

## Sharing Stories Workshop at the Contactivity Centre

Over four two-hour workshops, participants from the Westmount Contactivity Centre learned video creation and editing skills to tell stories from their own lives. The goal of the workshop was to combat intergenerational isolation by giving seniors the skills to use the media young people engage with on a regular basis. Click on "read more" below to view more of the participants' videos.

**"Bruno and Gaby's Life" "Masao's Morning"**