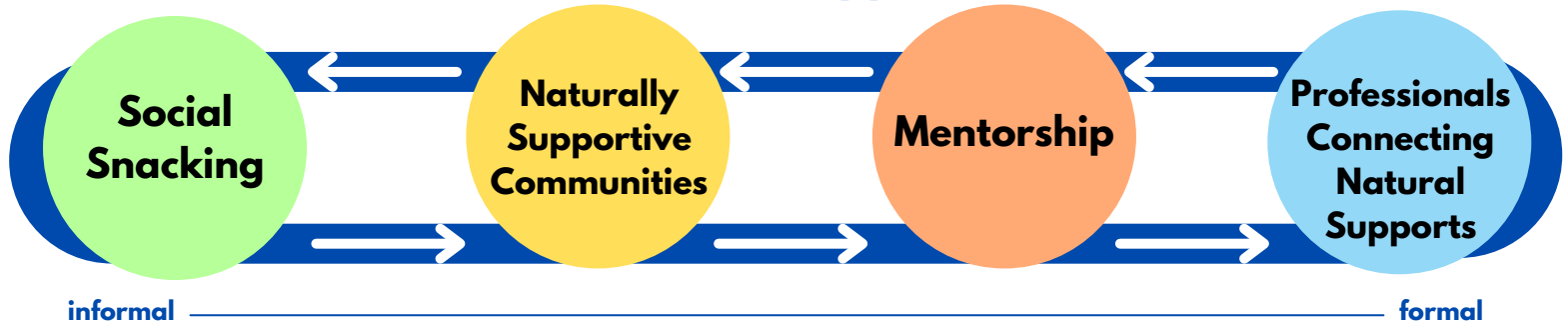


# Natural Supports



## Natural Supports

Your natural supports can be people you are close to, like family and friends, or other people in your community like neighbours, coaches, and people who work at local businesses. This relationship is good for both people.

([www.connectionsfirst.ca](http://www.connectionsfirst.ca))



## Social Snacking

Social snacks happen when we talk to someone in a brief, casual way. Social snacks can improve our mood and make our day better. Examples: chatting with a grocery store cashier, saying hello to someone at the bus stop, or complimenting your neighbour's garden. ([www.connectionsfirst.ca/social-snacking-toolkit](http://www.connectionsfirst.ca/social-snacking-toolkit))



## Naturally Supportive Communities

Naturally supportive communities are made up of individuals, organizations, groups, and businesses who help each other feel more connected and like they belong. People who live in naturally supportive communities may be better able to deal with the stress of daily life. ([Calgary's Mental Health and Addiction Strategy](#)).

[Click here to view the Guide to Building Naturally Supportive Communities.](#)



## Mentorship/Mentoring

A mentor is a caring person who helps a young person with support, advice, friendship, and positive role modelling over time. Mentoring can take many different forms, including formal mentoring programs, coaching, youth groups, scout leaders and more.

([https://albertamentors.ca/wpcontent/uploads/2019/07/AboutMentoring\\_CommonDefs.pdf](https://albertamentors.ca/wpcontent/uploads/2019/07/AboutMentoring_CommonDefs.pdf).)



## Professionals Connecting Natural Supports

Professionals can help people connect with their natural supports. For example, a social worker might help a youth connect with their extended family. This helps with long-term well-being and success.

([Working with Vulnerable Youth to Enhance their Natural Supports: A Practice Framework](#))

