

Social Connection Resources

Loneliness, a critical public health concern, affects our physical and mental health. It's associated with heart disease, dementia, stroke, depression, anxiety and premature death. Loneliness has become so common — affecting at least half of all adults in the United States — that the U.S. Surgeon General considers it an urgent public health concern, worthy of a government advisory issued in May 2023.

Developing social skills can reduce loneliness, benefiting both personal and professional relationships. Regardless of our starting point, we have the capacity to enhance our social skills over time.

Check out the list below for clubs, classes or local gatherings related to your interests. Whether it's a book club, walking group or cooking class, participating in shared activities can lead to new friendships and lasting support networks. Support your mental health with a greater sense of belonging in your community and by contributing to a cause. Consider joining one of these groups and organizations in the Beach Cities of Hermosa Beach, Manhattan Beach and Redondo Beach.

| Book Clubs |
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| Book Club Discussion with Redondo Beach Public Library |
| Book Club Discussion with Manhattan Beach Public Library |
| Book Club Discussion with Hermosa Beach Public Library |
| BCHD Book Club Moai (Redondo Beach) |
| Older Adult Classes & Activities |
| Anderson Senior Center (Redondo Beach) |
| Joslyn Community Center (Manhattan Beach) |
| Hermosa 5-0 Senior Activity Center (Hermosa Beach) |
| Civic Engagement |
| Kiwanis (Redondo Beach) |
| Kiwanis (Manhattan Beach) |
| Kiwanis (Hermosa Beach) |
| Rotary Club of Redondo Beach |
| Rotary Club of Manhattan Beach |
| Rotary Club of Hermosa Beach |
| City Commissions (Redondo Beach) |
| City Commissions (Manhattan Beach) |
| City Commissions (Hermosa Beach) |
| Woman's Club of Redondo Beach |
| Neptunian Woman's Club |
| Woman's Club of Hermosa Beach |

| Families |
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| South Bay Families Connected |
| allcove Beach Cities |
| Parks and Recreation Activities |
| Redondo Beach |
| Manhattan Beach |
| Hermosa Beach |
| Groups to Walk and Run With |
| Walking Moais with BCHD (Beach Cities) |
| Palos Verdes South Bay Sierra Club |
| Guided Nature Walks with South Bay Parkland Conservancy (Redondo Beach) |
| Volunteer in Nature |
| South Bay Parkland Conservancy (Redondo Beach) |
| Hermosa Beach Community Gardens |
| Pea Patch Community Garden (Manhattan Beach) |
| Keep the Esplanade Beautiful (Redondo Beach) |

For more information, scan the QR code or contact Jackie.Uy@bchd.org.

