

WHO CAN I ASK FOR SUPPORT?

List 5 family members:	List Church or small group members:	List 3 personal business contacts (mechanic, hairdresser's, babysitter, etc.):
List 5 friends:	List 5 current or former colleagues:	List 5 contacts on my Christmas Card list:
List 5 contacts on your social media networks:	List 3 neighbors:	List 3 contacts who are small business owners:
List 3 people from your Alumni network (Alumni associations, former classmates):	List 3 professionals you know (accountant, dentist, lawyer):	List your children's sport coaches, PTA members, school groups: