Sometimes you need some new friends. Perhaps you’ve moved or close friends have moved away. Maybe your interests have changed, so you have less in common with current friends. Maybe you’ve changed jobs. Whatever the reason, here are some tips for finding new friends.

- Join a gym, book club, art league or other interest group.
- Volunteer for a local school, charity, town committee or religious center.
- Take walks outside and greet other walkers with “hi” and a smile. (Hint: If you have a pet to walk, it’s even easier to meet people!)
- When you meet new people, ask questions and be a good listener.
- Use social media platforms, but don’t depend on virtual connections alone for relationships.

Don’t put too much pressure on yourself: Friendships often evolve from natural, relaxed situations.