

Welcome to Thinking Out of the Box with Befriend & the city of Richmond, VA!





A Befriend Moment

Curiosity & connection between Reggie Gordon with the city of Richmond and a Richmonder, Mollie Reinhart.

On behalf of Mayor Stoney and Reggie, Mollie helped a Richmonder in need & sparked the beginning of Befriend.

December 2017

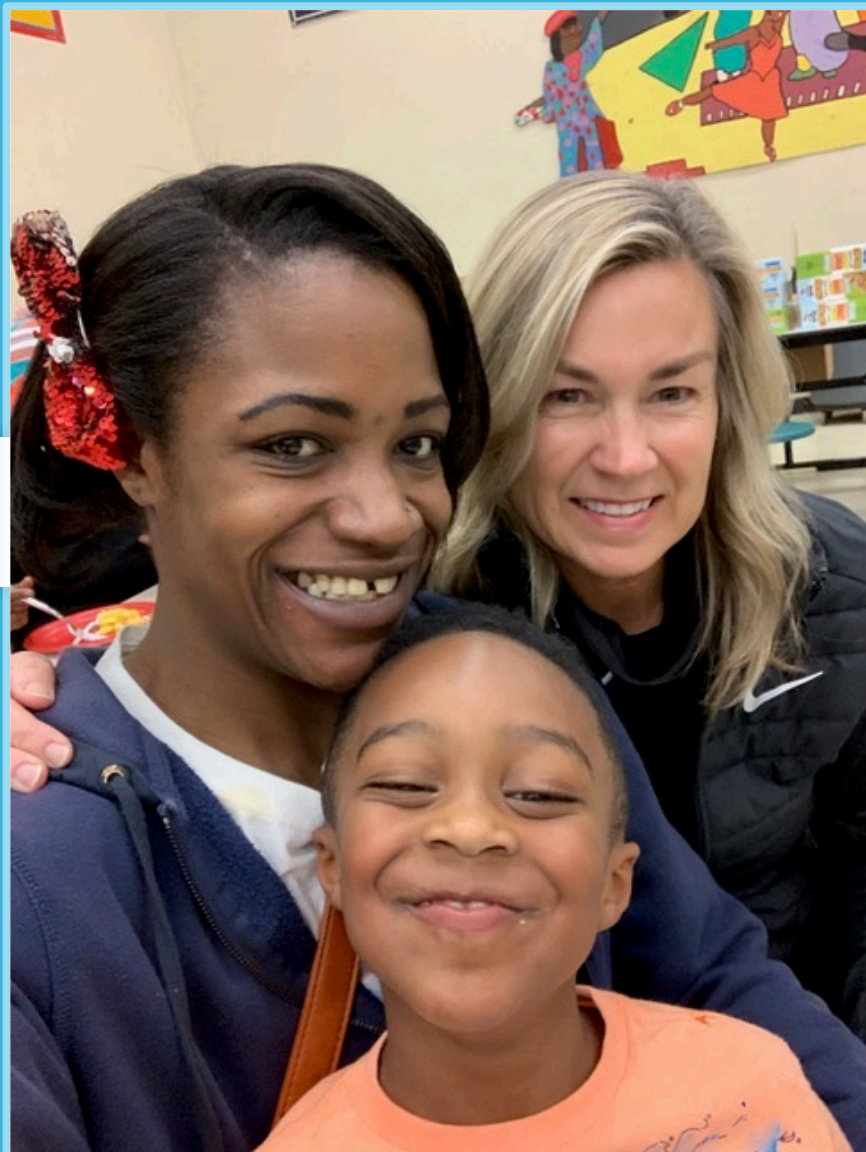


Organic Beginning to Befriend:
**An Unexpected
Friendship with Ciji Redd**

December 2017

Ciji

December 2017



Jojo

Summer 2018



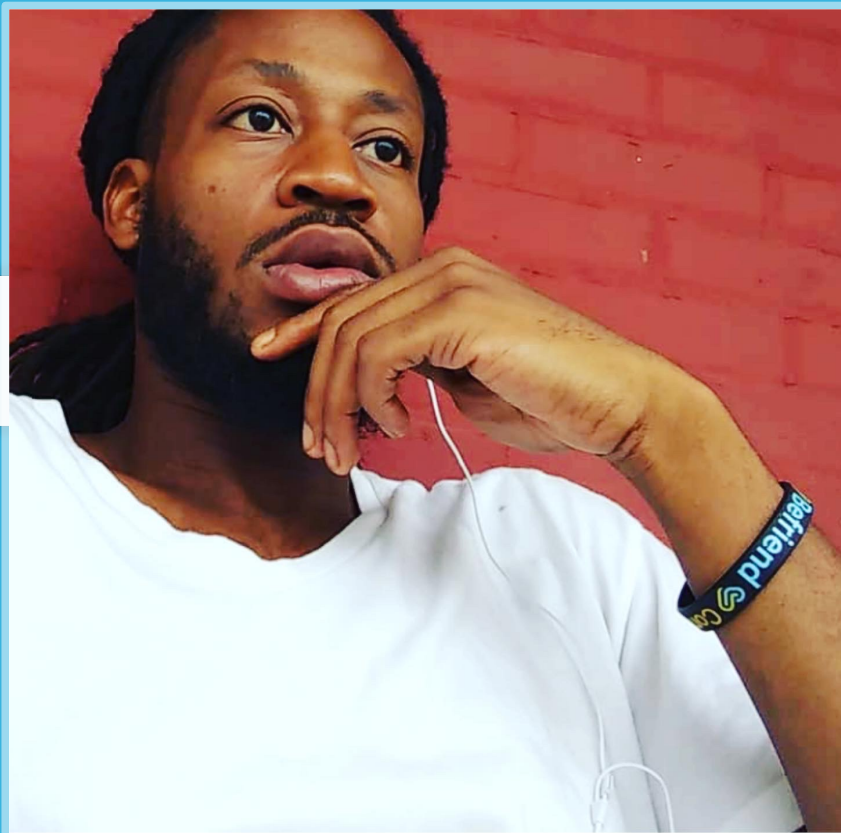
Jojo in her own words...





Ed

January 2019



Ed in his own words...



How we met • Befriend is a lifestyle





Can something as simple as Befriend be just what we all need?

Surgeon General, Dr. Vivek Murthy

The Epidemic of Loneliness

- *Over 61 % of American adults report feeling lonely.
- *Loneliness impacts people mentally and physically leading to an increase in mental health issues & premature death.
- *The Surgeon General's report from 2023 states we have an obligation to address this epidemic of loneliness & offers ways to cultivate a culture of connection.

Photo: May 2022 in Washington, D. C.



Befriend's Mission Statement

***Befriend** inspires a lifestyle of **curiosity**, **connection** and **compassion** for all.*

*We offer experiences, from the smallest act of compassion to a deep personal relationship, for people to connect with others different from themselves, foster understanding and create friendships that empower people and communities to thrive. **Everyone belongs.***



Core Principles of Befriend's Lifestyle of Curiosity, Connection & Compassion

- **Get closer** to others different from yourself.
- Be **curious** to hear each other's story with an **open heart**.
- It's ok to be uncomfortable.
- Embrace the uncertainty that follows.
- Learn, grow & change for the better.
- Realize **we are all more alike than different** as we celebrate our unique gifts.





How do I get closer to
someone different from
myself?

Befriend's Continuum of Compassion

Curious?



Be curious
about the
Befriend Movement

Connect



Connect with
people from diverse
backgrounds

Understand



Understand different
perspectives & realize we are
more alike than different

Change



Create a positive,
impactful change
in your community



Paths to Connection – Starts with a Spark of Curiosity

From the smallest act of compassion to the deepest personal friendships

- Follow Befriend on Instagram @befriend.movement.
- Offer an Acts of Compassion, Big or Small.
- Join a Befriend Gather & Walk.
- Attend a Befriend Gather.
- Develop a deep personal friendship with a new friend.
- Participate in the Befriend/OCWB Pilot.



Follow Befriend on Instagram @befriend.movement.



From the Smallest Acts of Compassion...



Befriend Gather & Walks



Befriend Gathers



... to a deep personal friendship that creates change.



How do we Create Befriend in our Municipality?

- Just start and keep it simple.
- Organize a Befriend presentation and/or offer an information table at your office, resource center or local community event.
- Promote acts of compassion on social media, flyers, yard signs, etc.
- Offer a Befriend Gather or a Befriend Gather & Walk.
- Proclaim that your municipality is a City of Compassion.

*Currently Befriend is growing to other communities including: Philadelphia, LA, San Francisco, Oceanside, NY, Orlando, Montana & more!

Befriend C.A.R.E. packages are available to guide the way!



Proclamation by Mayor Levar Stoney Richmond, VA is a City of Compassion – May 7, 2020





Creating Change

Befriend experiences, from the smallest act of compassion to a deep personal friendship, can help people and communities can thrive.

Note: Both sides of the friendship are changed.

What Befriend Means To Loleta & Fraser

Loleta, “Just wanted to say thank you for bringing people together, keeping people aware, & connecting us all.”

Fraser, “Befriend Gathers nourish my capacity for hope, my belief in goodness & inspires me to think out of the box and be curious!”

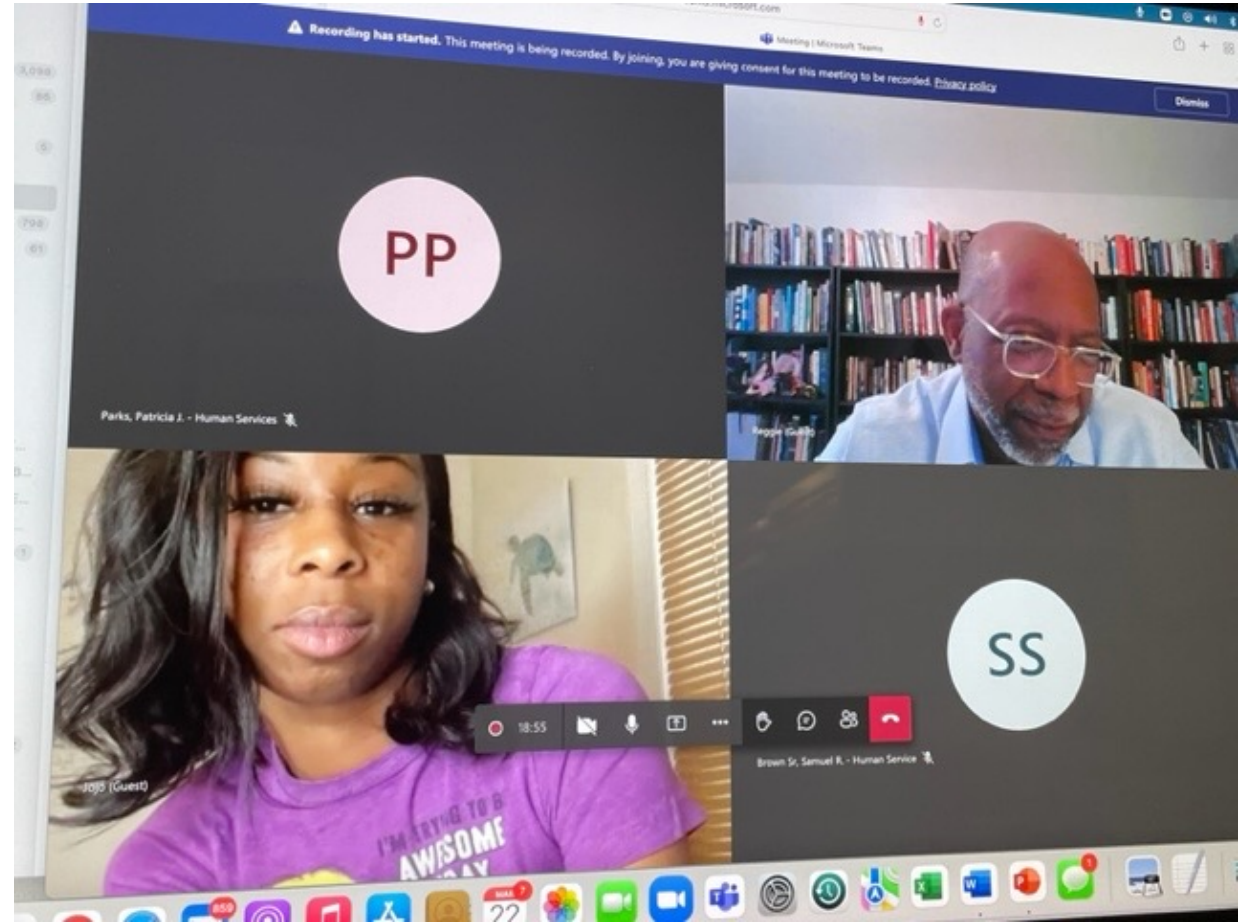
*Fraser and Loleta first met in the Fall of 2020 at a Befriend Gather & have been friends ever since. They led their first Befriend Gather together on May 20, 2023.



Jojo: Creating Change



OCWB Success Stories – Jojo Forbes





Befriend & OCWB Pilot
Social Capital

Befriend & OCWB





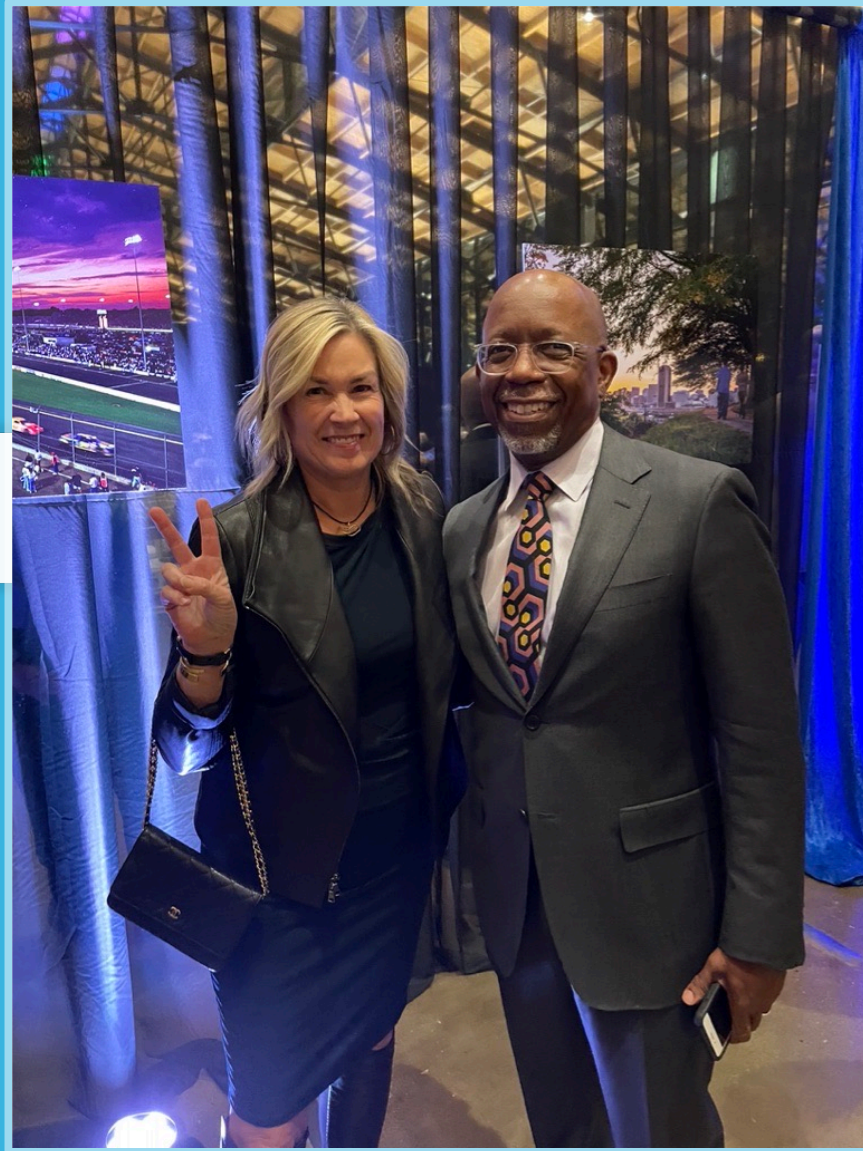
Overflowing Gratitude!

To my cherished friends who have joined
the Befriend Movement.

Reggie & Mollie

February
2023

State of the City
Address: Mayor
Stoney declares
Richmond the
Capital of
Compassion!



A Special Thanks to
Reggie Gordon &
Patty Parks from
the city of
Richmond, VA!



Call to Action – Three Simple Ways to Connect Today



Smile & say hello to a new friend.



Follow Befriend on Instagram [@befriend.movement](https://www.instagram.com/befriend.movement).



Experience a Befriend Gather & Walk.

Join us Thursday, June 8 for Morning Beach Walk



For more information on Befriend & the city of Richmond, VA



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Visit our **website**

www.befriendmovement.org

& sign up for our mailing list



Follow us on **Instagram**

[@befriend.movement](https://www.instagram.com/befriend.movement)

[@humanservices.rva](https://www.instagram.com/humanservices.rva)



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