

FIND SUPPORT FROM PEOPLE ALREADY IN YOUR LIFE

This worksheet can help you brainstorm people in your life who can support you as you are going through your case. You may not have someone who can help you in all or even most of the areas listed on this worksheet, nor are you expected to. Even just thinking of people who can help you in one or two areas is a good place to start. You can fill out this worksheet on your own, or ask a member of your legal team or your caseworker to help you

A person who listens to me without judging me is

_____.

A person who checks in on me without needing to or me reaching out first is

_____.

A person who I enjoy being around is

_____.

A person who gives me hope and helps me believe in myself is _____.

A person who knows how the system works and is willing and able to take time to explain it to me is

_____.

A person who I can go to for the holidays or special occasions is _____.

A person who is willing to go to appointments or court dates with me is _____.

A person who makes me feel useful and needed is _____.

A person who has also had a child placed in care and whose advice I trust is _____.

