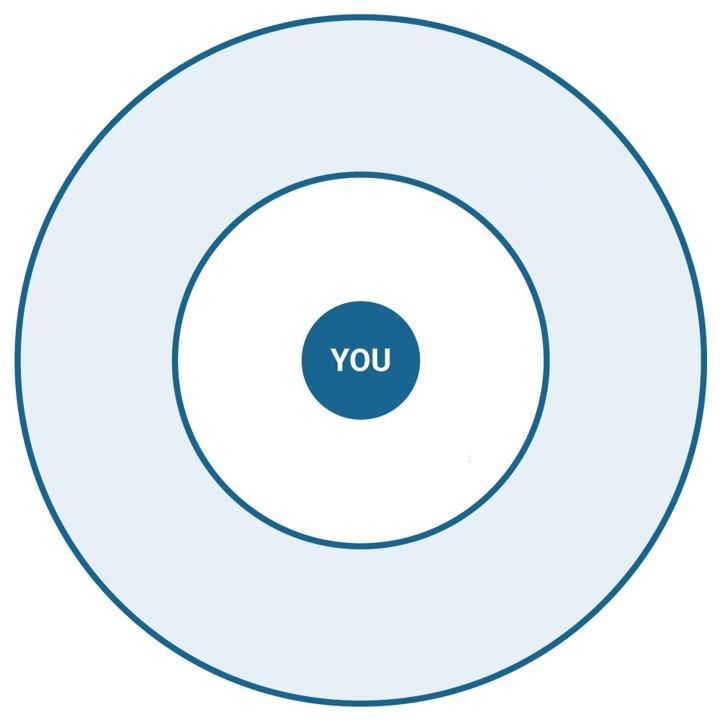
Your Support Circle

Seeking support from people that you trust can be helpful during and after this training. This activity can help you identify people and programs where you can seek support, including:

* Friends
* Family
* On-campus services such as counselling
* Community services and supports such as support groups or counselling services

Consider putting the people you trust the most or who are your strongest supports in the innermost circle. Update this circle with any new supports as you find them.



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