



## HANDOUT 2.2: MAKING AN ECO MAP

Please draw an eco-map putting yourself at the center and at least 5 to 6 key individuals that are part of your life.

### Relationship Key

Strong

Stressful

Tenuous

Broken/Ended ---//---//---//---



### Examples of Systems

Extended Family

Friends

School

Health Care

Social Welfare

Culture

Church

Work

Recreation

Courts