

CIRCLES OF CONNECTION

Instructions

Take a moment to think of the people in your life. Who are the important people in your life? Who are the people with whom you have a sense of connection and to whom you feel close? Who are the people who support you? Support might include any of the following: helping to take care of the baby or children, listening to your worries and concerns, helping with finances or other practical problems like errands and household chores, spending time with you having fun or visiting, or giving advice or guidance.

Write their names and their relationship to you (e.g., Mariana/sister) on the circles below, with those in the center circle being the people who are most important in your life.

Now that we've identified the people in your circles of connection, identify one person with whom you can talk about the Alma program after reading the booklet.

