

COMPASSION IN PLACE



As an active way to show our compassion for the community and care for one another's health, the world is practicing "Social Isolation" by remaining physically at home. We see the many ways you are all getting creative to remain connected to one another! You have all inspired us ... PHC has launched a Virtual Compassion Project to connect all of us virtually in conversations about what it means to feel and to show compassion in the community while practicing social distancing - we hope this helps to bring us all together at a time when we need it most - we are all in this together! Below are point-by-point instructions on how you can submit a video and participate in our local community action initiative. Video submissions will be shared online, if you would like to be included in our composed video in the end.

WHEN DO YOU FEEL COMPASSION FROM THE COMMUNITY?

1 Reflect

We ask that each person, whether they be volunteer, participant, and/or neighbor, to take some time to reflect on what "community" and compassion" means to YOU. What comes to mind? How do these interactions make you feel?

(PLEASE SEE SAMPLE VIDEO TO USE AS EXAMPLE)

2 Parameters

- Use personal recording device (No need for professional camera! Phone submissions are welcome)
- Find solid background
- Find quiet (ideally indoor) space/area with minimal background noise
- Extend recording device approximately 2 - 3ft from face (allowing for those who wish to submit "selfie style" to participate)
- Hold/ set up in horizontal position
- Group submissions and Children responses are welcome!



3 Record

Videos should begin by stating your name, the city you're in, and by restating question:

(EX. "MY NAME IS ____, I LIVE IN ____, AND I FEEL COMPASSION FROM THE COMMUNITY WHEN...")

- Feel free to use sign (linked to site as pdf.) to hold while recording
- Remember to speak slowly and clearly
- Please be mindful and considerate while recording

4 Submit

Submit your videos by uploading your video to the **Google Form**, following the link:

<https://forms.gle/WaVYBYcrhnbsoxXk6>

- Please be mindful and considerate while recording
- Maximum file size is 1GB, If you have any difficulties please email info@projecthomelessconnect.org

5 Engage

Join us as we release the videos submitted by our participants, neighbors, volunteers, staff, and YOU! The goal is to engage in conversations about community and compassion, so please share and comment with friends, family, and neighbors! Use the Hashtag **#PHCstrong** **#CompassionInPlace** and don't forget to tag us **@PHCSF** !