

## **Natural Supports**

Natural supports are the relationships and connections that we have in everyday life. Often, they are relationships that are important to us, with people who are interested in our well-being, such as parents and grandparents, siblings, aunts and uncles, cousins, and friends, etc.

Natural supports can create a foundation of care, connection, and growth that makes life richer and more manageable. Whether in small daily interactions or significant moments of need, these relationships help us to take on life's challenges, move towards our goals, and navigate the ups and downs of life.

Below are some links to information and resources we hope you might find useful as you explore you take steps to create your housing vision.

## **Module Related Tools and Resources**

1. Step 1: <https://www.dsontario.ca/housing/welcome-to-the-dso-housing-toolkit/welcome-to-the-dso-housing-toolkit-step-1>
2. My housing and support plan: <https://www.dsontario.ca/housing-toolkit/my-housing-and-support-plan>
3. My relationship circle: <https://www.dsontario.ca/housing-toolkit/my-relationship-circle>
4. What the heck are natural supports anyway:  
<https://inclusionAlberta.org/connections/what-the-heck-are-natural-supports-anyway/>
5. Natural Supports Fact Sheet: [Natural supports Fact Sheet2015.pdf](#)

## **DSO Tools Resources**

1. Find your area DSO: <https://www.dsontario.ca/find-your-dso>
2. What is DSO housing navigation: <https://www.dsontario.ca/housing>
3. Find your local DSO Housing Navigator:

<https://www.dsontario.ca/housing/welcome-to-the-dso-housing-toolkit/dso-housing-navigators-contact-list>

Events Calendar: <https://www.dsontario.ca/calendar/>

**CONNECT WITH US!**  
**dsontario.ca**

