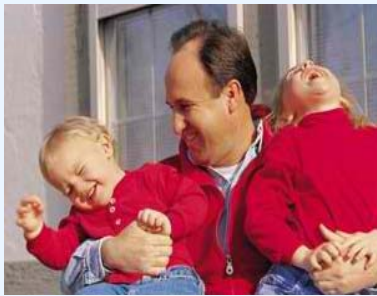


Friends can help us move forward.

"Everyone was talking and telling me what I needed to do, how I needed to parent my child. None of the plans or the things that they wanted us to do like therapy were things that I wanted. I have to have support to be able to say what I believe."
Jesse (parent)



People who will be at my CFT:

Who I want to have at the CFT:

"When I know what I



want to share, I do speak up."

If you have questions about your CFT or would like to include more people in your meeting, please contact:

Attach Business Card Here

My CFT means the people in my life need to be there too.



"The people standing beside me through my family's problems and helping me to work them out" EM

Who Are These People for YOU?

Who knows me and my child well enough to speak up for us when I can't?

Who do I trust to help me figure out the best way to make things better?

Who might step up and help me and my child when we feel we are out of options?

Who do I want by my side because they calm me down when I talk about things that are sad or make me angry?

Who do I call when I need help keeping up with the day to day demands?

Things to think about before my meeting



My Child and Family Team Meeting (CFT)

Date and time of my CFT:

Location for my CFT:

Purpose of my CFT:

What do I want that could help my family at this meeting?



1. _____

2. _____

3. _____

My Strengths:

My Worries:

Don't Forget:

"When I know what I want to share, it supports me in speaking up."

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