It Takes a Village!

Whom do you rely on? Fill in the contact information for friends and family you can reach out to. Keep this page on the refrigerator so that you have important contact information when you need it.

If I feel down I can reach out to:

Name: ____________________________
Phone: ___________________________
Email: ____________________________

Name: ____________________________
Phone: ___________________________
Email: ____________________________

If I need advice I can reach out to:

Name: ____________________________
Phone: ___________________________
Email: ____________________________

Name: ____________________________
Phone: ___________________________
Email: ____________________________

If I need help with child care I can reach out to:

Name: ____________________________
Phone: ___________________________
Email: ____________________________

Name: ____________________________
Phone: ___________________________
Email: ____________________________

If I need a good laugh I can reach out to:

Name: ____________________________
Phone: ___________________________
Email: ____________________________

Name: ____________________________
Phone: ___________________________
Email: ____________________________

For more resources, go to SesameStreetInCommunities.org