



WHOSE GOT YOUR BACK?

PRESENTED BY:

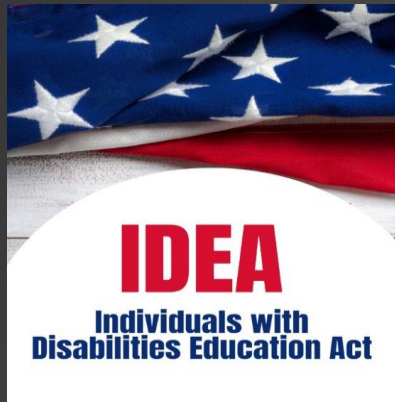
MANDY SONNENBERG, PTI MANAGER



WHO ARE WE?



By parents for parents



NC's Parent Training and Information
Center



Parent Education & Support



INTRODUCTION



Mandy Sonnenberg, PTI Manager



WHO'S WHO?



LEARNING OBJECTIVES

- Understand who is in your circle of support
- Understand ways in which those in your circle of support can help you
- Understand why a circle of support is important



I WANT TO...

I want to:



WHAT IS A CIRCLE OF SUPPORT?



- **Friends**
- **Family**
- **Neighbors**
- **Teachers**
- **Providers**
- **Co-workers**
- **Teammates**
- **Coaches**



IDENTIFY WHO IS IN YOUR CIRCLE OF SUPPORT...

Complete the Circle of Support Worksheet to identify the people in your life that you can ask for support or help.

Your name: _____ Date completed: _____



ACTION STEP #1

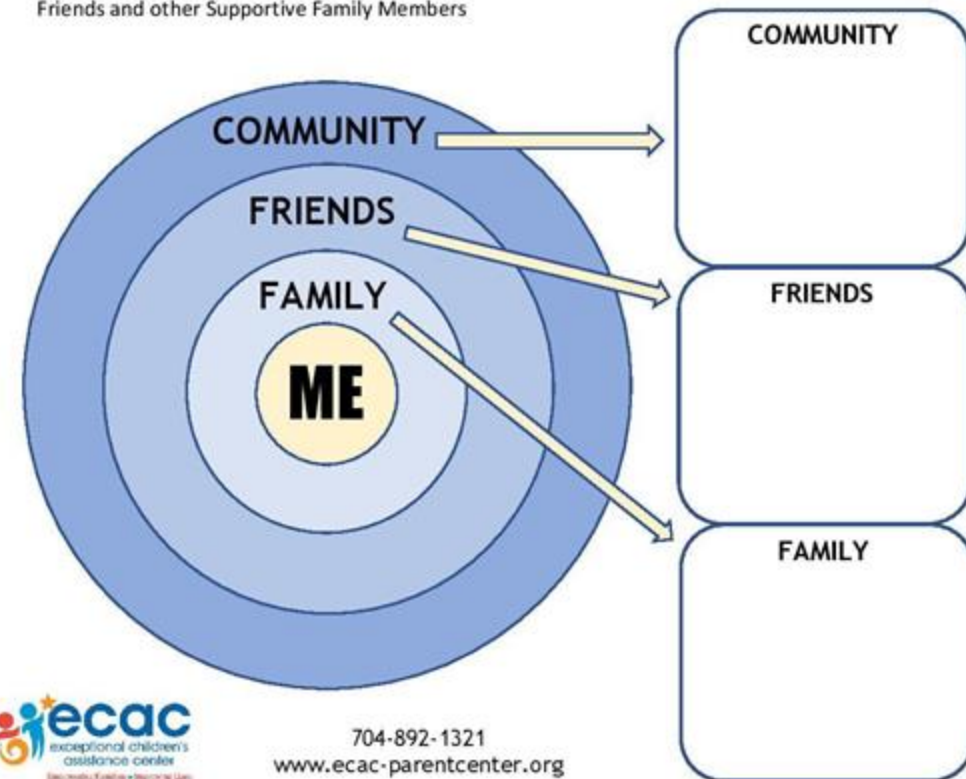
Whose got your back? Who do you rely on for support?

When making choices or setting goals, it can be helpful to know whom you can count on. Different people may be helpful in different situations. Use the boxes below to write down the names of people who you know that you can ask for support or help.

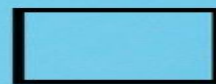
Examples of who might be in the Community Circle: Providers such as Counselors and Therapists, Teachers, Helpful Neighbors, Community Members, Coaches, Co-workers

Examples of who might be in the Friends Circle: Friends, Classmates Teammates and Extended Family, Fellow Church Members

Examples of who might be in the Family Circle: Parents, Caregivers, Siblings, Close and Trusted Friends and other Supportive Family Members



HOW DID WE DO?



**Any
Questions?**



OTHER OPPORTUNITIES

Y

YOUTH

A

ADVISORY

T

TEAM



GET CONNECTED



(800) 962-6817

<https://www.ecac-parentcenter.org/>

