



## A Web of Friends

Having friends is important – they help us cope, support us and allow us to help others. When you become a parent it can be very difficult to connect with your old friends.

***The internet can help.*** Even if you don't have a computer at home there are lots of places to use one for **free**:

- Your local library
- Your child's school
- A community center
- A neighbor's house

To get free **e-mail** accounts you can visit:

- Gmail.com
- Yahoo.com
- Hotmail.com

*Another way to connect online is to find a "message board" about a topic you're interested in.*

***Message.Yahoo.com*** has a variety of topics from hobbies to advice.

On ***ivillage.com/messageboards*** you can chat about topics like parenting, relationships and fashion.

You can ask questions about almost anything and get answers from strangers on ***answers.yahoo.com***

**Instant messaging** allows you to find your friends who are online at the same time and type back and forth. For free instant messaging accounts you can visit:

- AIM.com
- Messenger.Yahoo.com

**Social networking sites** allow you to create a page about yourself and see friend's pages. They also let you send messages and chat. The most popular social networking sites are:

- Myspace.com
- Facebook.com

\*\*Also, to buy and sell things in your community or just connect with neighbors check out [craigslist.com](https://www.craigslist.com) and find the page for your city.