

review ↓

MAP YOUR CONTACTS

21

FRIENDS

- Where do your friends work?
- Where do their friends work?

FAMILY

- Where do your family members work?
- Who does your family know?
- What community connections do they have?

TEACHER/COUNSELOR/
OTHER HELPER

- If you are in school, who are the teachers you see frequently?
- Do you have a case manager, counselor, or someone else you see frequently?

COMMUNITY

- Do you know any neighbors well?
- Do you belong to any groups? Church?
- Businesses you frequent?

LEAD CENTER

115

DISCUSSION Once you've identified your contacts, consider how they might help you.

- ➔ How can these people help?
- ➔ Who are you willing to ask for help?
- ➔ What would you ask?
- ➔ Is it reasonable to ask that person based on your relationship?

Friends

Family

Teacher/
Counselor/
Other Helper

Community