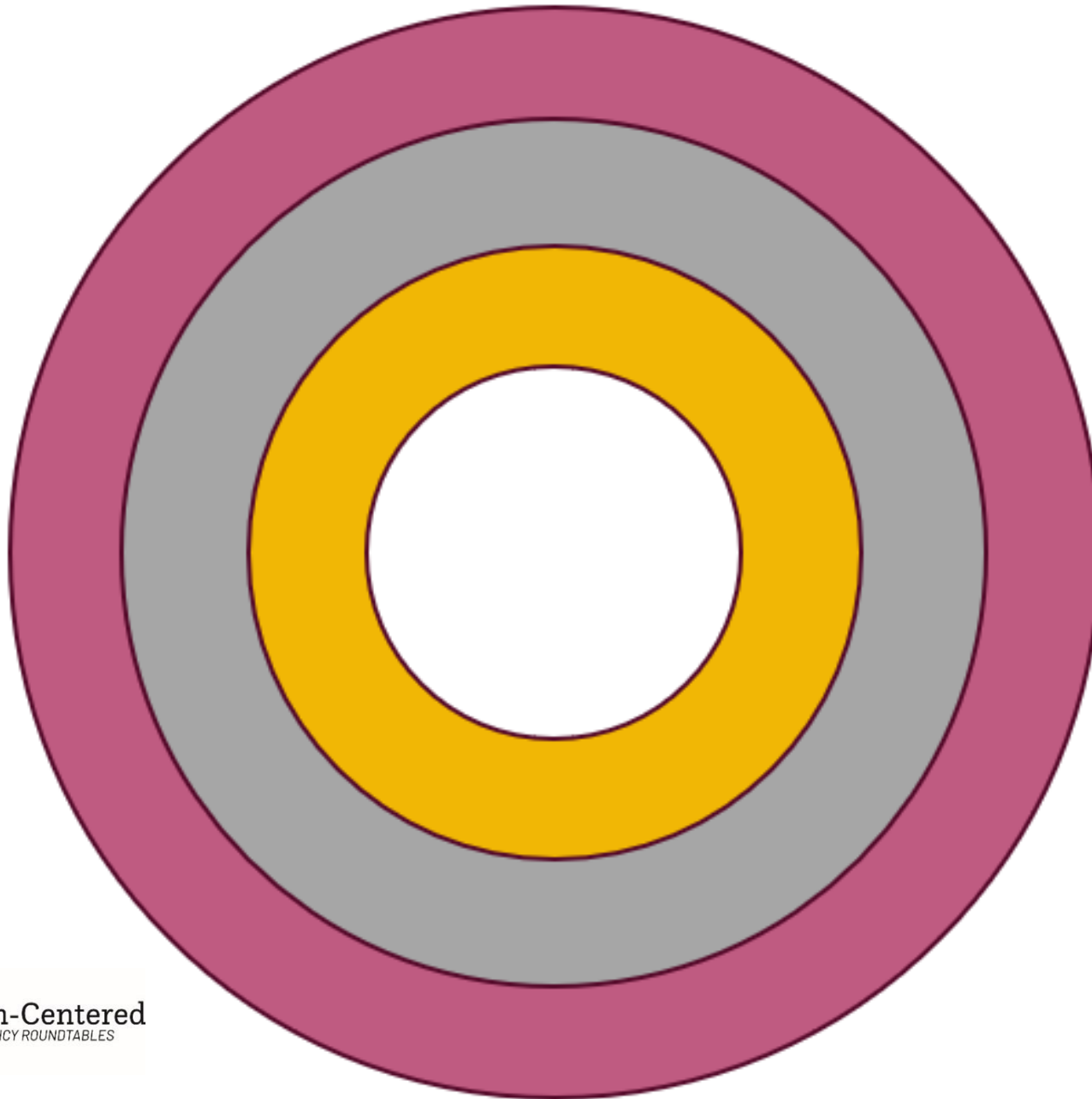


# CIRCLES OF SUPPORT



## INNER CIRCLE:

### **Core**

People you trust and depend on the most.

#### Examples:

- Yourself
- Close Family Members
- Siblings
- Close Friends
- Significant Other

## CIRCLE 2:

### **Relationships**

Close friends/family you would want at a meeting to support you.

#### Examples:

- Friends
- Neighbors
- Cousins, Uncles or Aunts
- Grandparents

## CIRCLE 3:

### **Community**

Groups you belong to and places you like to go.

#### Examples:

- Community Activities
- Church
- YMCA, Boys/Girls Club
- Sports
- Clubs

## OUTER CIRCLE:

### **Exchange**

The people you interact with regularly for services or support.

#### Examples:

- Teacher/School Staff
- Therapist or Doctor
- Mentors or Volunteers
- Co-Workers