

## Rebuilding Social Circles

# Day 3 - Community Scan

Find nearby groups and routines.

### ***Why this helps***

Belonging grows where you show up repeatedly. Scanning mosques, parks, libraries, clinics, or senior centers reveals low-cost groups that match your pace.

### ***How to do it***

List five local places with regular gatherings. Circle two that fit your energy and transport. Note a realistic day/time you can attend.

### ***Example***

Library Urdu storytelling Tue 4pm; mosque tafseer Wed 11am; park walkers daily 7am.  
Choose: park walkers (Sat 7am), tafseer (Wed 11am).

### ***Activity - Local Options***

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Place/Group #1 + time

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Place/Group #2 + time

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Place/Group #3 + time

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My two picks to try

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