

Live Well

Your Supports

We all need people who support us. We need people who can give us good advice and help. Write the name of three people who support you. Write the name of one person from each area.

Name of a Family Member Who Supports Me:

How This Person Supports Me:

Name of a Friend Who Supports Me:

How This Person Supports Me:

Name of Someone Else Who Supports Me:

How This Person Supports Me:

Who can you talk to about parenting? Who can support you in being a good parent? Circle one of the three people above.

