



ACCESS & ADVOCATE:

Your network of family and friends

Your family and friends are important for many reasons – from having fun together to helping each other out. Supportive relationships may be two-way streets or, in some cases, you may simply give or receive help or advice. Family members or friends may have expectations for you or you for them, about what they can do and what, if anything, they may expect you to do in return. Make a list of family and friends you can count on when you need help or when you just want to have fun.

Family & Friends: Name	Describe relationship: Fun? Help? Depend on? Take care of?	Pros/benefits/how can they help?	Cons/challenges/what do they expect in return?