

Support Networks

A Guide for Self Advocates



COMMUNITY LIVING
BRITISH COLUMBIA

This book belongs to:



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



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!





Go TEAM Go!
Yay! Yay! Yay!
HURRAY!

Having a support network is important:

so someone will
be there for you in
an emergency




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



We're talking about support networks because:

everyone needs to pay attention to who is in your life and who matters to you



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



You can meet people:

through people
you already know



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:

A large green rectangular area with a white text input field on the left side, intended for writing ideas.

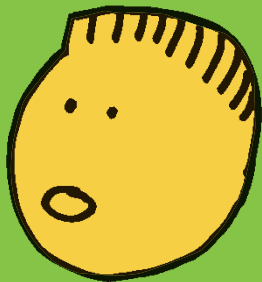
How do you
connect
with
people?

Start with “hi”...

Connect with people by:

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



Connect with people by:

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 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

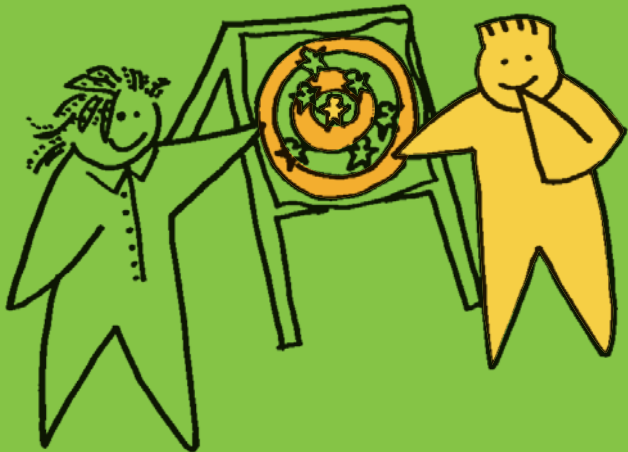
You can get started by:

keeping in touch
with people



You can get started by:

thinking about who
you want in your
support network



You can get started by:

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!





Credits

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