

People within your social network are your support team!

Use this chart to help you build your support team.

Who is on my support team	Contact info (Email/phone)	Ways they can support me, or what you we do together
Family members:		
Friends:		
Neighbors:		
Coworkers:		
Classmates:		
Counselor or therapist:		
WIC staff:		
Parents within support groups:		
Other:		