

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.



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:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Contact Us:

Information & Support Line:
403.237.5888
education@calgarycasa.com
www.calgarycasa.com



I Believe You

It's Not Your
Fault

Your Feelings
are Normal

CCASA is here
to support you

See what we're up to
[@calgarycasa](https://www.instagram.com/calgarycasa)

