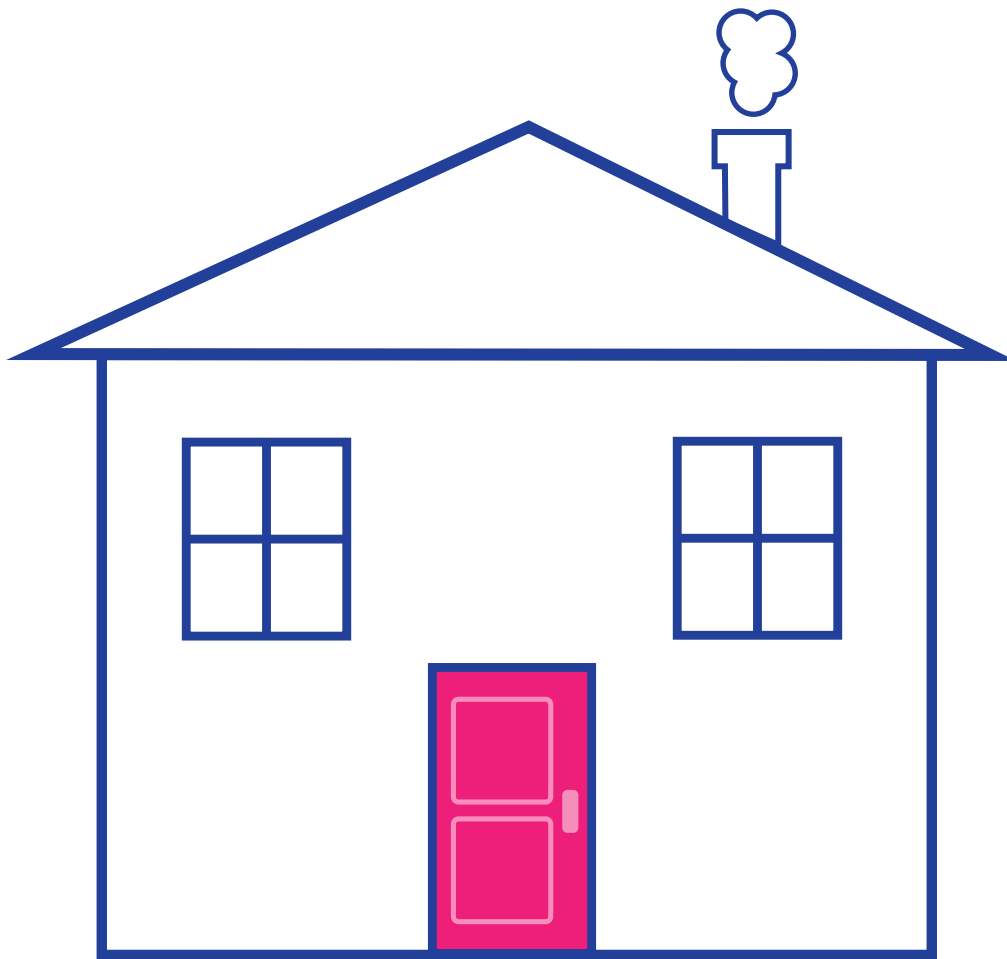




## Build your Support House:

We all need our people. We build our network of support over time and it can change. Sometimes one person plays multiple roles.

Sometimes we don't have someone in every role, but we are always open to finding them! **Who are your people?**



**FOUNDATION:** What are your strengths? Write them on the floor of the house (We build on strengths).

**WALLS:** Who supports you? Write their name(s) along the walls of the house.

**ROOF:** Who protects you and helps keep you safe? Write their name(s) on the roof.

**DOOR:** Whose "door is always open" if you want to talk? Write their name(s) on the door.

**CHIMNEY:** Who helps you blow off steam? How do you cope or deal with stress?

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