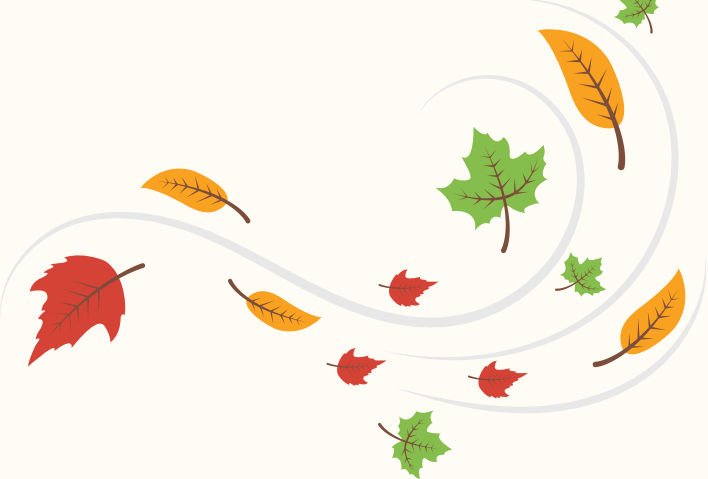




**Seeing a Transition  
in Your Future?  
Trust Us. You'll Need  
Your Community.**



**3 WAYS TO MAKE SURE  
YOUR COMMUNITY HAS YOUR BACK**



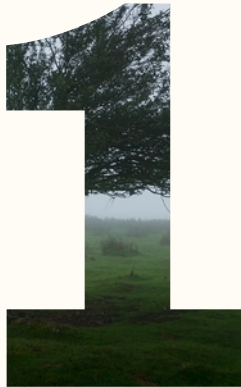
# TRANSITIONS CAN FEEL LIKE UNCHARTED TERRITORY.

Whether you're starting a new chapter, facing an unexpected change, or pursuing a long-awaited goal, having a supportive community can make all the difference.

**When life feels out of control, a community reminds you of your place in the world.**

Being surrounded by people who care about you reinforces your **sense of worth** and provides **a foundation of connection**, even as other parts of your life are in flux. A strong network provides **encouragement**, **resources**, and a sense of **belonging** when life feels uncertain.

# HERE ARE 3 WAYS TO ENSURE YOUR COMMUNITY HAS YOUR BACK DURING LIFE'S TRANSITIONS:



## **Build and nurture relationships before you need them**

Your support network doesn't form overnight. Relationships grow through time, trust, and shared experiences. Begin by investing in the connections you already have. Reach out to friends, family, or colleagues just to check in. Make time for coffee dates, phone calls, or group activities that strengthen bonds.

When a transition is on the horizon, communicate openly with those in your circle. Share your plans, hopes, and concerns so they understand how to support you. Being proactive strengthens your connections and builds goodwill, ensuring your community is ready to rally for you when you need them most.





## **Join groups aligned with your transition**

Seek out communities that understand the specific challenges of your transition. Whether it's a local parenting group, a professional association, or an online forum, these spaces offer valuable advice and camaraderie.

For example, if you're moving to a new city, look for local meetup groups or social media communities to connect with like-minded individuals. If you're switching careers, attend networking events or workshops to meet others in your field. Surrounding yourself with people who have walked a similar path fosters empathy and provides actionable insights.





## **Ask for help and be specific**

It can be hard to ask for help, but your community wants to support you—they just need to know how.

Be clear and specific about what you need. For example, instead of saying, “I’m overwhelmed,” try, “I could use help researching childcare options” or “Would you mind reviewing my resume?”

Reciprocate whenever possible. Offer your own time or expertise to others in transition, and express gratitude when someone lends a hand. Mutual support strengthens relationships and ensures your community remains a source of encouragement for the long term.





# WHY COMMUNITY MATTERS

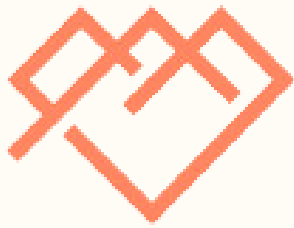
Transitions often test our resilience, but they also reveal the strength of our connections. A supportive community provides more than practical help; it offers emotional stability, shared wisdom, and the reminder that you're not alone.

By nurturing relationships, seeking out aligned groups, and communicating your needs clearly, you can create a network that not only supports you during transitions but also helps you thrive.

**REMEMBER: Life's changes are easier to navigate when you have others walking alongside you.**

**With your community's backing, every transition becomes an opportunity for growth and transformation.**

## LET'S EMBRACE CHANGE TOGETHER!



# BIG LIFE CHANGE

T H E R A P Y

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