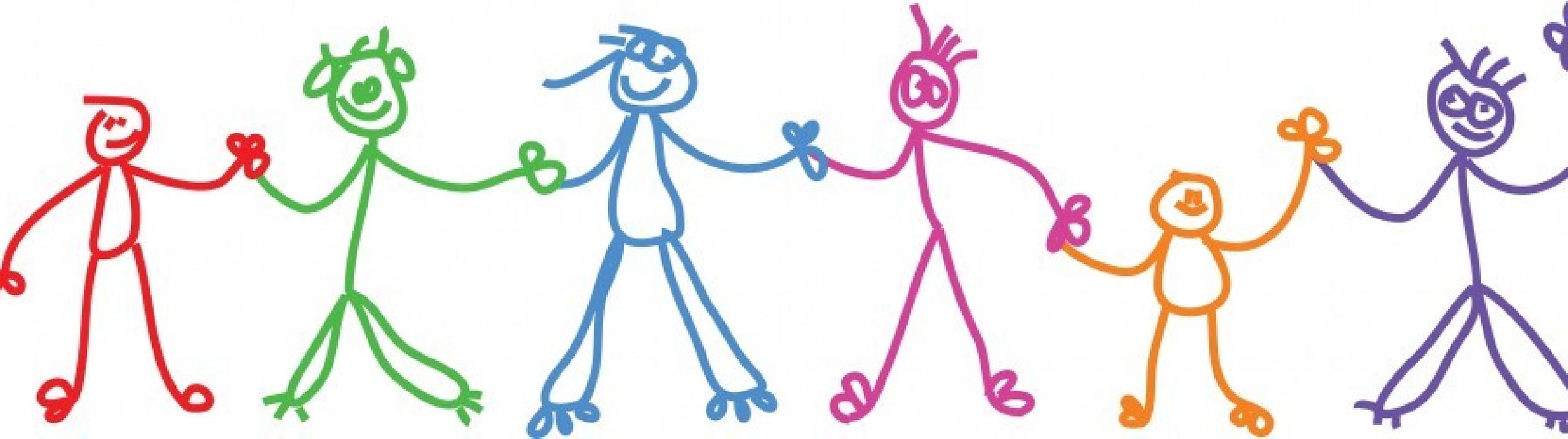


BUILDING A SUPPORT NETWORK

SHARING CIRCLE

What do you think a support network is?





WHAT IS A SUPPORT NETWORK?

- A support network is a group of people that provide emotional and practical help to someone in need. In a support network you should have people you trust, maybe someone who has walked the same path you're walking right now, someone who supports your goals, someone who is honest, and someone who has experience with what you are dealing with.

WHY ARE SUPPORT NETWORKS IMPORTANT?

- A support network can help when you need to make a decision that you are unsure of, if you need advice with something that you are dealing with or struggling with, if you need someone to talk to. And a support network is there if you need them.

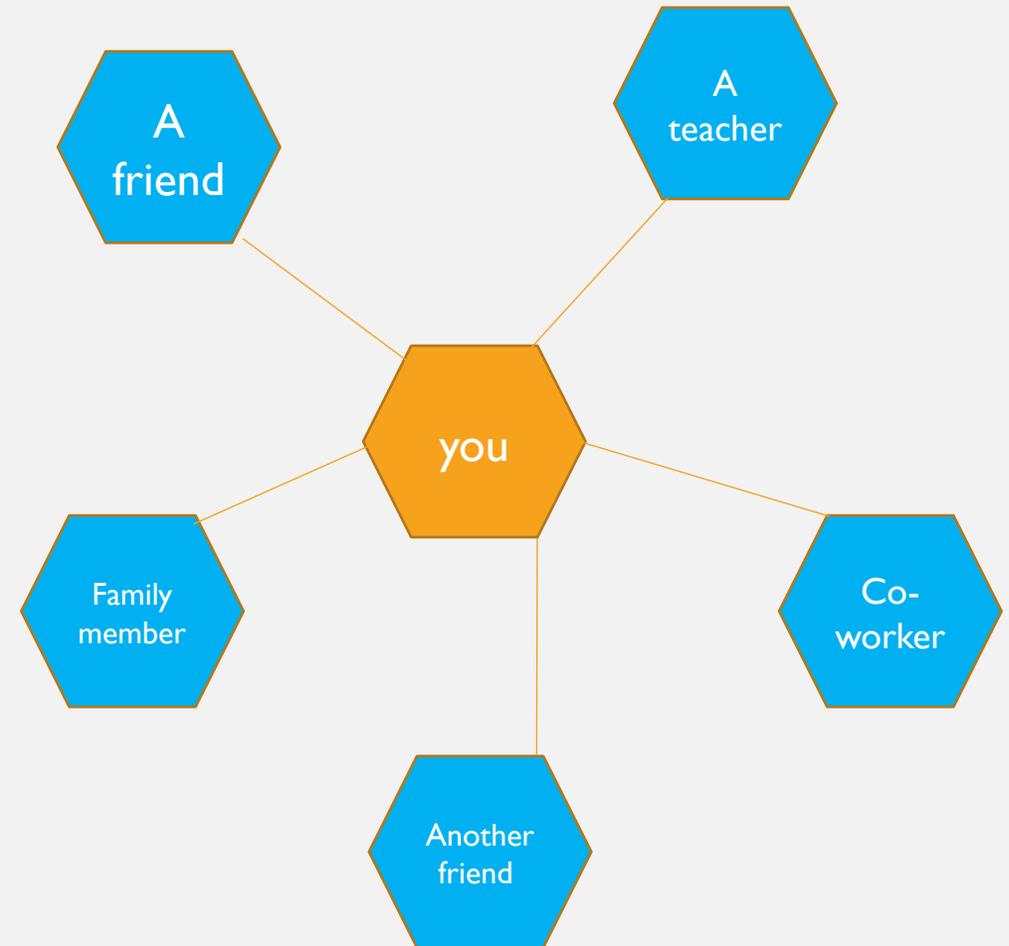


ACTIVITY!

We are going to make a support network web. You're going to draw something similar to the example. And you're going to put the names of people in your support network. They can be a family member, a friend, a teacher, someone from your work, someone you met at school, etc. You don't have to fill all the shapes; you can do as many as you want.

What you will need

- something to draw with (pen, marker, etc.)
- paper



HOW CAN YOU CREATE A SUPPORT NETWORK?

To create a support network, you should find people that support your goals and not bring you back to old habits. People that will support you and be someone you can talk to. A way to find people that support your goals are to find activities in your community.

Here are some resources if you need someone to talk to there are many resources on these websites. They have call, text, and a live chat.

<http://kidshelpphone.ca>

<http://nanhope.ca>

<http://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

<http://thunderbirdpf.org>

<http://mushkiki.com>



HERE IS AN EXAMPLE OF THING YOU CAN DO IN THE COMMUNITY IN THUNDER BAY

The thunder bay public library has fun activities in the evenings. That are listed on their website.

[Thunder Bay Public Library - Thunder Bay Public Library \(tbpl.ca\)](http://tbpl.ca)

This is a youth move group in the city of thunder bay. There are fun activities for youth 10-18 and a virtual program for youth 10-24.

<http://www.thunderbay.ca/en/recreation/youth-programs.aspx>

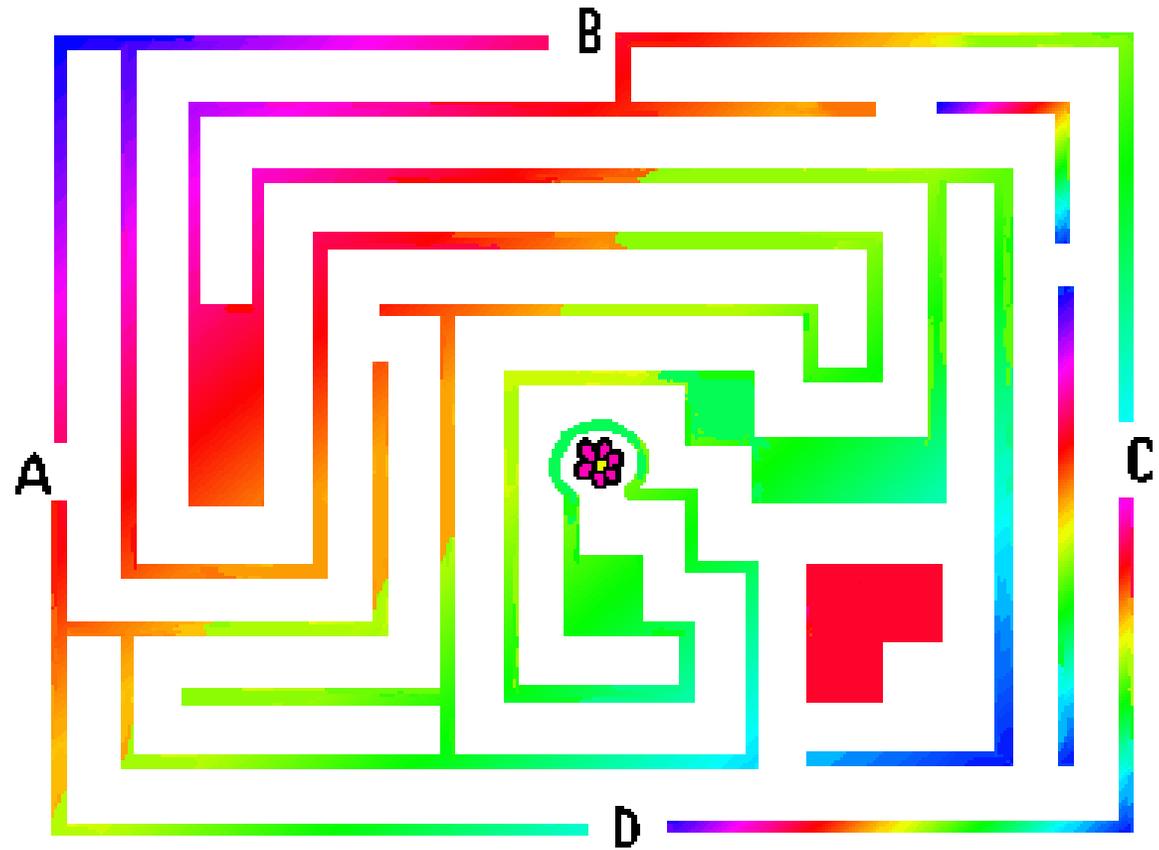
There is also the thunder bay friendship center, and they also have some programs during the evenings.

<https://tbifc.ca>



TAKE A BREAK!

- Take 10 minute break.
During the break try and
figure out this maze. Which
one is the correct path? A?
B? C? Or D?



TIPS ON WHAT YOU CAN DO TO BUILD A SUPPORT NETWORK.

- Find a common interest with the other person. For example, if you both like the same sport or you both like the same music you can talk about that.
- Be there for them too. it's good to check up on the people in your support network too and maybe you can give them some advice or give them a different perspective on their situation that they are dealing with, you can also ask them " how are you" or "how are you doing today"
- You can find activities to do together. Like go for a walk/hike, find something that you both like, art, cooking, sports, etc.
- Someone that is reliable. Someone that is reliable is a good characteristics to have in your support network. Because you know that they are going to be there for you.

WHAT TO LOOK FOR IN A SUPPORT NETWORK

- When looking for someone that can help you or be a part of your support network, they should have characteristics that will help you reach your goals and support you, like wisdom, trusting, caring, understanding, supportive, encouraging, honesty, patience, etc. They can also be someone who has walked the same path you are walking, or someone that has knowledge with what you are dealing with and can help you. You can also talk to someone on a help line/ a support call (there are links in the earlier slides to resources if you need someone to talk to), and they can give you the support you need. A support network is an important thing to have. The people in your support network are there to help you when you need it, they can give you advice and help you make important decisions.

Are there any questions?

