

UNSEEN CONNECTION



Discussion guide

1. When filming, we realized that connecting with someone for even just one hour a week can make a huge difference in our overall well-being. What insight(s) did you gain, or do you think others can gain, from this film?
2. Imagine you're in Marcel or Stephen's shoes. What role might the other play, or what gaps might they fill, in your life?
3. What "unseen connections" do you rely on to feel grounded, whole, and healthy?
4. How have you felt coming out of social isolation from the pandemic?
5. What are three ways you can create more human connection in your community (however you define community)?



#UnseenConnection