



*Welcome to the  
Front Porch!*

# *Anxiety and Elections*

**Do you feel that others don't understand your political views?  
Do you feel that you don't understand the point of view of others?**

These misunderstandings may be causing divisions between us, and maybe even make us feel like we do not belong here. **The Front Porch will provide a space for everyone who wants to better understand where other people are coming from, as well as to have others better understand why you hold your beliefs.** It is not a time for debate or persuasion on political issues, but simply a place for us to act upon the curiosity we have about others – and perhaps serve as a first step toward greater cooperation around the shared interests we have for our community, despite our differing views.

**Cologne Communities of Belonging is beginning the Front Porch project  
with a *Living Room Conversation*  
on Wednesday, November 1 at 6:30 pm at the Cologne Community Center**

Have you ever read or heard news about elections or their results, and found your blood pressure rising or your mood changing? Have you found your inner peace shaken by the stress that sometimes comes with an election season in America?

This conversation is an opportunity to share and reflect with your fellow community members, about those times when people are placing so much weight and importance on political events. **How can we create the kind of atmosphere that will help both ourselves and others in our community - by determining the boundaries we all need, to support each other's mental and emotional health?**

All Cologne area community members are welcome to attend and join the conversation – no matter what political views you hold! **Please RSVP to Pat Stieg: [pstieg@co.carver.mn.us](mailto:pstieg@co.carver.mn.us)**  
**Hope to see you on November 1st!**

LivingRoom  
Conversations



Communities  
of Belonging

A Collective Journey Toward a Better Tomorrow