

# Establish a Support Network

Your support network consists of the family, friends, professionals, and acquaintances who can provide encouragement, direction, job leads, and other support. The better your support network, the easier it will be to reintegrate.

You may have old relationships to reestablish as well as new contacts to make. Developing and maintaining healthy relationships with family and friends can increase your chances of getting a job. Not only can they provide moral and emotional support, they can also be a good source for job leads. In fact, the majority of ex-offenders who find jobs within 30 days after being released get those jobs because of a reference from a friend or family member.

Relationships with family are especially important. Many offenders and ex-offenders say they are concerned about reestablishing trusting relationships with spouses, children, and other family members. The important thing is to talk about your goals and needs with family members, to listen to their concerns, and then to reestablish their trust by taking action.

Make a list of some of the most important people in your support network and how they can help you in your job search. Remember that these can be people you are close to or professionals whose job it is to support your reentry efforts.

## Quip

Criminal behavior often begins by getting in with the wrong crowd. By the same token, if you surround yourself with successful people who support your efforts to reestablish yourself, you will find the transition much easier.

### MY SUPPORT NETWORK

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

How they can help me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

How they can help me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*(continued)*