribute to your sense of belonging to a larger community? If so, please explain.

Additional Comments: Please feel free to share any additional comments or feedback about your experience

Testimonial: Would you be willing to share a brief testimonial about your experience that may be shared with future participants?

COMMUNITY AGREEMENT

These events are entirely **platonic**. This is non-negotiable and ensures a safe and welcoming space for everyone. We are here to **find commonality through connection – one conversation at a time.**

Respect is key. We all have different lived experiences that shape how we interact with others. Please approach conversations with **kindness, compassion, and respect for personal boundaries.**

Please note that photos or short videos may be taken to help promote future events. If you prefer not to be filmed, please let us know.



RELEASE STATEMENT

Meet a Stranger gatherings are designed to encourage meaningful conversations and strengthen our community by bringing people together regardless of age, gender, or background. While we strive to create a welcoming environment, participation is entirely voluntary and may involve personal interaction with individuals you do not know.

By choosing to participate, you acknowledge and accept any risks involved. You agree that the organizer, *Meet a Stranger*, and *West Coast Speaks Health Society* are not liable or responsible for any harm, injury, or loss that may occur as a result of your participation.

Your presence contributes to building a healthier, more connected community, and we thank you for being part of this initiative.



MEET A STRANGER LOGO



The *Meet a Stranger* symbol was created in 2018 by Seán Palmer who kindly donated its use to this project to help build community through conversation.

I'd prefer to chat:

INSIDE



I'd prefer to chat:

OUTSIDE



NAMES

