



- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

## IDENTIFYING YOUR CHILD'S SUPPORT SYSTEM

Just like you, your kids might find it enormously helpful to have a place to vent or meet other children from military families. You also may want to check in with people important in your child's life. Write down who could offer support or needs to know if your child is having a difficult time.

Family members

Phone

E-mail

---

---

---

---

Caregivers

Phone

E-mail

---

---

---

Teachers

Phone

E-mail

---

---

---

Coaches

Phone

E-mail

---

---

Chaplain and other religious leaders

Phone

E-mail

---

---

Family Support or Service Centers

Phone

E-mail

---

---

Others

Phone

E-mail

---