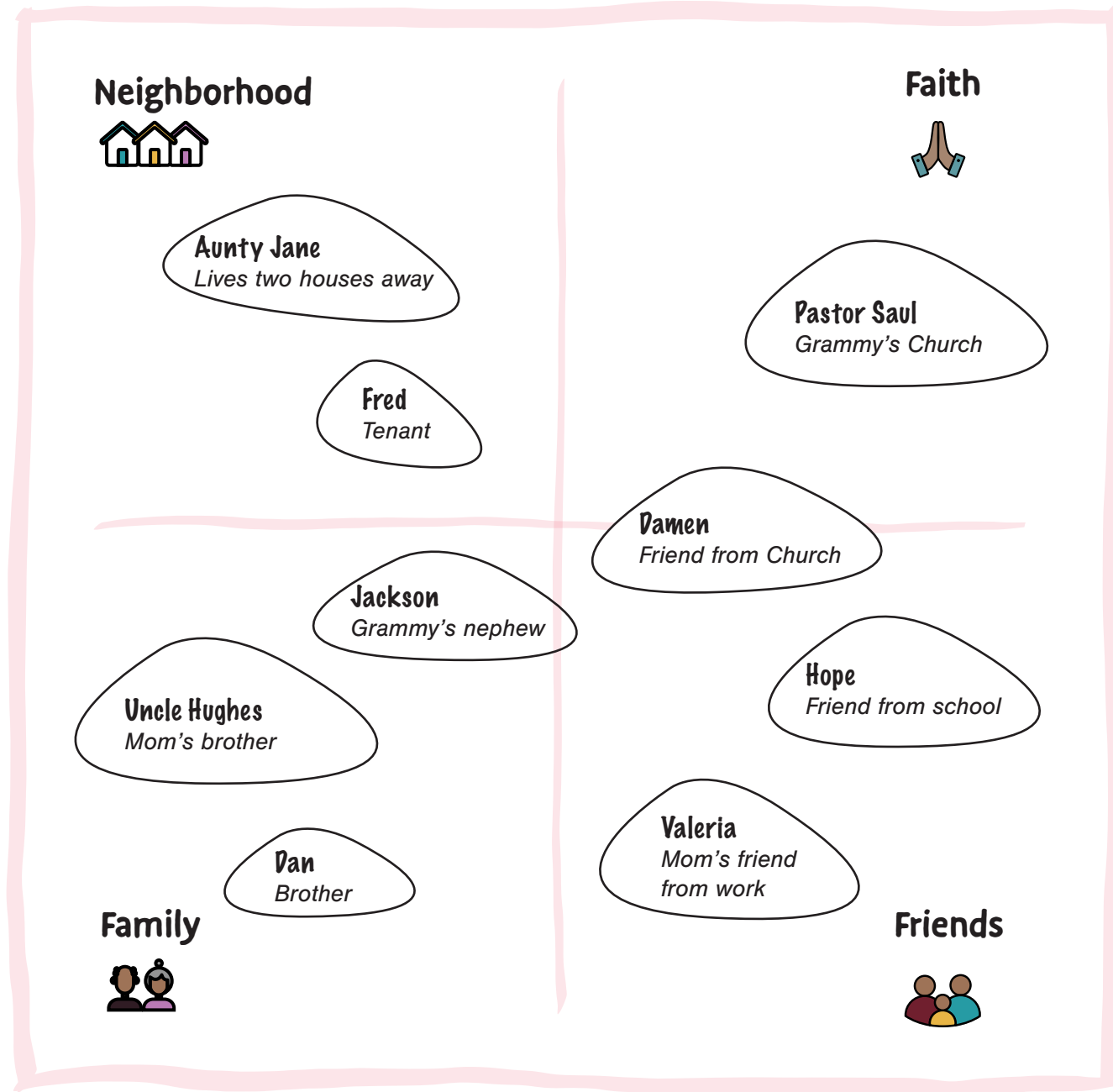


Build your social support network

This map is where you can put down the names of everyone you can count on when you need help, These people could be from your **neighborhood**, your **faith circles**, your family or your **friend circle**.

Example



Now you try.

Neighborhood



Faith



Family



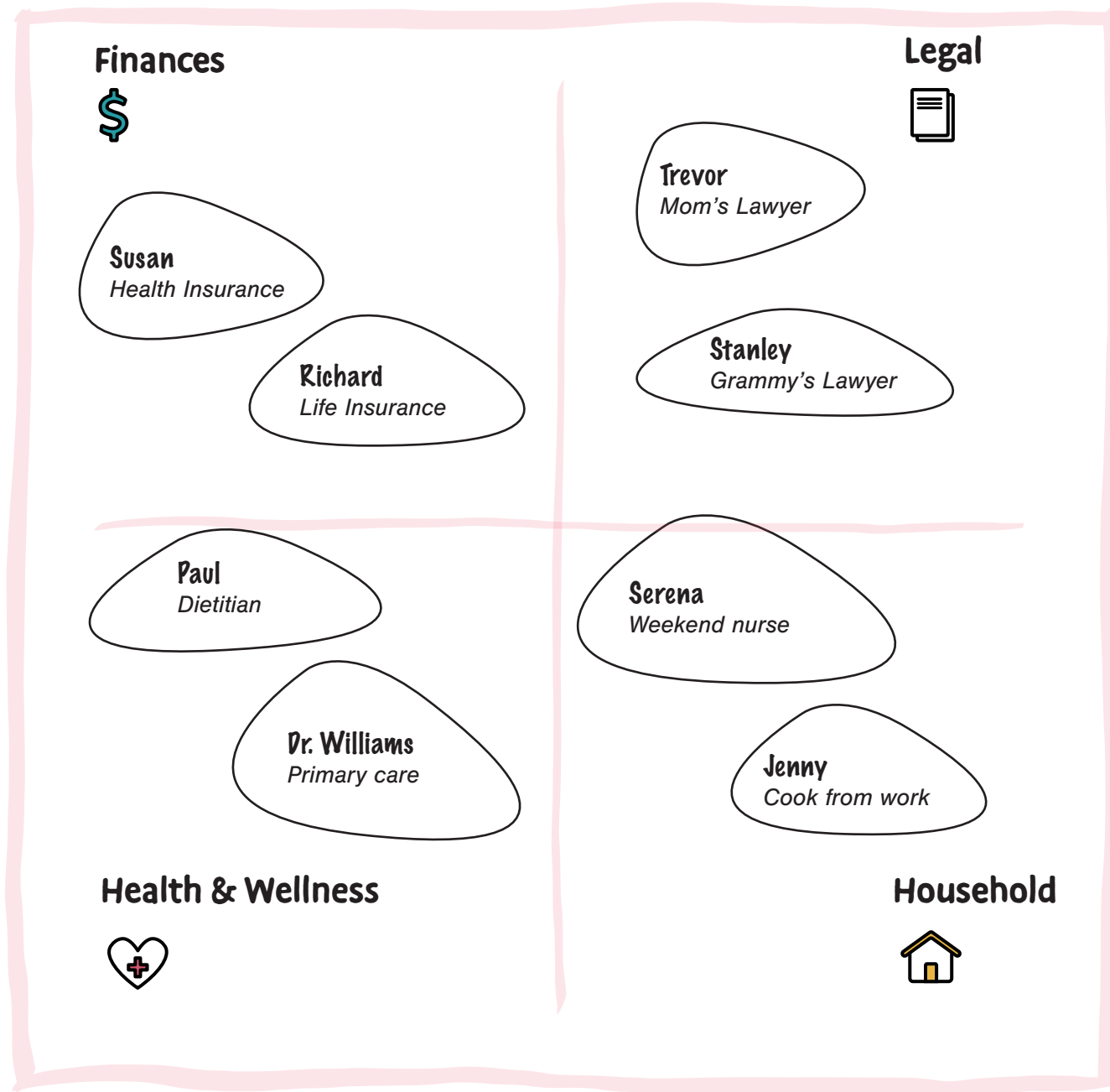
Friends



Build your professional care team

This map is where you can put down the names of the people you can look to for help. These are your professional assistants who may help you with **finances**, **health & wellness**, **legal** or **household**.

Example



Here is a copy of the map for you to give it a go...

Finances



Legal



Health & Wellness



Household

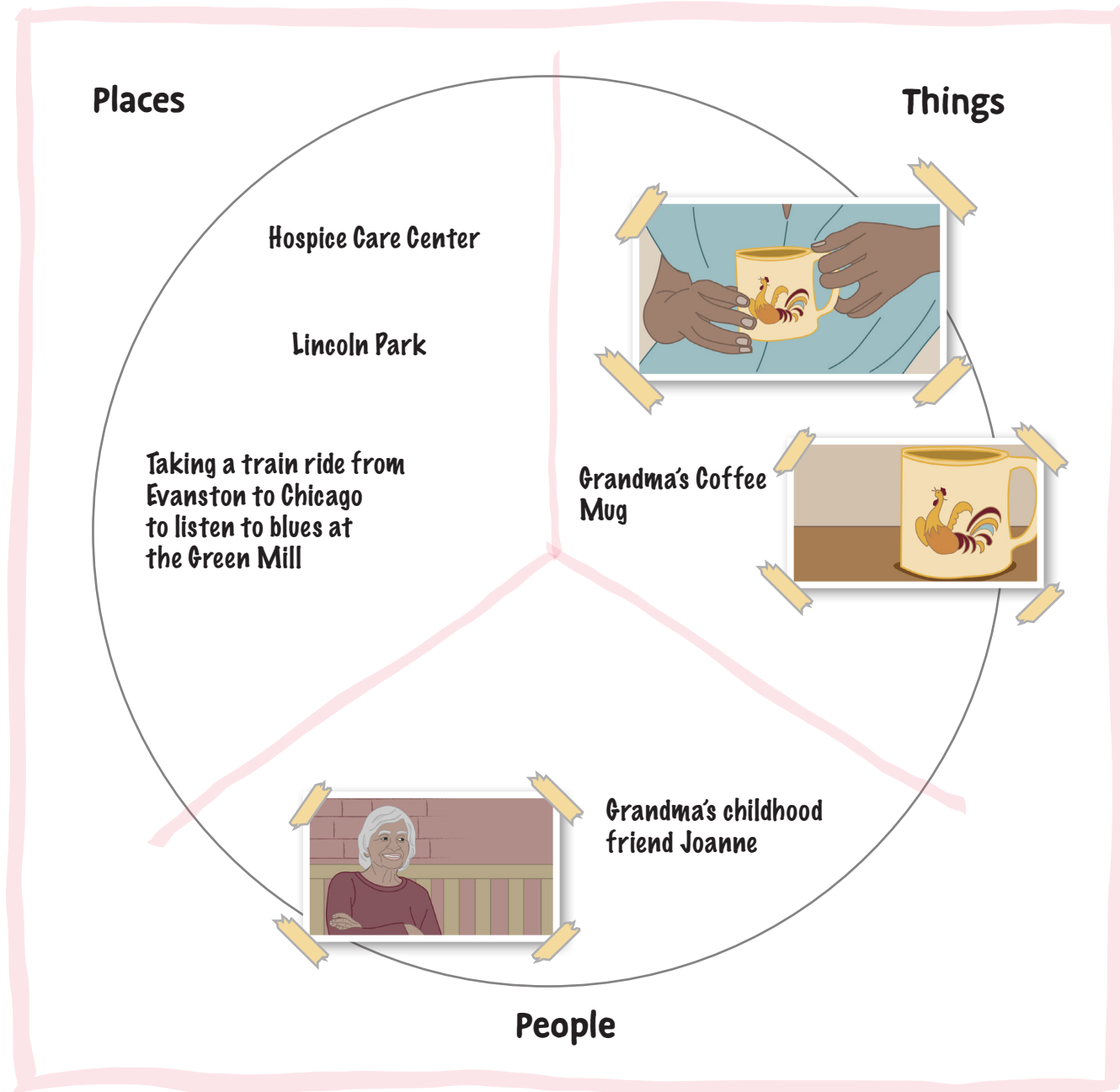


Visit the resource pages (pg. 80-83) for more information

Support in times of sadness

This is not a simple journey and there will be many moments when you will feel very hurt, confused or sad. On this map, you can make a list of **things**, **people** and **places** that you can turn to in these moments of emotional stress.

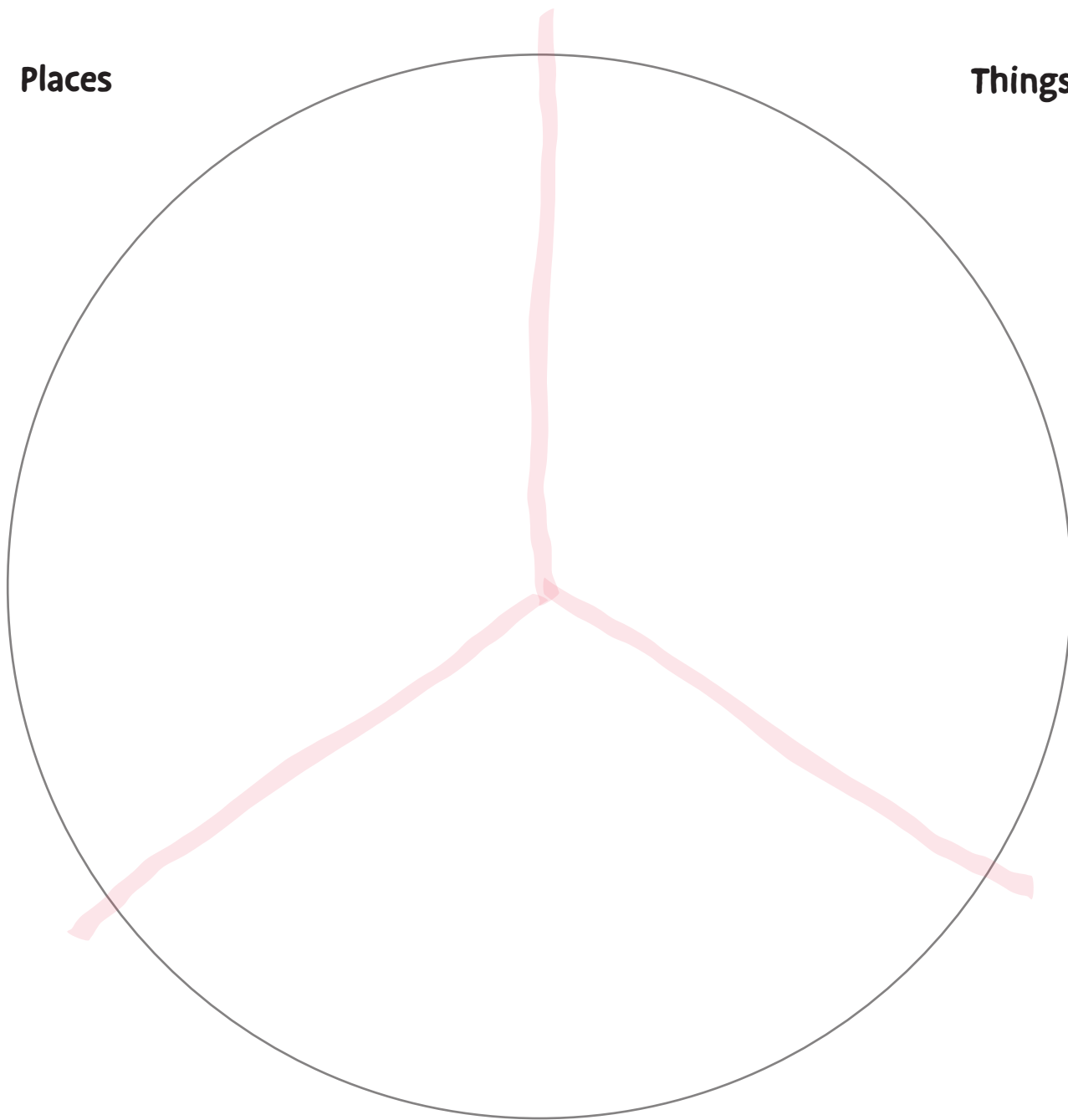
Example



It's your turn.

Places

Things



People

Visit the resource pages (pg. 80-83) for more information