



Cohousing
—eNews—

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



**2022
VIRTUAL
COHOUSING
CONFERENCE**
Opening Day
December 12
1pm ET, 12pm CT, 11am MT, 10am PT

The Cohousing
Institute
(beta)

FREE LAUNCH EVENT ON ZOOM

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

500 COMMUNITIES INTRO WEBINAR JANUARY 9 4PM (PT)



500 Communities with Katie McCamant FREE Introductory Webinar

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.

[REGISTER](#)

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 - View from the Woonert (Living Street)

[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



By The Numbers

172
Established
Communities

105
Forming
Communities

20
Communities
Under Construction

Community Directory

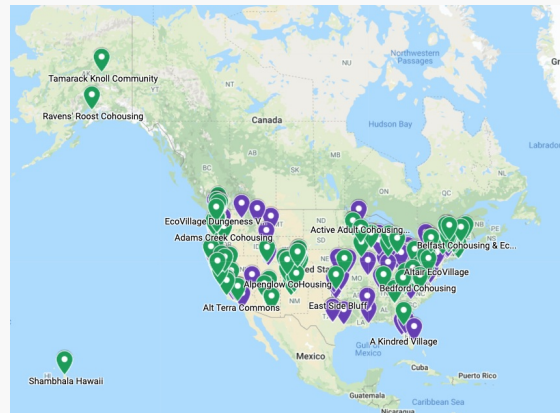
Searching for a Cohousing Community?

[Click Here for Community Directory](#)

[Click Here for Seeker Directory](#)

Searching for Cohousing Professional?

[Click Here for Professional Directory](#)



www.cohousing.org

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