Support Networks
A Guide for Self Advocates

family
neighbours
friends
coworkers
community
everyone belongs!
This book belongs to:

My Support Network
This booklet is about building a network of people in your life.

If you want, you can write notes in this booklet to make it your own.

If there is something you don’t understand, ask someone you trust to help you.
What is a support network?
A support network is:

made up of many different kinds of people who care about you
A support network is:

family and friends

We feed the birds together every Sunday
A support network is:

people in the community who get to know you

- the cashier at your grocery store
- the bus driver
- your hair dresser
A support network is:

people you spend time with often

- co-workers
- team-mates
- classmates
A support network is:

people you spend time with sometimes

• neighbours
• friends of friends
• people who know you when they see you
Why is a support network important?
Having a support network is important:

so that you can feel welcome and safe
Having a support network is important:

for having fun!

Yay!!!

Good Game!

Go for it!
Go TEAM Go!
Yay! Yay! Yay!
HURRAY!
Having a support network is important:

so someone will be there for you in an emergency

Is your power out too?
Having a support network is important:

because people you know will notice if you’re unhappy or hurt
Having a support network is important:

so there’s someone you trust that you can talk to

Something happened to me today!
Do you have reasons to want a bigger support network?
Your reasons:
Why are we talking about support networks?
We’re talking about support networks because:

you may want to feel closer to your family and friends
We’re talking about support networks because:

having unpaid people in your life is important
We’re talking about support networks because:

you might have great services but still be lonely
everyone needs to pay attention to who is in your life and who matters to you

We’re talking about support networks because:

- Who I know?
- Who I like?
- Who can help?
We’re talking about support networks because:

you have strengths and gifts to share with others
Where can you meet people?
You can meet people:

at work
You can meet people:

in your community

COME AND LEARN
to dance with us!
* all welcome*

JAZZ DANCE
You can meet people:

through people you already know

I want you to meet my friend...
You can meet people:

- in your neighbourhood
- through clubs or teams
- at the coffee shop
- where you go shopping
Your ideas about where to meet people:
How do you connect with people?

Start with “hi”...
being friendly!

• smile
• be positive
• be helpful
Connect with people by:

treating others the way you want to be treated

Welcome to the potluck!
Hey!
I brought dessert!
Connect with people by:

asking them what they like to do
...maybe you have something in common
taking it one step at a time

How do I start?
Connect with people by:

- collecting phone numbers of people you want to keep in touch with
- calling one person
- making a plan to do something together
How else could you connect with people?
Your ideas:
How can you get started building your network?
You can start by:

talking to your family
You can start by:

asking your staff for help

you can meet other swimmers!
You can start by:

telling people what’s important to you
You can start by:

checking out:

www.BCPersonalSupportNetworks.ca
or safe places online:
www.Facebook.com/CLBC.SelfAdvocates
www.Facebook.com/CLBC.Families
www.CommunityLivingBC.ca
www.StartwithHi.ca
You can get started by:

keeping in touch with people
You can get started by:

thinking about who you want in your support network
speaking up for yourself

- you have the right to choose who will be in your network
Remember...

...wherever you go, there are people to know!
Illustrator: Aaron Johannes
Director, Spectrum Society for Community Living

Created for Community Living BC by: Susan Stanfield and Aaron Johannes, Directors, Spectrum Society for Community Living, based on the CLBC Belonging to One Another Booklet

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Thanks a bunch!