

Circles of support

For me to be happy and not lonely, I need help from good friends. So I have a circle of support and they're called The Young Champs.

The Young Champs is a group of very special people who're there for me. Every two months, we have a meeting and I organise them. I wrote them a letter asking if they could help me with my goals.

I wanted people who were funny, helpful, friendly, honest, supportive, and smart. We have dinner that I cook and then have our meeting and talk about ME.

I'm very blessed to have good people in my life. They're all there for me and it feels good.

My champs make sure that I'm in charge of my life and are there to help me. My champs and my family are all behind me so that makes me feel very strong. They really listen to me.

Source:

[A young adult's guide to flatting](#)

https://issuu.com/parenttoparentnz/docs/parent_to_parent_summer_2014/13

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