

# **Stronger Than You Know: Uncovering Your Core Connections**

*Using Eco-mapping to visualize your support network*

## Resources

- Groundswell Project:  
<https://www.thegroundswellproject.com/compassionate-communities>
- Mutual Aid Networking: <https://www.mutualaidhub.org>
- Ring Theory: <https://www.psychologytoday.com/us/blog/promoting-hope-preventing-suicide/201705/ring-theory-helps-us-bring-comfort-in>

## Cook County Resources

- Aging Well Resources: <https://www.agingwellresources.org>
- Cook County: <https://www.co.cook.mn.us>