


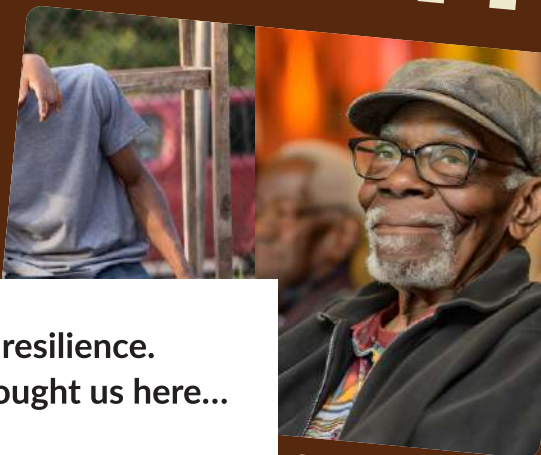
This is a video transcript prepared as part of the Calgary Black Seniors Foundation Intergenerational Mental Health & Social Connection Toolkit; sponsor Govt of Canada logo



In every community, there are stories that hold us together... Stories of strength, migration, family, culture...

And stories carried by both our seniors and our youth.

At the Calgary Black Seniors Foundation, we believe that when generations come together, healing begins... and connection grows.



WHY CONNECTION MATTERS

Our seniors bring a lifetime of wisdom, courage, and resilience. They carry memories of home... the journeys that brought us here... And the lessons that shaped our families.

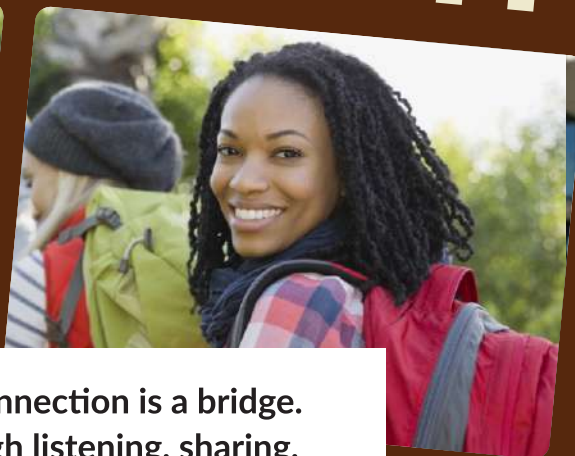
Our youth bring curiosity, creativity, and new ways of seeing the world. Holding stories that deserve to be heard. When these two generations meet – something powerful happens.



COMMON CHALLENGES

But connection is not always easy. Seniors may have grown up in cultures where emotions were kept inside. Youth may struggle to explain the pressures they face today. Different languages. Different expectations. Different experiences of Canada.

And yet... both generations want the same things:
To feel valued.
To feel understood.
To feel connected.



Intergenerational connection is a bridge. A bridge built through listening, sharing, and kindness. It grows when a senior shares a migration story... And a youth realizes they are not alone in navigating identity. It grows when youth teach seniors how to use technology... And seniors teach youth traditions that carry pride and strength.

It grows when both generations see each other not as strangers... But as family.





Here are simple ways to build intergenerational connections every day:
Pause before judging...
and choose curiosity.
Listen with intention.
Share your story —

even the small moments.
Ask questions gently.
Celebrate the differences...
and honour the similarities.
This is how relationships grow.
This is how emotional wellness thrives.



At the Calgary Black Seniors Foundation, we create spaces for these moments to happen.
Spaces where seniors feel valued...
Where youth feel seen...
And where community grows stronger, one story at a time.
Intergenerational connection is not just an activity.
It is a pathway to mental well-being...
A way of building belonging...
And a gift we give to each other.

Find out more on our website:
<https://calgaryblackseniorsfoundation.com/>

WE THANK THE GOVERNMENT OF CANADA FOR ITS SUPPORT.

