

Rallying Supporters

A guide on how to recruit supports for your family.

Social support is an important buffer against adversity.

Together we can brave the “storm” with more resources and supports.

These are some benefits of having supporters:

- Helps us feel more capable
- Helps us feel connected
- Can aid in preventing moments of aggression
- Improves quality of life for the whole family

Common obstacles to finding Supporters:

“So many people don’t get it! We have been ‘burned’ in the past.”

“I’m concerned they will call CAS.”

“It’s very embarrassing.”

“I don’t want to be a burden on other people.”

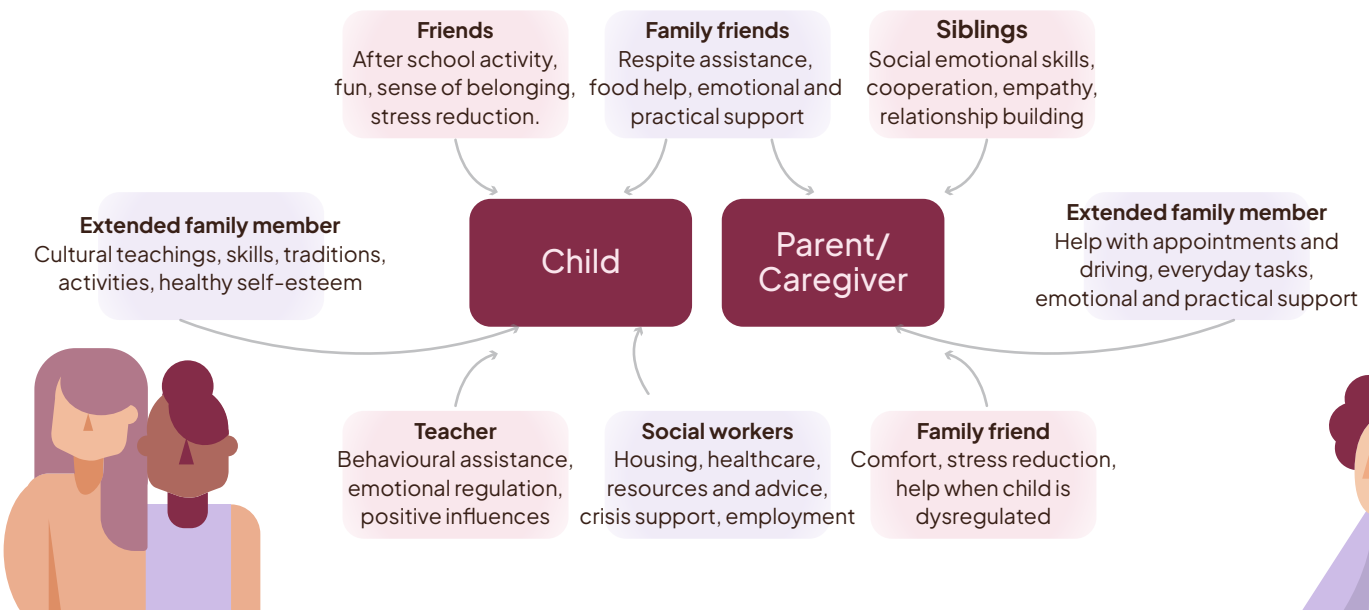
“I don’t have anyone.”

“I don’t want to shame my child.”

Your RPL or AFFCA Clinical Lead can help guide you around the obstacles and train your supporters about what you and your children really need and how they can help.

Family support network map

An example of what your family’s map could look like:



Types of Supporters

These people may already be in our lives or in our community. They can fall into the emotional or practical category, and can be:

- Educational assistants
- Mental health professionals
- teachers/instructors from school or extracurriculars
- People at cultural facilities (for example, at place of worship)
- FASD or other workers
- Extended family
- Neighbours and peers
- Other adoptive parents and caregivers





Family Support Network Map: Caregiver Worksheet

