

ACCESS TO CONCRETE COMMUNITY SUPPORT

Community support includes people and places in the community that can help you meet your family's needs.

Community support can lessen the stress your family feels during hard times.

It's OK to lean on others to help you be the best parent you can be!



It's OK to ask for help. Making sure your family has what they need is the most important thing.

Ask your Supervised Visitation Program staff for referrals to places in the community for support.

YOUR COMMUNITY MAKES YOU STRONG!

Institute for Trauma and Resilience Studies
Clearinghouse on Supervised Visitation

