



BUILDING SUPPORT CIRCLES

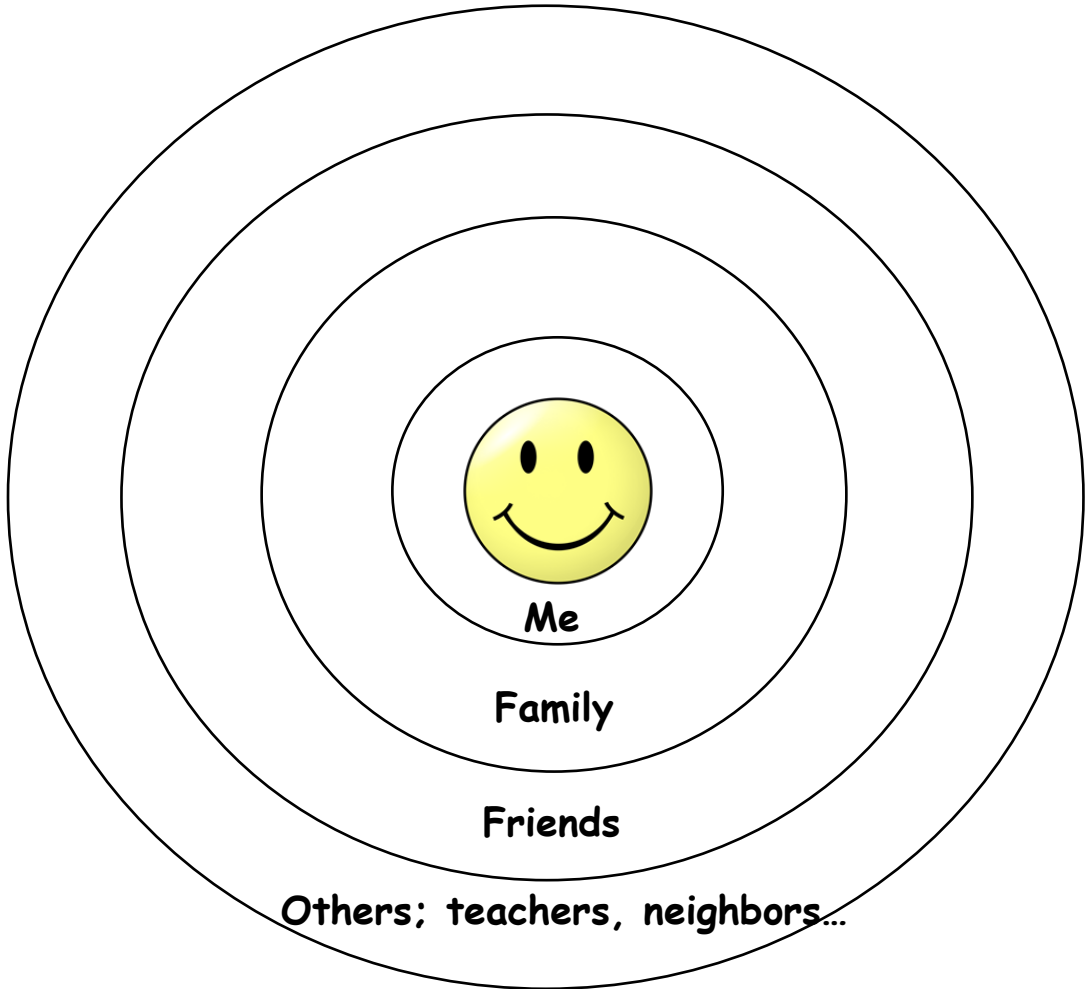
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Dealing with your parents' divorce or separation is really hard to do by yourself. You will feel better if you talk to other people about it. Think about all the people who love, support, and care for you.

List family, friends, and others that are close to you. In your circles, write the names of those you think you can trust to talk about what is going on at home and with your parents' separation.



Family members

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Friends

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Others

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