

# CARE MATTERS

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## LEARNING & WELLBEING

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A PARTNERSHIP BETWEEN  
SAMS  
&  
PARENT TO PARENT



# My network



**How to ask people to be  
part of my life**



- To find people I like to be part of my life that I want to be friends with
- Think of people who are in my life that I like
- Choose who I want to invite into my network
- Get to know people better

# Develop, Be open



- Build trust with my friends
- Try new activities and meet new people
- What goals look like to me
- Feel comfortable to express what I want



# Live the life you want



- Take the lead – and take ownership of my life
- Feel supported to make my own decisions in my life
- Be part of my community
- Make the network part of my network

# DESC effective communication



By Bower and Bower

- **D** Describe the situation you want to change
- **E** Express (one emotion)
- **S** Specify what you would like different
- **C** Consequence- the positive outcome when the change has been made

Emphasize 4 sentences

# **Thank you!**

**Please take the time to give us feedback.**

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