



BUILDING A COMMUNITY OF CARE AND SUPPORT

1. *What is support to me?*

2. *What is community to me?*

3. *What is care to me?*

4. *What does a community of care and support look like? (i.e. what images, words, symbols come to mind)*



5. How does this (image) make me feel?

6. Craft a sentence of what a community of care and support looks like to me based on the answers and brainstorms above.

7. Now identify all the people, places and practices that currently make up my community of care and support.

People

Places

Practices

8. *How do these people, places and practices cultivate care and support in my everyday life right now?*

9. *What are the ways that they can show up more?*

10. *What are 3 actions I can take this month to strengthen my community of care and support?*