**Class Three: Circle of Support Exercise**



**Identifying Positive Support Systems – Group Discussion Questions**

1. What is a positive support system?
2. Who currently makes up your support system?
3. What are the strengths and challenges of your support system?
4. What, if anything, is missing from your support network?
5. What would make your support system stronger?

**Circle of Support**

Using the circles below, draw in your own network of support. For each circle, fill in your sources of support. It can be your personal network such as friends, family, coworkers, etc. Or, it can be types of support such as childcare, housing assistance, financial assistance, etc. You can draw in additional circles as needed.

**YOU**