



**Utah Parent Center**  
Special needs, extraordinary potential

## Circle of Support Instructions

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Thinking about the transition from high school to adult life can be overwhelming. Figuring out who is there for help and what organizations are out there to provide services can be a daunting task. Sometimes it helps to have a visual reminder of the many resources and supports that are available to you and your family. A Circle of Support gives that visual reminder by showing the group of people who are available to help you during this time of transition. The members of a circle are usually friends, family members, teachers, neighbors, and professionals. People involved in the Circle of Support are involved because they care about you.

### INSTRUCTIONS:

1. Write your name in the center (blue) circle.
2. Around your name in the blue circle, list the names of those closest to you; those who you cannot imagine living without (Mom or Dad, siblings, grandparents, very close friends, etc.).
3. In the red circle, list good friends and family members; those who you can count on to help and support you if you need something.
4. In the green circle, list the names of the people, organizations, teams, and networks you are involved in (sports teams, Boy or Girl Scouts, church organizations, teachers, etc.)
5. In the purple circle, list people who you pay to provide services in your life (doctors, therapists, service coordinators, etc.)

\*NOTE: A person may be in more than one circle. For example, a service coordinator may also be a close friend.

### Utah Parent Center

230 West 200 South  
Suite 1101  
Salt Lake City, UT 84101  
801.272.1051  
1.800.468.1160  
info@utahparentcenter.org  
www.utahparentcenter.org