



“We believe in the power of love and goodness.”

SUPPORTS IN MY LIFE

If you are a teen using this tool, brainstorm about all of the people in your life who have been there for you during a difficult time. These may be people you have not reached out to before including teachers, counselors, extended family, etc.

When you have completed this activity, think of ways to broaden and strengthen your support network. Share what you’ve written with someone you trust and ask for their suggestions. If you need additional support beyond your family ask your parent or guardian for a counselor or attend Yolo Hospice’s Stepping Stones grief support program.

It may be helpful to keep a copy of this with with you. When you are having an especially difficult day it can be a reminder of the people who care, places you can find support, and the things that bring meaning to your life.

PEOPLE WHO CARE...

ACTIVITIES I ENJOY...



Yolo Hospice

Serving Yolo, Solano, Sutter, Colusa and Sacramento Counties.
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PLACES THAT FEEL COMFORTING...

PEOPLE WHO ARE IMPORTANT TO ME...

I CAN TAKE CARE OF MYSELF BY...

SOMETHING I CAN LOOK FORWARD TO IS...



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