

# My Support Network



Draw or write your reflections to the following questions:

1. What do I like to do for self-care?

2. What does support mean to me?

Some example of self-care:

- Watching reels & Tik Toks
- Hanging out with pets
- Making a new recipe
- Spending time with friends
- Taking care of basic needs
- Sleeping

For self-care, I really enjoy going for a walk and listening to music.



Simran

Self-Care/Grounding practices:

- 5,4,3,2,1 (using our senses to stay in the present moment)
- Pushing our feet into the ground
- Leaning in towards the wall
- Holding or rubbing a rock or stone
- Having a drink of water
- Using a fidget that works for you!





Who can you talk to if  
you experience  
sexual violence?

**Adults:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Peers/Other Supports:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I Believe You

It's Not Your  
Fault

Your Feelings  
are Normal

CCASA is here  
to support you

**Contact Us:**

Information & Support Line:

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See what we're up to  
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