## **Social Connections List**







Who is available to you right now?

People	Available?
Mother and/or Father	
Other Primary Caregivers	
Husband/Wife/Partner	
Significant Others/Closest Loved Ones	
Siblings	
Children	
Other Family Members	
Co-workers	
Religious Professionals	
Therapist/Healer	
Primary Care Medical Physician	
Teachers/Mentors	
Coaches	
Friends/Roommates	
Reliable Support	
Pets	
Member of community/social/recreational groups	
Community agencies and individual providers (e.g., YMCA, social services, Meals-on-Wheels, Hospice)	