




Independent Living Activity Who's in your Community of Contacts?




As you transition to the next stages in life, it will be important for you to identify and develop a community of contacts. Having knowledge and access to people and resources can help you feel more connected, supported, and empowered. It can improve mental and physical health, as well as increase resilience and coping skills during difficult times. Create a list of people and resources who can offer support or assistance to you. These can be family members, friends, school staff, community agencies, healthcare professionals, etc.


Contact Categories: Family, friends, neighbors, religious or spiritual communities, support groups, online communities, healthcare professionals, volunteer organizations, etc.


My Contacts




Name _____

 Phone Number _____


 Email _____

 Address _____


 Notes _____


How they can help me:


My Contacts




Name _____

 Phone Number _____


 Email _____

 Address _____


 Notes _____


How they can help me:


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Next Steps

If you are looking to develop your community of contacts, here are some options to consider:

1. **Join a support group:** There are many support groups available for different needs and interests. You can find support groups through organizations, hospitals, or online resources.
2. **Attend local events:** Attend local events and activities that align with your interests. You can meet new people and build connections with those who share your hobbies and passions.
3. **Volunteer:** Volunteering is a great way to meet new people and give back to the community. You can volunteer for organizations that align with your values and interests.
4. **Join online communities:** There are many online communities available that provide support and connection. You can join groups on social media platforms or connect with others through forums and chat groups.
5. **Take a class:** Taking a class or workshop on a topic that interests you is a great way to meet like-minded people. You can find classes through community colleges, local organizations, or online learning platforms.

By using these options, you can find a community of support that aligns with your interests and needs. It's important to remember that building connections and relationships takes time and effort, so be patient and keep an open mind.



Scan the QR Code for more activities and resources.