



**Reach out,
relate,
stay engaged!**

**The NEST Collaborative is helping Nevadans
over the age of 60, living with a disability,
or who are veterans stay connected.**

Find support in one of these programs:

One-to-One Calls

Receive a check-in call twice a week from a NEST Collaborative volunteer. We'll ask how you're doing and help you connect with local resources.

We're also happy just to shoot the breeze, chat about activities, hobbies or what you're reading or watching on TV.

Peer Social Groups

Participate in a weekly conversation with a small group of other Nevadans. All you need is a phone or a computer with a webcam. Peer social groups help you get to know new people and develop a network of mutual support.

Tech Assistance

Looking for help with technology? Connect with a NEST Collaborative volunteer for one-to-one telephone-based support in using technology for any purpose. Whether its email, social media, Zoom, or something else, we can help!

**To get started, call (775) 682-8641 and leave us a message,
or email socialsupport@unr.edu**

*All NEST Collaborative volunteers have had background checks
and quality training in the best ways to support your social engagement.*

*The NEST Collaborative is comprised of aging- and social-services
professionals from across the state.*