

## Building your group of supporters resources



<http://plan.ca/what-we-do/networks/plans-networks/>

How building a group of supporters can help you to have a more safe and secure future. Join the Facebook page for ongoing updates.

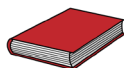


<https://www.facebook.com/JoinPLAN>



<https://www.youtube.com/watch?v=IF-h0omli4I#t=12>

PLAN: Al Etmanski talks about PLAN Networks



<http://store.planinstitute.ca/collections/books/products/a-good-life-electronic-book>

A Good Life by Al Etmanski - the link here is for the e-book, but you can also buy it in hard copy. His other book 'Safe and Secure' is also often recommended.



<http://plan.ca/category/family-stories/>

Stories about planning with a group of people who know the person well.



<http://www.velacanada.org>

A Microboard™ - a group of family and friends forming a non-profit society supporting one person.



<http://microboard.org.au>

About microboards in Australia.



<http://www.jrf.org.uk/publications/loneliness-resource-pack>

Loneliness Resource Pack - helps all of us to take a closer look at – and reduce – loneliness.