



# FRIENDS NEAR & FAR

## NEWCOMER WELLBEING WORKSHOP

### Community of Support Handout

#### What is in My Community of Support?

##### Who are my friends, family, and chosen family?

- Family members
- Friends
- Chosen family
- Life partners

##### Where do I gather?

- Clubs
- Parks
- Libraries
- Community centres
- Recreation centres
- Places of Worship
- Gym
- Cultural organizations
- Music groups
- Art studios

##### What community groups and I a part of?

- Cultural groups
- Organized religion
- Unions
- Clubs
- Environmental groups
- Online groups
- Learning Classes
- Support Groups

##### Who are others I seek help from?

- Teachers & Counsellors
- Elders
- Community leaders
- Peers
- Emergency services
- Coaches
- Therapist
- Activists

##### What community institutions/places can I go for help?

- Emergency services (police, fire station, paramedics)
- Hospitals
- Schools
- Daycare
- Grocery store
- Library
- Museum
- Transit
- Banks
- CAMH
- Seniors homes
- Public transportation

##### What more would you like to see in your community?

#### Discussion Questions

- How can I connect with community I already have?
- What communities do I want to engage with more?
- What support is available to me virtually or online?
- Who can I reach out to when I'm having a bad day or feeling lonely?
- Who can I reach out to when I have good news or something to celebrate?
- Who can I reach out to when I need advice or help solving a problem?
- Who can I reach out to when I need more immediate support?
- What support is available in my neighbourhood or close by? What support is available at a driving distance or at a safe physical distance through public transit?