The Science of Gratitude

Practicing gratitude makes us happier, healthier humans. Science tells us that people who have a regular gratitude practice experience improved mental and physical health, are more resilient and optimistic and have stronger relationships. Sounds a lot like the benefits of living in cohousing doesn’t it?

In August, attendees of the National Cohousing Conference participated in a collective expression of gratitude. We wrote postcards to those who have made an impact on our community journey. And wow, did it feel good. Because expressing our gratitude doesn’t only benefit the recipient, it benefits us too. If you want to learn more about the benefits of a gratitude practice, check out this video (but grab a tissue!)

So today, I’d like to express my gratitude to those who make the work of CohoUS possible.

To those who put their belief in community into action and made a gift to CohoUS on Giving Tuesday: we thank you for growing this movement that we all care so deeply about.

To our valued Evergreen Neighbors: These are the communitarians who believe so deeply in the power of community that they make a monthly gift to CohoUS. These regular gifts support new initiatives as well as the continued nurturing of our communities and growth of our movement.

Finally, I’d like to express my support to the dedicated and tireless staff, board and volunteers of CohoUS. You give yourselves to this movement each day,
and foster a more sustainable, democratic and connected future.

I encourage you to express your gratitude to those who have made an impact on your cohousing journey. If CohoUS is among them, we ask that you pay it forward with an end-of-year gift to the association. A great way to put your belief in community into action is to support CohoUS.

To each of you who seek more connection for yourself and others, to those fueling the collective housing movement, to those dreaming of a healthier planet and happier humans, I thank you.

Support CohoUS

Virtual Cohousing Conference
Opening Day: 12/12 at 12pm CT

Join us for the opening day of the Virtual Cohousing Conference hosted on our new learning platform The Cohousing Institute (beta).

This FREE hour-long Zoom will include:
- Keynote with our ED Trish Becker-Hafnor
- “State of the Movement” compilation with leading cohousing voices
- Virtual breakouts to network and connect with other learners and leaders
- Overview of the Virtual Conference - including 12 sessions from Madison
- Orientation to the Cohousing Institute platform

REGISTER
The 500 Communities Program is a 12-month course designed to train collaborators to meet the expanding need for professional support in creating new communities. The program is applicable to many different job fields, and was designed with all means of collaborative development in mind. Its intention is not to teach one model of cohousing, but to build on the lessons learned as we explore models of collaborative development not taught in university or trade school. Beyond the curriculum, the program provides a much needed community for cohousing and development professionals.

Cohousing is part of a more sustainable, democratic and connected future.

To date, CohoUS has helped enable the development of over 200 cohousing communities in the US. These communities serve as examples of the sustainable and community-based neighborhoods our country will need in the future. Please support CohoUS and help us double that number in the next few years.

Your monthly gift will both support new initiatives as well as the continued nurturing of our communities and growth of our movement. As an Evergreen
Neighbor, you can take pride in creating a legacy that will live on to support future generations.

Donations, as a community or as an individual, are accepted year round and can be made to:

Cohousing Association of the US
3860 Chase St
Wheat Ridge, CO 80212

DONATE

The Science of Cohousing
The latest from the Cohousing Research Network

The Cohousing Research Network (CRN) invites you to take an online survey to further the understanding of the effects of cohousing on the lives of residents, its wider social impacts, and challenges faced by developing communities. CRN has reported high levels of interest, though many respondents have not finished the survey. Please make sure you've completed the survey in order for your data to be recorded.

This is the first phase of a five-year annual survey. The results should help the movement to make the case for cohousing with typically recalcitrant financial and political institutions. We need as much participation as possible! The survey is for residents of established communities and for members of building/forming groups, including groups that are inactive.

TAKE (& FINISH) THE SURVEY

Questions about the survey? Contact Heidi Berggren and visit our website.

Classified Listings
Forming Communities and Communities Seeking Members

Carter Farm Agrihood
Centreville, MD

Cohousing ABQ
Albuquerque, NM

Mission Peak Village
Fremont, CA
Burns Village & Farm Cohousing and Agrihood Community
Burns, TN

Cohousing Houston
Houston, TX

Rachel Carson EcoVillage
Gibsonia, PA

Cathedral Park Cohousing
Portland, OR

Juniper Hill Commons
Harrisonburg, VA

Heartwood Cohousing
Bayfield, CO

Washington Commons
West Sacramento, CA

Skagit Commons
Anacortes, WA

Adams Creek Cohousing
Hood River, OR

Heartwood Commons-Tulsa
Tulsa, OK

Sunnyside Village Cohousing
Marysville, WA

Homes for Sale or Rent
Fair Oaks, CA
For Sale: Charming 2BR/1BA upstairs flat in Fair Oaks EcoHousing.

Durham, NC
For Sale: LBGT-focused 55+ community - rare 2 bd / 2 ba home available in Village Hearth Cohousing

Eugene, OR
For Rent: Brand new unit available in River Song Cohousing Community

Hartland, VT
For Sale: Beautiful passive solar home with all Vermont has to offer in Cobb Hill Cohousing

Prescott, AZ
For Sale: Sweet and cozy craftsman-style home in Manzanita Village Cohousing

Bremerton, WA
For Sale: Beautiful townhome-style condo, 4 bd/ 3 ba, in Meadow Wood Cohousing
Prescott, AZ
For Sale: Large custom home in Manzanita Village Cohousing

Grass Valley, CA
For Sale: One bedroom, one bath house available in Wolf Creek Lodge Adult Cohousing

Fort Collins, CO
For Sale: Large home in Greyrock Commons Cohousing Community - semi rural, 17 acres on edge of city limits, 2 mi to downtown, foothills, trails, Horsetooth Lake

Supporters

The Cohousing Company
By The Numbers

172 Established Communities
105 Forming Communities
20 Communities Under Construction

Community Directory
Searching for a Cohousing Community?
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Click Here for Seeker Directory

Searching for Cohousing Professional?
Click Here for Professional Directory

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