

Handout 3: Blank Eco-Map

Instructions Think about the various communities that affect your family and the type of relationship your family has with each: strong and supportive, weak, or stressful. Then, complete the eco-map below. When you are done, you will have a better grasp of the sources of support and stress in your family's life. On the back of the handout jot down what you might be able to do to strengthen the community relationships you have identified as "weak" or "stressful."

