

Quick Tips for Making Friends When You've Moved to a New Area

Making friends in a new community can be challenging. Below you'll find some tips that can help you begin to build a network of friends and acquaintances when you've moved to a new area.

- **Join something.** Joining a group of some sort is one of the best ways to meet people. So sign up for an exercise class, join a gym or pick-up athletic league, find a book group through the local library, or take an adult community education class.
- **Reach out to co-workers.** Ask co-workers to recommend a local coffee shop or restaurant and invite them to join you. Invite a co-worker to have a drink or go to a movie after work.
- **Get involved in a faith community.** If you are a person of faith you may benefit greatly from getting involved in a local faith community. Find a local place of worship, which can serve as a built-in community complete with social activities.
- **Volunteer.** Volunteering your time is another good way to meet like-minded people. Sign up to serve food at a homeless shelter, clean up a park, or work on a political campaign.
- **Spend time outdoors.** Go for walks, runs, or bike rides in your neighborhood or in local parks. If you have a child, go to a nearby playground. You're much more likely to meet people when you're out and about than you are sitting at home.
- **Try to get to know your neighbors.** Ask them for tips about your community, such as the best dry cleaner or electrician. Invite your neighbors over for a cup of coffee or lunch.
- **Never turn down an invitation.** Try to take advantage of every opportunity you get to meet people, even if you don't feel like going or you're not sure you'd like to be friends with the person who invited you. You never know who you'll meet.
- **Realize that you may have to go beyond your "comfort zone" to make new friends.** Making friends as an adult isn't easy. Sometimes it requires an outgoing and brave attitude. You may have to push yourself beyond what makes you comfortable. For example, you may need to take a chance and invite a co-worker to a movie or out for coffee or ask a person you met in the park if he'd like to play basketball.