

## FINDING SUPPORT FROM A PEER OR PROFESSIONAL

Sometimes parents find they need additional support from people they don't already have in their lives. There are lots of different kinds of support to which your legal team or caseworker can connect you, but they also need to know what you think might work best for you. You can fill out this worksheet and then use your answers to talk to your legal team or caseworker about the kind of support you would like most.

Check off the statements that are true for you. Then use this form to speak with your legal team and caseworker about the kinds of support you might want from a peer or professional.

### I would like



I would like to be a part of a support group for parents.

I would like to be in a group with parents who have had a child placed in care. The age of the other parents doesn't matter to me that much.



I would like to be in a group with other young parents in foster care, whether or not they have had their children placed in care.

I would like to be in a group with other queer, trans, or nonbinary young parents, whether or not they have had their children placed in foster care.

I would like to be part of a parenting support group that isn't specifically about child welfare.

I would like to have support and encouragement from another parent who had a child placed in care in the past.

I need ongoing practical advice and support making decisions about my case and managing my service plan.

I would like to attend therapy together with my child from a therapist with experience working with parents and children together.

I would like to talk to a therapist about what I am feeling right now.

I would like to speak to a therapist about my past and how it affects me.

I would like to be in a program that allows me to write about what I am going through or get out my thoughts and feelings in another creative way.

I would like a mentor who can help me as I go through my case and in the future.

I would like to do yoga, sports, dance, or some other physical activity that can help me cope with the stress of this case.

I would like support setting up my life, including education, employment, childcare, and other supports in preparation for reunifying with my child.