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Dear Kris,

Union Capital Boston is now hosting Virtual Network Nights! Especially now, it is so important that we stay connected and share resources and support with each other.

Each Virtual Night starts with break-out room introductions at 7:00pm. We then host three 10-15 minute Table Talks, and finish with Marketplace resource exchanges. We host Nights in both English and Spanish.

During the Table Talk section we invite you to share information & resources, tips & advice, songs or poems, skill-sharing, recipes or anything else of benefit to our community! Talks are 15 minutes maximum. We recommend preparing a 10-minute topic and leave 5 minutes for questions and discussion. These are short conversations or information sharing. They don't have to lead to a new program or action but they can.

Some topics we have shared at Virtual Nights so far are:

- Managing the stress of being a parent turned teacher & different ways to learn with your child
- Crockpot cooking demonstration & recipes to try
- Financial stability tips & tricks during COVID-19 and beyond
- Mental and Emotional Management
- Uplifting poetry

Interested in hosting a Talk? Please fill out this form:

<https://bit.ly/UCBVirtTT>

We will follow-up to confirm your reservation date and send the Zoom link. Please let me know if you have any questions.

Thank you so much for being part of our (virtual) community!

Jalina Suggs
Director of Networks

May & June
UCB Virtual Network Nights

Mayo & Junio
UCB Noches de Conexiones Virtuales

An opportunity to come together online, build relationships & trust, engage in meaningful conversations about issues & action, and exchange favors and resources.

Hosted in English from

7:00-8:30pm

Wednesday May 6
Tuesday May 12
Wednesday May 20
Tuesday May 26
Wednesday June 3
Tuesday June 9
Wednesday June 17
Tuesday June 23

Guia en español a

7:00-8:30pm

Jueves 14 de mayo
Jueves 28 de mayo
Jueves 11 de junio
Jueves 18 de junio

Join us on Zoom!

Use this link:

<https://zoom.us/6179716815>

or

Call in by phone using

1-646-558-8656

and entering 6179716815#



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